

Guest Editorial	Pak-Euro Journal of Medical and Life Sciences
DOI: 10.31580/pjmls.v3i2.1455	Copyright © All rights are reserved by Corresponding Author
Vol. 3 No. 2, 2020; pp. 86-88	
www.readersinsight.net/pjmls	Published online: June 30, 2020

FEAR IS UNSEEN PERIL BEHIND AN OUTBREAK



Fadia Waheed

Department of Microbiology and Molecular Genetics, Punjab University, Lahore,
 Pakistan

E. mail: fadia.waheed1@gmail.com

INTRODUCTION

Coronaviruses are single stranded, positive sense, enveloped viruses, zoonotic in nature and transferred from animal to humans and then human to human. Other strains of coronaviruses have also been reported such as hCoV-OC43, HKU and 229E but from the time of 2002 till 2019 coronaviruses have emerged (1).

Coronaviruses jumped from animal to humans by the process of “spill over” (2). At previously reported outbreaks of coronaviruses includes severe acute respiratory syndrome coronaviruses (SARS-CoV), Middle East respiratory syndrome coronavirus (MERS-CoV) and now novel coronavirus, Wuhan China (COVID-19) from which COVID-19 affects the whole world both economically and medically. At the first time beta coronaviruses were reported in the Guangdong in china at the time of November, 2002 (3-5).

As the COVID-19 pandemic exponentially increases the rates of deaths it also affects economics globally. Fear of economic loss, hunger should be addressed properly which is more severe than any outbreak (6). Fear of COVID-19 is greater than seasonal Flue due to its novality and lack of adequate information to deal with psychological distress and anxiety towards uncertainty behind the chronophobia. Inadequate information by the social media is great source of fears and phobias which could be managed by Health Ministry (7).

Individuals of different status level responding differently during COVID-19 outbreak which is a pressure source for both public and economics globally and need of psychological management. Medical staff needs to win battle against this pandemic by fear management and coping strategies guidelines (8).

As the SARS in East Asia in 2003 and plague on Surat India in 1994 more affects the socio-economic than death rate. These disruptions are due to the weak co-ordination and public panic response against preventive efforts. It is not only important to

overcome outbreak but also need to manage public response towards outbreak because scientific outbreak also create socio-economic disorder (9, 10)..

In the 2013-2016 Ebola virus was recognized as the major, fatal and the most disastrous epidemic in West Africa in 40 years since Ebola was identified. The Human behavior (panic, fear) played a key role for the influential outbreak. Panic behavior either distinct or combined and activities started due to panic reactions that are prompted by an apparent threat or actual contact to a possibly traumatizing event. Steimer defines fear as “A motivational state aroused by specific stimuli that give rise to defensive behavior or escape “. Fear is an outlining expression of severe anxiety reaction, noticeable, physiologically and detected tangibly by an individual. The behavioral indicators of the anxiety reactions, in which panic play the key role, have been termed as the “fight or flight” reaction, or more precisely as the “freeze, flight, fight, fright, faint” behavior catalog. “Fear related behaviors (FRBs) are individual or collective behaviors and actions initiated in response to fear reactions that are triggered by a perceived threat or actual exposure to a potentially traumatizing event. Importantly, FRBs modulate the future risk of harm”. During 2013-2016 Ebola outbreak the bitter reality is that the FRBs did not operate (11).

Effectuated people experience physiological effects due to distressing course of the contagion, fright of expiry and witnessing other dying. Survivors can also face physiological consequences due to humiliation and guiltiness (e.g. transferring infection to others) and dishonor or blame from their societies. At the society level, a cyclic arrangement of anxiety arises with trust loss in health facilities and dishonor, causing in disturbance of social interactions and society break down (11).

Shutdown of factories, offices and travel restrictions affects economy globally which created spillover internationally (12). 82% people get panic due to epidemic. 72% were quarantined and instructed to obey the SOPs. 93% Authority agree to take such decisions which helped people for voluntarily isolation. Pandemic information should be conveyed by the health ministry in a way of anxiety management because people get panic by social media (13).

Reference:

1. Gordon DE, Jang GM, Bouhaddou M, Xu J, Obernier K, O'meara MJ, et al. A SARS-CoV-2-human protein-protein interaction map reveals drug targets and potential drug-repurposing. *BioRxiv*. 2020.
2. Ullah E. The Novel coronavirus outbreak: A challenge beyond borders. *Pak J Surg Med*. 2020;1(1):8-9.
3. Lu R, Zhao X, Li J, Niu P, Yang B, Wu H, et al. Genomic characterisation and epidemiology of 2019 novel coronavirus: implications for virus origins and receptor binding. *The Lancet*. 2020;395(10224):565-74.
4. Xu X-W, Wu X-X, Jiang X-G, Xu K-J, Ying L-J, Ma C-L, et al. Clinical findings in a group of patients infected with the 2019 novel coronavirus (SARS-Cov-2) outside of Wuhan, China: retrospective case series. *bmj*. 2020;368.

5. Zhu N, Zhang D, Wang W, Li X, Yang B, Song J, et al. A novel coronavirus from patients with pneumonia in China, 2019. *New England Journal of Medicine*. 2020.
6. Nicola M, Alsafi Z, Sohrabi C, Kerwan A, Al-Jabir A, Iosifidis C, et al. The socio-economic implications of the coronavirus pandemic (COVID-19): A review. *International Journal of Surgery*. 2020;78.
7. Asmundson GJ, Taylor S. Coronaphobia: Fear and the 2019-nCoV outbreak. *Journal of anxiety disorders*. 2020;70:102196.
8. Huang L, rong Liu H. Emotional responses and coping strategies of nurses and nursing college students during COVID-19 outbreak. *MedRxiv*. 2020.
9. Brahmabhatt M, Dutta A. On SARS type economic effects during infectious disease outbreaks: The World Bank; 2008.
10. Evans J, Fast S, Markuzon N, editors. Modeling the social response to a disease outbreak. *International Conference on Social Computing, Behavioral-Cultural Modeling, and Prediction*; 2013: Springer.
11. Shultz JM, Cooper JL, Baingana F, Oquendo MA, Espinel Z, Althouse BM, et al. The role of fear-related behaviors in the 2013–2016 West Africa Ebola virus disease outbreak. *Current psychiatry reports*. 2016;18(11):104.
12. Selmi R, Bouoiyour J. Global Market's Diagnosis on Coronavirus: A Tug of War between Hope and Fear. 2020.
13. Lim GH. (F47) Emergency Department Preparedness for Detection of an Infectious Disease Outbreak. *Prehospital and Disaster Medicine*. 2009;24(S1):s66-s7.