



## Consequences of Social Psychiatry Incorrect information in hospitals about Covid 19

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### Abstract

**Background and Objective:** The release of incorrect news in the new coronavirus crisis caused the countries involved with this disease experience difficult conditions. In this paper, we tried to review the social psychiatric consequences of release of false information in critical crisis.

**Method:** In this review article, the keywords of coronavirus and COVID-19 and their association with the word's false news, pandemic, psychiatric outcomes, social consequences in Springer, PupMed Google Scholar, Science Direct, ProQuest Scopus Google, Magiran, Sid, Normgaz, IranDoc, ensani.ir and Civilica were investigated between January 2019 and May 2020.

**Result:** Psychological effects the rapid onset and spread of the disease has made changes in people's lives and has created negative psychological effects such as depression and fear anxiety. While the Covid-19 was an emerging disease and our knowledge was merging, access to most accurate news and science about the disease was challenging that led to increased false news. Unscientific news and rumors released out of ignorance or by swindlers was a great source of anxiety for public and also sometimes interrupted proper care of Covid-19. In some cases, false information caused harmed to health of community and prolonged the control of pandemic.

**Conclusion:** According to psychological consequences, the negative effects of false news affected the mental health of children and adolescents and the development of behavioral problems, a variety of fears of physical and social isolation, fatigue, impatience, inattention and irritability.

**Keywords:** COVID-19 Misinformation, Psychiatric Outcomes of COVID-19, Social Consequences of COVID-19.

### Background and Objective

On January 30, 2020, the World Health Organization announced the occurrence of a new viral and announced the public health status. On February 11, 2020, the World Health Organization was officially named the virus as viral Corona disease (COVID-19)<sup>1</sup>. This contagious disease was the largest outbreak since the severity of acute respiratory syndrome in 2003, and with the possibility of developing severe respiratory illness, it has affected the governments and public health systems with the possibility of severe respiratory illness<sup>2,3</sup>. Millions of lives are significantly altered and global process is underway. Corona virus created a public medical crisis that requires an appropriate emergency response. The virus was identified as an emerging infectious disease for the first time in Wuhan China<sup>4,5</sup>. One of the most common symptoms of this disease can be coughing, fever and shortness of breath. Due to the lack of vaccine, non-pharmaceutical interventions are the only way to prevent the disease, which dramatically affects the daily habits of the social and economic situation<sup>6</sup>.

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Unprecedented measures have been taken to slow and cut the transmission of the coronavirus, which reduces the time and pressure on health systems but has a huge economic and social cost. Social distancing criteria, closing schools and workplaces challenge people and lead to numerous psychological problems that will have long-term effects<sup>7</sup>. Qiu et al. (2020)<sup>8</sup> Found that psychological distresses, such as the terrain of depression anxiety, fear and disappointment were the most basic psychological reactions in most cases of harmful people and exposed to the incidence of diseases. Mc and colleagues (2010) have reported that in these crises, post-traumatic stress disorder as the most common outcome has had unpleasant effects on the function of individuals<sup>9</sup>.

Anxiety has beyond the physical consequences of the disease and the lack of illness and the notorious reading of reading by people, including the consequences of infectious diseases. Altogether, the spread of communicable diseases can increase anxiety and this anxiety in turn has unpleasant effects on people's mental state<sup>10</sup>. The Covid-19 in Iran, like other countries, has an outbreak and quickly endanger the physical and mental health of the people, because the prevalence of this disease has increased concern about the probability of death due to viral infections and leads to psychological pressure<sup>11</sup>. For example, during the influenza outbreak, about 10% to 30% of the general public were very anxious or concerned about the disease<sup>12</sup>. The prevalence of corona virus in the global level due to the closure of business, schools and generally due to the impact on the lifestyle of individuals makes people experienced complex psychological emotions<sup>13</sup>. The prevalence of corona disease increases the rate of psychological stress in different ways. For example, fear of getting sick, fear and anxiety resulting from

