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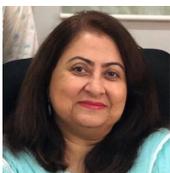
Online Edition

The whole world is going through such a challenging time that mankind has rarely faced earlier. Where the pandemic of Coronavirus has paralysed the world, socially and economically, it has also shed its implications on psychological domain of every single individual. National Institute of Psychology, Quaid-i-Azam University has initiated an effort to contribute its knowledge and expertise for the well-being of general population. We have decided to initiate a series of NIP Newsletter and invite all the dedicated psychologists across country to share their knowledge and expertise in helping people deal with their psychosocial problems. We have decided to publish special issues of Newsletter, on monthly basis, regarding psychological help in dealing with this pandemic. We also invite all the dedicated psychologists and people who are working in social service sector to join us in this cause and share their knowledge and expertise through our forum.

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A COVID-19 CASE:

UNDERSTANDING PSYCHOLOGICAL SYMPTOMOLOGY

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Since announced as pandemic by WHO on 11 March, 2020, the Coronavirus (COVID-19) has embraced the whole world in a very short span time. Notwithstanding the fact that the mortality rate lies between 2 to 3 percent on average, coronavirus has become a dreadful dream for many of us. Much focus on physical symptoms and lesser attention upon psychological symptomology has worsened the mental health conditions of individuals around the globe. Although a vigorous research worldwide has now been centering on psychological distresses (COVID-19: Effect of global stressor on the couples; PsyCorona Project etc) yet its long journey to grasp over the various behavioral, cultural, and mental health conditions of people. Depending upon certain familial, societal, and attitudinal factors there may be diversity in exhibiting the distressful conditions among various group of people. Here I intend to discuss a real COVID-19 case, which may reveal some psychological aspects within indigenous perspective:

Ms *Ammara was 25 years old MPhil student, who was taking her online classes. One day she shared some texts in Whatsapp group of her class fellows. Those text indicated that she and her family members, including two siblings and parents, were having some symptoms and tested positive for coronavirus. Later on she reported that she and her father were having severe symptoms unlike other family members. Coughing, breathing difficulties, loss of smell and taste senses made her excessively anxious and fearful. She reported that "nobody can imagine the pain and fear we are going through". She also shared her concern for her father as "I cannot tell you how dreadful is to see the parents in pain". She was crying for help and asking class fellows for prayers. Her messages were showing that she was getting hopeless and was preoccupied with negative thoughts of the fear of death and excessive worries. Her class fellows at that time played supportive role and they tried to instill hope in her and provided emotional support as well. Next day both she and her father got admitted in hospital and rest of family member, with minor symptoms, quarantined themselves at home. They stayed in hospital for next 10 day, got physically stable and tested negative for coronavirus. As they reached home she again shared details about her whole experience and mentioned that during her stay at hospital she remained anxious

**Identifiable information are fictitious*

most of time because from the window of her room she viewed some scenes of coffins and bodies being sealed in them of those died of coronavirus. Although she received intensive medical care over there but didn't receive any aid for mental wellbeing, which triggered emotional distress and psychological symptomology. Now she has isolated herself in a room, having fear of illness and death, avoiding to contact people except family members, showing low motivation, lack of interest, and poor self-esteem, experiencing poor sleep, feeling hard to get rid of coffin images that seems to become her flash bulb memories. She is also obsessed with wearing mask and washing hands. She is probably vulnerable to PTSD. Social support is also an important factor she has been deprived of in this scenario.

Although trauma and symptomology may vary from individual to individual but what we learn from this case is that our health system is lacking in provision of mental health and psychosocial support to COVID-19 patients. Widespread psychological reactions triggered by COVID-19 may continue for many even after the physical recovery. A coronavirus patient with severe symptoms is highly vulnerable to wide range of psychopathological reactions from early anxiety to severe emotional, behavioral, and cognitive impairments. There is an inevitable need of psychologist to intervene predominant psychological reactions to post coronavirus infections. COVID-19 pandemic and psychological epidemic are stirring parallel and be treated or managed simultaneously.

