

PSYCHOLOGICAL IMPACTS OF COVID-19

LEADER'S PLAYBOOK



Leaders should prepare for the following emotional and behavioral responses to the pandemic:

GENERAL PUBLIC

- Intense fears of becoming ill
- Avoiding medical facilities out of fear of becoming infected
- Fear of losing livelihoods
- Powerlessness to protect loved ones
- Fear for ill loved ones while simultaneously being afraid of becoming ill themselves
- Hesitation to assist caring for dependents when a caregiver becomes ill
- Scapegoating of patients and specific groups of people
- Unreasonable expectations of U.S. Military capabilities/role in response

ISOLATED OR QUARANTINED PERSONS MORE PRONE TO...

- Loneliness, disconnection
- Boredom & frustration
- Helplessness
- Stress
- Anxiety & insomnia
- Worsening of existing mental health conditions
- Alcohol abuse
- Spouse/child abuse

LONGER TERM MENTAL HEALTH IMPACT

- Deterioration of social networks
- Intensified emotional states
- Anger and aggression towards frontline workers and authority figures
- Increased family violence
- Increased substance misuse
- Worsening mental health concerns
- Public outrage and demand for more information