home quarantine and restrictions on commuting, anxiety and fear of robustness and handshakes to others in greetings, and most importantly, anxiety and fear of death of themselves and loved ones are the issues that the coronavirus outbreak has faced people in the community<sup>14</sup>. Soda (2020)<sup>10</sup>. believes that people who suffer from corona are faced with chronic illness that they do not have control. This disease has no definitive treatment and affects the work, social and family relationships and other areas of life. The start of the disease was one of the most important public health challenges in the world. The prevalence of false news is increasing in critical situations, as the U.S. Department of Homeland Security has stated, "Rumors, harmful information and misinformation spread on social media before, during and after the crisis and emergencies." Simultaneously, with the expansion of the crisis, false and fake misconceptions about the characteristics of the prevention, control of the disease, the treatment of this disease published in social networks and between people<sup>15</sup>. Due to an unpredictable epidemic and the lack of clinical evidence proper to deal with the disease, which was largely due to the new nature and unknown nature of the virus, valid information sharing with barrier<sup>12</sup>. Also, since global information systems were not able to respond to the release of the disease, there was an opportunity to publish invalid and confidential fake news<sup>13</sup>. Another important cause of the outbreak is due to the social media framework, which gave users the opportunity to publish news that could not be published through official routes such as television, radio and reputable news outlets through unofficial routes, leading to the rapid growth of the COVID-19 crisis<sup>14</sup>. The importance of this issue is more likely to know that most of this false information is published in social media and from ordinary

people<sup>15</sup>. The publication of news is a serious danger by non-specialist people because they are less accessible to proper information resources, less accuracy and more affected by news<sup>16</sup>. In this paper, we tried to review the social psychiatric consequences of release of false information in critical crisis.

## Methods

The present research is descriptive and a systematic review. In this method, the systematic review of the scientific findings of studies in Iran in the field of examination of social psychiatric consequences has been addressed inaccurate information about the Covid. The results of the researches published in Springer, PubMed Google Scholar, Science Direct, ProQuest Scopus, Google, Magiran, sid, Normgaz, Irandoc, ensani.ir and Civilica databases in 2019 and 2020, which coincides with the outbreak, were investigated. In the databases mentioned, the keywords of coronavirus and COVID-19 and their association with the words false news, pandemic, psychiatric outcomes, social consequences were searched. After reviewing the criteria for entering the research were used for final review. Research that had searched keywords and related to corona communication and incorrect corona news were entered into the research. These articles had full text and published in printed magazines in 1398 and 1399. After, it was found at first 52 items. Of these 39 cases related to Corona subject and psychological characteristics were selected. In the following articles that were part of the book of the newspaper and the crime, they were excluded from the review, which resulted in the number of cases to 23. In addition to reviewing the articles with duplicate subject and articles of internal conferences of organizations were excluded from the

research. Finally, 18 articles entered the research and analyzed and reviewed.

## Results:

Based on the primary search, the concepts of study were defined.

### Psychological distress

Psychological distress is a set of psychological, physiological and behavioral symptoms such as anxiety, depression reactions, restlessness, decreased intelligence ability and sleep disorders that are characterized by symptoms such as negative and boring, irritable and worrying emotions<sup>17</sup>. Psychological distress is defined as a non-specific syndrome that structures such as depression, anxiety, involves cognitive problems of anger or obsession. Psychological distress at the individual level is associated with a decrease in quality of life and due to its negative effects on health, performance and productivity, it is considered as a public health priority<sup>18</sup>. The psychological distress is a special and emotional state with discomfort and stress experienced by individuals in a temporary or permanent manner in response to certain stresses and crushing requests. The psychological distress is the unpleasant mental states of depression and anxiety, that have both emotional and physiological symptoms. Psychological distress as a long-term emotional disorder can affect the social function and daily life of individuals and cause them to be helpless in them<sup>19</sup>.