MAINTAINING PSYCHOLOGICAL WELLBEING DURING THE COVID-19 PANDEMIC

Ms. Riffat Zahir (Research Fellow Cum Assistant Professor)



The COVID-19 Pandemic, besides causing unprecedented loss to human life, has led to immense psychological strain across the globe. Though humans are primarily concerned about the physical wellbeing of their own and their loved ones in these testing times, most of us (including both healthcare workers and the general public) have also been psychologically overwhelmed with the continuous outpouring of news about rise in the number of confirmed cases and deaths. People are worried, and rightly so, about issues like management of finances, job loss, social isolation, loneliness, loss of a loved one, fear of catching the corona virus, and uncertainty about what the future holds. The mental health challenges of the pandemic are profound and psychological problems such as stress, depression, and anxiety are already on the rise.

One of the most pertinent questions related to our mental health during this challenging and confusing time is: how can we deal with the COVID-19 related situation in a way that will keep our psychological well-being intact? Well! there can be a variety of answers and for me, based upon my knowledge and take on the matter for me as a student and teacher of Psychology, here are some key ways that can help you maintain your own mental health as well as of your dear ones:

- Accept that experiencing some fear and anxiety is normal and make sense in the current scenario. Do not be hard on yourself if you are feeling somewhat more anxious than you usually do.
- Restrict your unlimited exposure to COVID-19 related news on television and social media if it makes you anxious. Instead seek relevant and required information only from reputable sources not more than twice daily to

stay updated.

- Understand that you don't have control over everything that and don't get overwhelmed because of the lack of control in some areas. Instead concentrate on things that you have control over.
- Call family and friends through to maintain social contact; prioritize talking to those who are likely to be more overwhelmed than you e.g. the elderly and the children. Keeping in touch with those you care about will help you and them to maintain mental health during this period.
- Try planning your day with some routine (e.g. cooking and cleaning) along with some variety (e.g. calling a family/friend or watching a movie) to avoid boredom and monotony.
- Engage in a hobby/activity that you can easily manage at home. Reading, gardening, cooking, and painting can be some good choices.
- Remain in the present moment to keep your stress levels low. Shifting your focus on the past or the future is not going to help you in any way and instead will make you psychologically vulnerable.
- Reach out for professional help if you or a loved one is finding it hard to cope. You can also become part of one of the many online support groups run by mental health professionals; explore and you will discover that many are experiencing psychological distress like you are currently. Share your needs and strengths with your group fellows for mutual support.

HELPING CHILDREN TO COPE WITH OUTBREAK OF CORONA VIRUS



Ms. Saira Khan (Lecturer, NIP)

Corona virus has changed the way we look at things. Usual break from work that we used to enjoy and long for is now a challenging situation. As an adult we might think that it has only affected us as children are too young to understand this situation. This often results in ignoring the fact that they are also receiving information from surrounding which is not tailored according to their age. This is resulting in increased distress among them. Though they might not be able to label their emotions and understand the reason behind their behaviors but, as an adult we need to take responsibility and help them to go through this phase. For this it's important to understand the common reactions shown by children during uncertain situations.

Common reactions of children

Getting insecure, remaining silent, clingy behavior, crying for no apparent reason, nightmares, complaints regarding pain in different body parts, fatigue, either not eating or eating too much, asking too many questions, frequently inquiring about their own safety and safety of others family members, frequently requesting parents not to go to work, repeatedly asking for reassurance, asking whether their friends and relatives are at risk or not, asking questions regarding when this situation would be over, difficulty in falling asleep are all common reactions and questions that your child is likely to ask you. Present circumstances for them are stressful and they are perceiving it and thus reacting to it as well. It's important to acknowledge that children are also upset about this situation.

What can help?

1. As an adult it's important for us to know that all these reactions are normal reactions. Many children exhibit

similar behaviors when they are undergoing stressful situations. It is important to acknowledge feelings and talk to your child in order to determine his/ her understanding of the issue.

