

Case Report

## A Case Report of a Depressed Male during Covid-19 Pandemic

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### ABSTRACT

In the rapid and progressive world with fast-moving regularities, COVID-19 emerged by comprehending worse effects bringing a sudden pause in every aspect globally. The devastating consequence of this pandemic has not only been inclined towards pathophysiology, but the negative impact holds a cruel role on mental health. The regular increased number of deaths confirmed, and suspected cases created enormous anxiety among ordinary people. This article reports a male, 68 years of age, repeatedly worrying about having contracted COVID-19 with other symptoms. COVID 19 specific management was done followed by detailed assessment through telecommunication channel. Brief psychosocial management effectively could bring relief from anxiety and lead ultimately to a steady lifestyle.

**Keywords:** *Depressed Male, COVID 19, Psychosocial Management*

Human beings have been exposed to disease outbreaks and pandemic history worldwide. Though we all are aware of different consequences and negative factors, mental health was significantly affected by all epidemics and pandemic happened in the past. In the recent period, the most alarming rise of Coronavirus infectious disease caused by transmission through droplets of saliva and discharge has taken the lives of a massive number of people. Like other natural disasters reported in the past, causing a substantial negative impact on livelihood, numerous psychological effects caused by COVID-19 made no difference all around the globe affecting every sphere of lifestyle. According to World Health Organization, 2021 confirmed cases of COVID-19 latest reported for India is 110384747 (WHO, 2021). Though recovery reports have been well identified in every state, the global death reports startled ordinary people. Most accepted preventive measures of COVID-19 emphasized physical, social distancing with isolation preceded by disrupting regular activities with insecurity, financial instability threatened mental and physical well-being. Overwhelming fear and anxiety around the globe brought concern among certain groups like the older-aged population, health care professionals, females, and children. Emphasizing primarily on mental health issues, several experiments and research conducted in every corner of the world reported a positive association between COVID-19 and depression, anxiety-related symptoms, sleeplessness, aggressive behaviors, fear, and stress (Torales et al., 2020). It is not only about the increase in the prevalence of mental health disorders like stress, depression, and anxiety, but the risk of suicide has also

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been increased due to the COVID-19 pandemic. (Ji et al., 2017; Mohindra et al., 2020; Xiao et al., 2020; Xiang et al., 2020).

In this report, a case has been presented of a male, aged 68 years, having repeated thoughts of contracting COVID-19, checking repeated news on COVID-19, low interest in activities, uncertainly towards future, suicidal thoughts, and indulged more into traditional techniques of COVID -19. His symptoms got reduced after the Covid- specific management.

### **METHODOLOGY**

A single-subject design was used to identify the symptoms using a qualitative approach. The present psychosocial case was aimed to analyze the subjective emotion using COVID-19 specific telecommunication management.

#### ***Case Introduction***

The present client was 68 years old male, a retired Hindu from middle socioeconomic status belonging to a nuclear family located in Bangalore.

#### ***Sources of Information***

For information, the client, his wife, and son-in-law were interviewed thoroughly, and the caseworker reviewed past prescriptions.

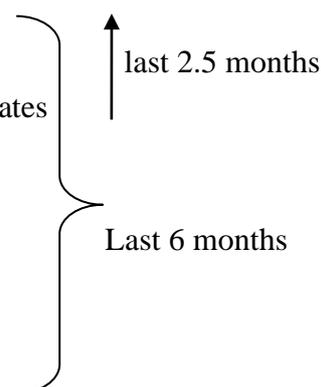
#### ***Brief Clinical History***

The client was well before August 2020, but the outbreak of COVID-19 disease made him very upset. Due to the enormous negative impact of COVID-19, the Government of India declared lockdown on 23rd March 2020 all over India, which acted as a preventive strategy. As a result, preventative measures like isolation, social disconnection, repeated hygiene maintenance, and awareness were the primary lifestyle skills for ordinary people. Under these circumstances, the index client started having excessive worries for his immediate family members who were placed outside for their professional conduct. From April onward, he started checking the news on social media repeatedly on COVID-19 death cases and called his family members repeatedly again. In April, one of his extended family members reported having contracted COVID-19 which made him terrified. He stopped going outside the home to fulfill basic requirements. There was a sharp decline in regular activities like morning walks, shopping, and visiting his age group friends. The client was not satisfied with the online teaching method as it hampered the overall quality of their academics. In September 2020, another COVID 19 detected case written by one of his close friends made him so anxious. His fear of contracting COVID 19 got increased. He started taking traditional home remedies, warm water, hot bath, and sprayed alcohol all over the body. His thoughts of uncertainty towards the future and ultimately death-related thoughts were his primary concern. From September onwards, his sleep got reduced; he had chronic chest pain at times for a while, a breathing problem, and had recurrent thoughts of contracting COVID-19 and transmitting the virus. He had done a diagnostic test of COVID-19. Though the report showed a negative result, lack of interest in activities, helpless feelings, and loneliness with suicidal thoughts was persistent in him due to the fear of COVID-19. Then his wife ultimately consulted with a psychiatrist, and the concerned psychiatrist referred him to a psychotherapist for therapy. Telephonic therapy started with a psychiatric social worker on 25.10.2020.