### Corona anxiety

In December 2019, a new type of coronavirus was identified in Wuhan, China, and spread rapidly throughout China<sup>20</sup>. In short time, areas in southeastern Asia, South Asia, the continent of America and Australia faced the prevalence of this disease. The corona virus is a large group of viruses known as a general health crisis, which has

created challenges for psychological irritation and has been the highest prevalence of acute respiratory syndrome and include symptoms such as fever, cough and shortness of breath. During the COVID-19 pandemic, an increase in psychological problems including anxiety and depression has been reported<sup>21</sup>. The results of research studies confirm that the emergency of the incidence of Covid 19 is considered as a stressful factor, because a new and unexpected situation with a potential impact on health, which includes social constraints. Nevertheless, there is no events by itself an irritating agent and disease, but the perceived stress, the degree that the event considers a stress that causes various psychological and social responses to the position<sup>22</sup>.

Due to the virulence characteristic of the virus, the rate of spread and the percentage of deaths due to it, it may endanger the mental health status of people at different levels of the society of patients, health care workers, children's families, students, psychological patients and even personnel of different occupations in a different way. The evidence of articles shows that a large population of health care professionals experienced a significant level of anxiety and insomnia during the Covid-19 epidemic<sup>23</sup>.

#### **The prevalence of corona virus and community mental health**

The prevalence of psychological damage caused by the spread of contagious diseases in society is very significant. The emergence of Coronavirus also caused the confusion of people's lives and has been accompanied by harmful psychological effects such as anxiety. Now at the peak of the Coronavirus outbreak because of the closure of schools and businesses experience severe negative emotions. Although wide-ranging restrictions such as travel bans, which

represent a new type of quarantine, are effective in controlling and managing the disease, it has negative psychological effects on society, and spreading rumors and concerns about food shortages and hygiene supplies are also raising people's anxiety. With the start of the coronavirus, such as the prevalence of SARS 2003 and Ebola, 2014, the generalized fear and more behavioral reactions caused by fear among people are common. Both of these behaviors can prevent disease control<sup>24</sup>. The incidence of coronavirus causes many countries to stay at home or in a quarantine center. The uncertainty of the progression of the epidemic and its duration causes more psychological stress on the public. The possible reason for these psychological problems may be related to the concern of disease and fear of disease control<sup>25</sup>. Three electronic databases have examined the psychological impact of quarantine and reported negative psychological effects, including symptoms of post-traumatic stress, confusion and anger. Longer quarantine periods, fear of illness, mental exhaustion, insufficient information and financial losses are the stressors of quarantine time. Of course, voluntary quarantine is associated with less distress and complications in the long run. However, quarantine is often an unpleasant experience. Being separated from loved ones, losing freedom, uncertainty about the condition of illness and impatience can have significant effects on certain occasions. During the prevalence of quarantine infectious diseases, preventive action can be necessary. However, studies show that quarantine is often associated with negative psychological effect and the quarantine psychological effect can emerge months or years later. During the quarantine period, financial loss can be problematic for people who are not able to work and should cut their work without planning. Financial losses as a result of quarantine cause serious

socioeconomic distress and lead to more severe mental disorders, anger and anxiety<sup>26</sup>. In the quarantine era, communicative support systems and social isolation can be harmful to acute stress reactions. The results show that even for people with pre-mental health conditions, pandemics can create anxious thoughts and obsessive behaviors and increase negative emotions (such as anxiety, depression and anger) and sensitivity to social risks, while scores of positive emotions (such as happiness and life satisfaction) are reduced. People are more concerned about their health and family and worried about their leisure and friends. The uncertainty and predictability of the disease threatens not only the physical health of individuals, but also affects the mental health of individuals, especially in terms of emotions and recognition. Long-term negative emotions reduce the safety function of individuals and eliminate the balance of physiological mechanisms of Thermal. People may react too much to any disease that leads to avoidance behaviors. Also, uncertainty about the future situation causes cognitive disharmony and insecurity, and people behave in a conservative and prudent manner when they feel threatened by the disease<sup>1-5</sup>.