2. It is important to educate the child as well that all what they are feeling is a normal reaction to an abnormal situation. Don't make any false promises like we would not be affected by this situation or this will end soon rather educate the child that what can be done in order to be safe. Repeat the rules of washing hands frequently and maintaining distance from others.
3. Try to maintain a routine for the child. The forced isolation which children are facing is disturbing normal routine. Make the child an active partner in process of setting routines. This will lead to healthy discussion and will help you answer many questions which your child might be reluctant to ask otherwise. Maintaining proper mealtime, sleep time and time to play together can help.
4. It's important to limit screen time. Excessive use of Internet and Television is going to add on to fears and anxieties of child. Replace it with more healthy activities like involving child in preparation of meals, artworks, storytelling sessions and other indoor games.

Remember *"The greatest compassion is the prevention of human suffering through patience, alertness, courage and kindness."* Be kind to your children, understand and acknowledge their reactions, listen to them patiently, as this will give them courage to go through this phase.

HOME SCHOOLING AND POTENTIAL CHALLENGES FACED BY CHILDREN AND PARENTS DURING COVID-19 LOCKDOWN



Attiya Siraj (PhD Scholar, Lecturer COMSATS)

The COVID-19 pandemic has resulted in closure of schools around the globe. This has resulted in children spending more time at home with their parents and guardians. This inevitable cancellation of schools and examination have detrimental consequences on children's education (Burgess & Sievertsen 2020). The increased stress and burden of more responsibilities on parents, and their isolation from peers and teachers is likely to set the trajectory of children's socio-emotional development in negative direction.

The psychological issues of children are likely to get intensified as a result of the stressful home environment created by this pandemic. Children from low socio economic class are already lagging behind in the socio-emotional domain, their pre-existing psychological issues are likely to be exacerbated ; this is especially so for boys, as they are more likely to have behavioral issues than girl; and even fewer gender differences during adolescence, where the probability of psychological disorders gets

increased (Patalay & Fitzsimons 2018). Moreover, the positive relationship and interaction between children and parents (especially during a stressful period such as this) can attenuate children's psychological issues.

The stressful family environment, a byproduct of the COVID-19 pandemic, can impact families through various channels: intense worry about parent's own and children's health, the stress of working from home, potential or actual unemployment, loss or significant decrease in income, and other related risks of living through such a pandemic. And above all the help and assistance provided by the schools during this period of home schooling varies widely from school to school. Consequently the amount of help and assistance provided by the parents to the children is also significantly different from family to family. Here the detrimental impact of parent's low level of education is also inevitable.

There is an added direct impact of school closures and corona on the stress level faced by the children (especially due to isolation from their peers and teachers), the significant and sudden change in their sleep and other routines as well as the increased concern about their own and family's health. In a recent research the researchers asked the parents what were the factors that added to poorer social-emotional skills, especially while living in such a stressful time. Following three inputs were provided by the parents that can act as stressor and consequently amplify the disparities:

1. **Mental Health of Mother.** Those mothers who are already having mental health problem, when exposed to stressful home environment their problems are likely to increase. Hence, such children show more social-emotional problems due to stressful interaction with their mothers (this could even worsen with time). Interventions that are focused on supporting mothers and their mental health problems would help narrow down children's social-emotional disparities (especially with the added stress caused by COVID-19).
2. **Investment of time.** Time spent by parents on quality and productive educational activities of the children can play a pivotal role in childhood development (Fiorini and Keane 2014, Del Bono et al. 2016, Attanasio et al. 2020). The increased time spent by parents by working from home can result in lesser time spent with children. This could further impede children's social-emotional development.
3. **Harsh Parenting Style.** Child's skills, according to psychologists and economists, are most crucially determined by the style of parenting receive. Both former and later consider warm, strict or communicative parenting as most crucial. In order to increase their children's learning parents might enforce more strict rules and boundaries. However, it should also be considered that harsh parenting, can exacerbate both behavioral and

emotional problems of the children. Moreover, a sensitive parenting style can assist in closing the gaps that exist in social-emotional skills of the children.

Conclusion

At this time of pandemic, crisis has increased the vulnerability of people, especially at risk are children. Things are likely to deteriorate further if proper steps and measures are not taken. The increased frustration of parents of losing income and jobs, working from home, increased responsibility of home schooling children, closure of schools and resulting isolation of children from their peers and teachers, have not only detrimental impacts on parents but consequently on children's social and emotional well-being. This calls for a well-coordinated assistance from the government. One such step has been taken by Pakistani government in the form of schooling broadcast on television (Tele School), but much more is still required to assist families and children in such a critical time.