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### *Chief Complaints*

- Fear of contracting COVID-19
- Checking repeated news of COVID-19 cases and death rates
- Chronic chest pain with breathing problem
- Lack of interest in activities
- Uncertainty towards future
- Suicidal thoughts
- Feeling that nobody is there to help



### *Psychosocial Intervention*

The psychosocial management of this present case comprises establishing a therapeutic alliance, psychoeducation, activities of daily living, and brief COVID -19 specific management.

### *Family Dynamics*

According to the informants, the clear boundary with open communication style has been sustained in the family. The index client maintains a cordial relationship with his wife, and they have an adequate spousal sub-system. Due to professional growth, offspring stay away from home, but they all connect with the client and his wife. They have an excellent reinforcement style and also maintain cohesiveness within the family. Apart from maintaining a positive family environment, they all value family rituals by performing regular worships, customs, and systems. A study during COVID-19 lockdown identifying the relationship between mental wellbeing with relationship quality reported a positive association. Positive mental health has been significantly connected with good relationships (Pieh et al., 2020). During the lockdown, the free-flowing movement was restrictions led to growing loneliness for the client mentioned above. Several previous studies demonstrated a strong positive relationship between mental health distress with quarantine period (Hawryluck et al., 2004; Reynolds et al., 2007).

### *Test Administered*

Both Beck Depressive Inventory and Fear of COVID – 19 scale were administered on the client.

## **RESULT**

The scores of BDI and Fear of COVID-19 were 30 and 33 respectively which represented severe level depression and high fear of COVID-19.

### *Psychosocial Management*

#### **Therapeutic Alliance**

As the medium of the psychosocial intervention was a telecommunication, the therapist discussed some pros and cons of telehealth by giving some clear explanations on expectations from the treatment. However, the client was primarily willing to get treatment by taking a prior appointment and completed all requirements. Background noise and background movements were controlled to build up the therapeutic alliance. Adequate time was given to make him comfortable. Directly looking at the camera and using some reflective statements played critical strategies for maintaining eye contact and establishing therapeutic alliance (American Psychological Association. (2020, August 13). Although

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there has been much concern about telehealth treatment, considering the current problematic scenario, the older population has continuously raised interest in telehealth measures (Kurlander et al., 2019).

### **Psychoeducation and Informative Counselling**

The therapist explained vivid information related to depression and its symptoms. He was given proper knowledge on how critical events are being responsible for triggering some chronic emotional disturbances. The probable course, prognosis, treatment method of depression was discussed. He was also given a clear overview of the COVID-19 scenario with authentic precautionary measurements and possible transmitting methods. Some myths regarding the COVID-19 virus were clarified, like eating turmeric and lemon could prevent the disease. No evidence has been found with warm water or hot bath as protective measurements. The therapist explained and assured the client that maintaining a two-meter distance from the infected patient, wearing a mask, avoiding dirty things, and washing hands could prevent getting infected (Sahoo et al., 2020).

### **Activities of daily living and COVID-19 specific management**

To get relief from pessimistic thoughts and irritable mind, involvement in activities played an influential role. The client was guided to perform regular activities like going for a walk at the terrace, keeping frequent contact with relatives and children through social media, regular exercising, sleeping at a specific time, taking regular meals, and other consistent activities. Information from valid and authentic sources minimized the frequency of news once or twice the therapist prioritized a day. Moreover, the therapist guided him in keeping a record of his suicidal thoughts and giving him some helpline numbers to get support. He was encouraged to maintain his protective measurements and supportive strategies to others as the receivers and helpers both might get advantages during the crisis. The therapist helped the client enhance positivity by using metaphors where hopeful stories with positive images of those who had recovered from COVID -19 were emphasized (World Health Organization, 2020). The therapist prioritized regular follow-ups with a psychiatrist, sleep hygiene maintenance, and treatment adherence.

### **Overall improvement**

Though the negative pandemic consequences have not yet diminished, short-term Covid specific management could not remove all the pessimistic thoughts. Still, regular pharmacological treatment and psychosocial intervention could bring relief and improve his daily functioning.

## **CONCLUSION**

Different corners of the globe have been negatively affected by the outbreak of COVID-19 disease. Most importantly rapid rate of virus transmission with uncertain treatment measured has impacted most of the population, which ultimately increased the psychosocial burden. The case described above report is an attempt to represent the distress of a retired aged person during the COVID-19 pandemic. Practical and well-validated psychosocial measurement played a significant role in enhancing his mental wellbeing.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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