### **Social implications caused by Corona virus**

An epidemic of a disease, such as Corona, is a major social event in the whole world, which is also evident in the world. From the viewpoint of sociology, corona disease is like events and disasters such as flood and earthquake, which occurs occasionally and causes social disasters. Of course, the level of human involvement in the creation and control of diseases is more than incidents such as floods and earthquakes, and as the prevalence of illness is wider, it will lead to a wider social effect. So that in these

sensitive conditions, we control the spread of social structures and individual life, such as reducing individual control power and reducing the prediction of the flow of life. The Ministry of Health provided measures to reduce the publication of illness in the community. Measures such as masking, social spacing and quarantine were considered for individuals. Quarantine meant to separate and constrain restrictions in situations where they are exposed to contagious disease to reduce the risk and diffusion<sup>27</sup>. Inaccessibility is also emotional that looks like home quarantine and disrupt the routine of life and lack of prediction and planning for the future. Fear of getting sick, fear of death, fear of material problems and loss of job, etc. These conditions can also be added to these conditions. It is worth noting that social turmoil is a disorder in social structures. Following the epidemic, such as natural disasters, causes disastrous and collapse of social life, leads to positive and negative social implications. On the one hand, these conditions have led to the torture and weakening of social rules and followed by social indifference and selfishness and individual interest. But there should be positive social implications caused by the prevalence of corona virus in society. So that we see strengthening social solidarity, people's cooperation, developing charitable activities, strengthening emotional relationships and relationships, strengthening the family, increasing work motivation and other assistance in society<sup>28,29</sup>.

### **The impact of corona social consequences in different domains**

#### **Corona and the field of family**

Familiar with the prevalence of corona viral families with conflicts such as family, work. These conflicts are observed among the families in which parents are employed. Because following social distancing and the



closure of many jobs, working and childcare has become harder for working parents than in the past, and this has caused a lot of family and individual problems, while following quarantine issues, finding people to care for children has also become more difficult<sup>29</sup>. On the other hand, increasing the duration of stay at home and the interaction of their couples caused the conflict and family conflicts between couples. On the one hand, family conflicts at home and, on the other hand, parents' jobs on the outside of them. Also, according to the research conducted, we also see that the need for family counseling and contact with experts has increased among couples. Domestic violence, in addition to wife abuse, has resulted in an increase in child abuse, elder abuse and disability abuse following the coronavirus outbreak<sup>30</sup>.

### Corona and the field of education

The social distancing program to reduce the spread of disease in the community caused the closure of schools and universities in person, and in order to prevent students' educational programs from stopping, education decided to provide all the subjects to students through the TV education network and its main purpose was social justice. However, due to the abundance of courses in disciplines and educational levels, it was not possible to offer all the courses and on the other hand, the problem was the lack of interaction between teacher and student. Then the Shad app was designed and with all the problems that had somewhat satisfied. Although the design of these programs caused flourishing and comprehensive virtual education in the country<sup>31</sup>. However, we see that the whole country does not have access to internet and virtual facilities and laptops, and this has left them behind virtual training facilities. This space inequality in communication

technology and more information has been considered by some researchers in this area.

### Corona and the field of work

Corona's economic consequences in society are the same as the lower classes of society under its radius and display lower economic exposure from their own. The closure of businesses for lower groups of society is a threat to crippling and raised unemployment and lower the income of lower groups, causing dissatisfaction and protests of some guilds. After all, the social distancing policy was a strategy by the government to reduce the risk and casualties of the disease and reduce its negative consequences, which is the realization of people's trust in the government, which has led to the success of these policies and measures to solve the crisis<sup>32-34</sup>.