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INTERESTING WAYS TO KEEP UP WITH THE PANDEMIC

Ms. Zainab Shabbir (NIP Alumna)

Life Orientation Coach (The Citizens Foundation)



As the terror and uncertainty sweep across the globe. It is important to hold on tight and see-through and beyond the frozen glass for the better tomorrow. The Pandemic drastically altered the way we live and ending upbringing many changes to how we live, cherish, and express ourselves as an individual entity. The idea of social distancing has been turned to be more of social isolation among people and communities. Every day waking up and inhaling all day in with thoughts like- how long the Pandemic will last and what the future will bring, exacts an overwhelming pressure and despair. Well, it does not end, the next humongous pit-stop is consulting the COVID-19 update through all mediums of mass communication as it relentlessly brings in information overload, rumors, and misinformation just like an uninvited guest on your doorway to realize you that uncertainty has greatly taken over it.

The speck of moment you feel like, you are about to give up. Just Breathe. It's not the END. The experiences we have had presently- speak out the vulnerability attached to social isolation, as many of us are subjected to a sort of psychological turmoil. Let's just inhale-in all that is coming on our way and leave for further infiltration. Certain self-care tips can become a part of our daily part and parcel, which will help us to see the better side of the day and many up-end coming days during these times.

Head Start of the Day:

- Keep up with a good night's sleep.** Go to bed and get up at the same time each day. Let your body process the situation and give time for it to react and recuperate. It's wise to maintain a schedule for a uniform sleep pattern, in case if it is not working out, don't push yourself hard. It's okay to not practice a "standard" daily regime, but at least initiating a good one is always a way to go.
- Jump into strenuous (physical) activities.** The motivation to start a day with stretching, aerobics, or cardio would be a great way to overcome weekly blues. As staying at home is in itself an unmatched struggle with intact sanity. Let's be honest- it's hard to move around in today's time. So a little we can do to mitigate the present lurking stress is by finding an activity that includes movement, such as making up your bed, standing in front of the mirror for at least five minutes, cooking something nice, dancing, etc. It could be anything that encompasses footsteps tracing you out of the room.
- Limit screen time.** It is really important to gauge your screen time daily to divest yourself from technology. Turning off the technological devices is a wise thing to do
- Before your bedtime, put your devices away from you for at least 30 minutes before you go to sleep.** It will require a cognizant effort to reduce screen time. You may agree or not- this one is certainly a game-changer.
- Sit back, contemplate, and reset.** The idea of introspection has been a good way to distill your negative thoughts and emotions, so it's always worthwhile going into Zen mode. Set aside a good piece of time to refresh and reset, simply by encompassing deep breathing exercises, yoga, or meditation will take you to another time and space, and when you come back to face reality- it automatically becomes bearable. These practices for at least three times a week will help you to explore different undiscovered aspects of your individuality.

Reduce stress triggers through both kinds of internal and external connection:

- Keep a consistent daily pattern.** Astringent routine is a great way to overcome internal and external stressors. I know it sounds peculiar in these times, nonetheless, we all yearn for comfort and stability. This will help you feel productive in these slack days of Pandemic.
- Reduce access to untested news/media sources.** There's a plethora of news on COVID-19 that was untested and latter had been rejected by reliable sources, but most of the time the unreliable piece of information is transmitted before it has been validated by the substantial sources. Also limit reading, hearing or watching horrendous stories based on some sort of untested conspiracy theories, but make sure to keep yourself mindful of national and international updates.
- Stay busy.** Distraction is an unwind bliss. It certainly peels off all sorts of gloomy thoughts and loneliness surrounding you. You can certainly lookout for new hobbies, invest yourself in community service, or clean out the once promised closet, meet work-related or academic deadlines, which were once shadowed by some other tasks. Hence, it works like therapy, as making something out of nothing has always been a great way to placate anxiety and is a healthy coping strategy.
- Highlight resilience in your life.** There are the days in our lives when finding positivity, and hope is a real struggle. But it comes with a leverage of choice and acceptance- we all have an open-ended to choose hope over despair, positivity over negativity, light over darkness by embracing baby steps in life. The good way to be

resilient in these desperate times is by showing gratitude for everything you possess, as it is surprisingly the best way to make your day for yourself.