### The Psychological Effects of Corona

Corona's disease is rapidly expanding in the world and creates fear and concern among people, especially the elderly, patient care providers and people with underlying illnesses. The emergence of this disease has created a kind of fuss that is one of the devastating effects of anxiety. Although actions such as shutting down the schools, shutting down some of the business and social distances to control and manage the disease, but all of them make a challenge that leads to many psychological problems. Quarantine, confusion and stress cause financial losses and socioeconomic distress, which increases anger as well as anxiety. This is while social isolation of people against acute stress reactions. So that we also see obsessive compulsive behaviors in society and on the other hand, this isolation has reduced the sense of satisfaction and happiness<sup>35</sup>. The development of obsessive-compulsive disorder is another consequence of the coronavirus outbreak in society, which sometimes manifests itself in the form

of nail-chewing, excessive use of Vitex and salt ink and other detergents, and these will have adverse consequences such as coughing and severe lung involvement<sup>27</sup>. Of course, high anxiety cannot be considered as a good behavior in terms of health in these conditions, but high anxiety in people causes non-adaptive immune behaviors such as excessive hand washing, shopping along with panic and storing materials and resources, etc. But on the other hand, low anxiety also has negative effects on health behavior, for example a person who sees himself as less at risk of disease cannot make social distancing recommendations, wash hands regularly, mask and change its social behavior according to society. The consequence of another prevalence of the Corona virus is an extreme fear of the health of family members who also involved the minds of each individual's mind even children, so that they constantly fear the loss of family members<sup>22</sup>.

### **The impact of corona psychic consequences in different fields:**

#### **The psychological implications of the Corona crisis in health personnel:**

The treatment staff is in the first line of treatment and care of patients with Coward 19 and are at risk of serious health problems. The growing number of patients and suspected cases of infection, high work pressure, lack of personal protective equipment, lack of special medications and insufficient support can cause psychological stress [36]. Previous studies at the time of eptotherapy of SARS in 2003 showed that the treatment staff was afraid of family and friends. Most patients felt infected or infected, so they began to be reluctant or resigned and reported high levels of stress, anxiety and depression symptoms. These problems can have long-term psychological

consequences<sup>37</sup>. Fear of self or family, concern for colleagues and friends, loneliness and high expectations can lead to anger, anxiety, insomnia and stress caused by uncertainty. Anxiety is a common symptom in medical staff and can significantly reduce their quality of life<sup>36-38</sup>. There are also concerns and concerns about the mental health of the treatment cadre of patients with Covid-19. f et al. (2020)<sup>38</sup> studied 1,257 Wuhan hospital personnel and other staff involved in the diagnosis, treatment and care of COVID-19 patients. About 50 percent reported depression, 45 percent reported anxiety, 34 percent reported insomnia and 71 percent reported stress. Another study in China during the study of covid-19 on 1563 people showed that about 36% of the treatment staff symptoms of insomnia. Further analysis showed that the symptoms of insomnia were associated with low level of education, medical occupation, employment in the isolation unit, concerns about infection, hearing covid-19 news, inadequate psychological support, and serious uncertainty in controlling the disease.

#### **The psychological implications of the Corona crisis in society**

Previous research has shown that during the epidemic of infectious diseases, there is a wide range of psychological effects at individual and collective levels. In the general population, people may experience fear of contracting or dying from the virus, feeling helpless and stigmatized<sup>37</sup>. During the outbreak of influenza type 1 (H1N1), about 10-30% of the general public had moderate to high concern about the possibility of developing the virus. As schools and jobs close, the experience of negative emotions is exacerbated and complicated by people<sup>8</sup>. In the epidemic of the SARS virus, several studies have examined the psychological effects of this

virus on non-infected people and showed significant psychological adolescents with this disease<sup>11</sup>. In a study on the COVID-19 pandemic from 194 Chinese cities, 1,210 people participated online. Psychological status was assessed using dass-21 scale. 53.8% reported moderate or severe psychological effects of the pandemic, 16.5% had moderate to severe depression symptoms, 28.8% reported moderate to severe anxiety symptoms and 8.1% had moderate to severe levels of stress. 75.2% were concerned about family members being infected with COVID-19. High levels of stress and depression were associated with female students and physical symptoms such as muscular pain of dizziness and nose. The correct health information and preventive measures were significantly related to lower psychological effects and stress levels of anxiety and lower depression<sup>33</sup>.

### **Psychological consequences of the Coronavirus crisis in patients:**

Due to the rate of publication along with the amount of Covid-19, many have compared this crisis with the end of the world or human extinction<sup>39</sup>. People who have been positive for the Corona virus, in addition to tolerating suffering and pain, should be able to confront anxiety and concerns associated with this crisis, and this stress also affects the response to treatment. Reports indicate an increase in the incidence of anxiety and other unpleasant feelings in patients with this virus. The cause of these emotions in patients with issues such as the death of loneliness in quarantine and anger caused by the restrictions of hospitalized concerns about other family members during hospitalization and quarantine socialism and the limits of interpersonal relationships<sup>40</sup>. Health organizations of different countries along with medical care have taken a serious look at psychological care to confront psychological consequences of the Corona

virus outbreak. For example, the mental health service system in China has been preparing various psychological packages to deal with these distresses. China's National Health Commission has begun publishing several guidelines for psychological interventions to deal with the COVID-19 crisis since January 20<sup>20</sup>. During the covid-19 outbreak, psychological problems such as anxiety, depression and stress have increased greatly. Despite the prevalence of mental health problems and disorders among coronavirus patients, most do not receive appropriate psychological services<sup>41</sup>.

### **Negative consequences of COVID-19 news and misinformation**

Following the invalid news release, the director of the World Health Organization said, "We are not just fighting the pandemic; Fake news spreads faster and easier than viruses. If this problem is not solved, we will enter the path of darkness that will not end anywhere". In the Corona Crisis, the world requires an increase in communications strategy that provides people, especially those at risk of greater risk information about self-care identification and clear guidance<sup>25</sup>.

In the crisis of the Corona virus, we can claim that we have been facing three categories of information:

Anti-information is information that is deliberately produced and expanded with the aim of creating and expanded. Manufacturers usually have psychological or social financial motivations, such as the publication of the news that Corona is created by the G5.

Pseudo-information is information that is invalid and unreliable, but its publisher inadvertently publishes it, such as the news



that Detwell prevents the spread of coronavirus<sup>42</sup>.

Misinformation is also factual information that spreads with the aim of causing harm and can include information that the text and image do not match, for example, the publication of the news that despite the fear of buying during the Coronavirus crisis, people still do not use vegan products (vegetarianism). While the reality was that the images of this news were from a grocery store in Texas before Hurricane Harvey, which has been used for the Corona crisis<sup>43</sup>.

Since the purpose of news reports is not revealed to us, so it seems that the use of the word false news to refer to the news published during the crisis of the Corona is the most appropriate option<sup>44</sup>.

**In a summary, the effects of incorrect news on the crisis of the Corona virus are considered as these:**

#### **Harnessed to health**

The quantity and quality of information that people receive affects their knowledge and perception, which in turn affects prevention and control measures, for example in Iran, wrong beliefs arose on social media that methanol leads to prevention of coronavirus. At the end of March 2020, more than 300 people died in methanol consumption and more than 1,000 people were sick because of methanol consumption. With the expansion of the effectiveness of chlorine dioxide solution in the treatment of this disease, the use of this disinfectant solution was expanded and this is if the US Food and Drug Administration issued a serious warning because this solution causes severe vomiting of low blood pressure and acute liver threat<sup>45</sup>. In Nigeria, after the emission of the effect of chloroquine drug (A drug used to treat malaria parasite) in the treatment of corona, excessive use of this drug was reported among the people.