5. **Support a family member, a friend, or anyone in need.** If a family member, a friend, or anyone in need is looking for support, step ahead to offer any sort of possible support. If you find any of your acquaintances taking strict measures by isolating themselves and decides to be quarantined, it's important to look out for ways to connect with that person on a weekly intermittent basis. This could be through electronic devices or the telephone or by sending a note to brighten the day, for example. Make a list to call your friends, family, and relatives whom you haven't been able to connect for so long, and make them feel that they are not alone.
6. **Use your spiritual side to brace yourself.** If you find relief in practicing a belief or ethos, as it brought nirvana and peace to you- make it a ritual. Interrupt anxiety with gratitude.
7. **Set healthy boundaries.** Set doable tasks and enjoy

little accomplishments. It is okay to be motivated and driven towards your to-do list, but make sure that you keep it subjectively practical for you while you are at home. Set pragmatic short term goals each day. Pat your shoulder each time you complete a task, no matter how minute it looks. Most importantly, realize that some days will be better and some will be worse than others, so just hold on tight, you are not alone- we all are together in this chaos.

Despite your best efforts of possibly doing everything for your wellbeing, it may seem a grandeur plan to be executed. At times, it is significantly healthy (physically or psychologically) to imbibe sadness and anxiety as part of any other day of your life. It varies from a nuclear task to focusing on daily routine chores for more than several days. It's time to seek support professionally. It's time to channelize your mental, physical, and emotional exhaustion into contextually tailored intervention. Allow yourself time to notice and express what you are going through. Henceforth, you are onto a stressful yet rewarding journey. In this Pandemic, hope we all find peace, hope, and contentment in acceptable possible ways.

COVID-19 SNOWBALLING XENOPHOBIA AMID HEALTH UNCERTAINTY

Ms. Sanam Younis (PhD Scholar)



Amid the COVID-19 pandemic, another social issue named as Xenophobia has been surging at an alarming rate across the globe. Devakumar, Shannon, Bhopal, and Abubakar, (2020) reflected that the xenophobic attitudes against the Asian descent have become new normal in many countries. Even though COVID-19 is an equalizer attacking every human being irrespective of color, race, origin, and nationality, feelings of hatred and disdain have escalated across globe. This attitude has made COVID-19 not just a health threat but also a threat to the moral, socio-political, cultural, and economic stability. These circumstances have given ample space for the growth of hatred and violence for the out-groups.

The outbreak of COVID-19 pandemic has resulted in an upsurge of violence and acts of hatred and discrimination. In this vein, The New York Times reported that viciousness against Chinese Americans and the Asian American community has intensified since the COVID-19 (Tavernise & Oppel, 2020). Overt displays of xenophobia have also been observed in the United Kingdom where Asians students were pelted with eggs and bigotry remarks. Likewise, in Singapore a student was beaten to death for its Asian descent and required plastic surgery. Similarly, in Rome several restaurants have barred entrance of Chinese and Asians and in Holland the dormitories of Asian Students were inked with hate speech. The situation in India is no better where residents in the North-East States have filed complaints against the rising verbal attacks since the wake of COVID-19

(Roy, 2020). These are just a few examples of human reaction to pandemic making xenophobia common. Many times media and politics are accused for strengthening the relationship between COVID-19 and spread of Xenophobia.

Admittedly, COVID-19 has inculcated fear in human minds that have escalated hatred, discrimination, and contempt. Media and politics have been found to be the core mediators in this regard. Media reporting has been ballooning xenophobia in the wake of COVID-19. Deliberate consumption of images of specific nations, ethnicity, and places has enhanced hostility and discrimination against people from certain backgrounds (Mohamad & Azlan, 2020). Such acts are jeopardizing the peace of the world by deliberately endorsing out-groups as threat to their health and responsible for the pandemic.