And in India, the father-of-three committed suicide after realizing he had contracted the coronavirus<sup>34</sup>. Also, disseminating false news causes the elimination of healthy behaviors (such as hand washing, avoidance of society, etc.) and promotes incorrect practices that increase the prevalence of the virus and ultimately lead to poor physical and mental health in people<sup>22</sup>.

#### **Psychic harms such as increasing fear, anxiety and confusion**

Many of the incorrect information related to the diagnosis and treatment of Covid-19 caused the general population as well as the treatment team that are fighting with a relatively less researched disease<sup>46</sup>.

#### **Increased racism and pessimism to countries**

After release of the virus in Japan, Japan was developed as the second largest country to the virus. On January 24, 2020, the false news of Chinese passengers from Wuhan with a low fever at Kansai International Airport was published through numerous social media channels. Although Kansai International Airport denied this fact, discrimination against Chinese people spread in most countries, especially Japan. The hashtag "Chinese don't enter Japan" trended on Twitter, and Chinese tourists were labeled as dirty, inconsiderate and even bioterrorism. Dissemination of misinformation led to an increase in racism among people and discrimination, humiliation and even xenophobia towards Chinese people and tourists<sup>19</sup>.

#### **Lack of medical appliances and increasing the demand for medical equipment**

Following the release of incorrect news receipt of the mask and the antiseptic gel reached the highest rate. Increasing referrals to pharmacies to get these products caused medical supplies for treatment staff and patients to greatly decrease<sup>39</sup>.

### **Buying panic and rising economic insecurity**

The publication of the national quarantine in the United States led to the horror of buying and invading food stores, which led to disruption to food supply and supply gap and demand. Also, food insecurity was also intensified among people with weaker economic status and harmful cortex<sup>17</sup>.

### **Create social disgrace**

Dissemination of false news has also created a social stigma about the disease, which has led to a reduction in compliance with home quarantine laws and social isolation. Several countries have reported incidents in which hundreds of people who visited their mosque/church despite their doctor's advice to stay isolated at home were infected, as well as people with the disease at risk of social exclusion, discrimination and stigma<sup>24</sup>.

### **Discussion**

The epidemic of coronavirus around the world is a major threat that will release incorrect news about it for physical and mental health of negative consequences. Review of studies on the release of incorrect news of the disease indicates the existence of widespread psychological implications around the world and has affected mental health at interpersonal and social level. In our study we reviewed most aspects of the topic. Ahinkorah et al. reviewed misinformation about covid-19 in Africa.

They mentioned a bunch of fake news around the Covid-19 even sometimes from authorized organizations<sup>50</sup>. Ali's systematic review showed that myths and rumors are very prevalent about the Covid-19<sup>51</sup>. But we additionally addressed the emotional and psychiatric consequences of such misinformation. Our review in accordance with Ali's study mention that WHO recommendations should be addressed as the source news agency on Covid-19 pandemic.

The psychological effects of the emergence and rapid expansion of the disease have caused the changes in the lives of individuals and has created malicious psychological effects such as depression and fear anxiety. Generalized fear and overreactive behavior caused by fear have spread, and with the lack of support systems and the spread of social isolation, people have become more mentally and psychologically vulnerable. Quarantine has also created many psychological effects, including confusion, mental exhaustion and anger. Some studies have reported the prevalence of negative emotions (such as anxiety, depression and anger) and obsessive behaviors, and consider long-term negative emotions to reduce people's immune function. High level of health anxiety or non-adaptive safety behaviors, as well as low level of health anxiety, has negative consequences for individual and society. Another psychological consequence of the negative effects of the incorrect news of the disease on the mental health of children and adolescents and causing behavioral problems in them.

### **Conclusion**

Our review shows that misinformation has destructive psychological consequences, negative effects on the mental health of children and adolescents and causing behavioral problems, various fears of physical and social isolation, fatigue,

impatience, inattention and irritability; this gets more complicated in a pandemic situation.

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### Conflict of interest:

None.

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