Consequently, a daunting increase in health-related uncertainty intensified the fear of strangers. The degree of health uncertainty has escalated across the globe after WHO declared COVID-19 a Public Health Emergency of International Concern. The interim guidelines released by WHOM to mitigate the spread of the virus did not prove effective. The number of confirmed cases rose to an alarming rate. Moreover, failure to define the exact mechanism of human-to-human transmission escalated the health-related uncertainty amid COVID-19 (Sohrabi et al., 2020). As a consequence, the conspiracy theories grabbed the space to spread fake news and rumors regarding its pathophysiological

mechanisms as supported by Van Bavel et al., (2020). Subsequently, many countries have imposed travel restrictions and blamed outsiders for this viral infection. COVID-19 has polarized the world on the lines of race, ethnicity, nationality, and culture, thus, exacerbating xenophobia.

In this regard, World Health Organization (WHO) while reflecting upon the increasing incidents of xenophobia amid COVID-19 highlighted that it has many adverse impacts. It compels people to hide their symptoms of COVID-19 to avoid discrimination and hatred. It also prevents people from seeking medical assistance on the occurrence of COVID-19. Furthermore, the WHO highlighted that xenophobia has also discouraged people from adopting precautionary measures and healthy behaviors (WHO, 2020). All these aspects have added to the adversities caused by COVID-19 and hampered its preventions. Yet, very few organizations were at the forefront aiming to mitigate the adversities caused by COVID-19.

United Nations Human Rights Office of the High Commissioner while repelling the xenophobic attitudes reflected that COVID-19 has reminded us that we all are interconnected and our well-being is interdependent (OHCHR, 2020). The vaccine for the novel virus is underway but there is no vaccine for xenophobia other than togetherness and devotedness while sustaining distance. WHO (2020) took the matter in hand and advised government authorities to counter miscommunication and amplify the unbiased voices. Media teams are compelled to offer balanced coverage by portraying different ethnic groups rather centering on specific pictures of people of Asian descent or those who show any resemblance to Chinese. On the whole, there is only one rule to deal with the Outbreak of COVID-19 that wash your hands, maintain distance, and follow public health advice, and work together and DON'T POINT THE FINGER.

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**CORONAVIRUS:
THE GREAT DIVIDER AND THE GREAT UNIFIER**



Ms. Warda Saleh (M.Phil Scholar)

The arrival of the Covid-19 Epidemic has played out counter-intuitively in an era of digital technology. We are no more informed with the internet than without it. The only thing certain about coronavirus is its inscrutability as so far there are no precise answers about its origin, incidence, and mortality rate. Moreover, present in this mix are warnings about the depleting capacity of healthcare systems—if the epidemic curve is not flattened—and the upcoming waves that may worsen it further. The only exit strategy rests on a yet-to-be discovered drug or vaccine that can combat this fast-mutating virus.

The anxiety among masses in Pakistan due to this information overload has been exacerbated by the country-wide lockdown which was enforced to promote social distancing our only safest bet against the spread of virus. The brunt of this policy is being borne by workers of

service and manufacturing industries, owners of small businesses as well as daily wagers whose financial security is in jeopardy. Furthermore, discouraging people from gathering socially or performing group religious rites has deprived them from a valuable coping source. Onslaught of this uncertainty with no frustration outlet in sight is likely to have unexpected effects on human behavior.

Michael Hogg, a social psychologist specializing in social identity, has theorized the link between uncertainty and group processes. According to uncertainty-identity theory (Hogg, 2000, 2007, 2012), our innate tendency to avoid uncomfortable feelings of uncertainty leads us to identify more strongly with our group. This in turn has ramifications like promotion of tribalism, amplifications of prejudices and increasing susceptibility to propaganda. These negative tendencies are reinforced by online echo-chambers

propagating conspiracy theories, misinformation and selected information against various out-groups. These circumstances can turn a diverse society of different religious, sectarian and ethnic groups into a tinderbox that be ignited at any moment as already being witnessed in our neighboring country. The increasing mistrust and disillusionment against others also points to a possibility of vaccine hesitancy in the future. This is not a farfetched prediction as Pakistan already has a dismal track record in dealing with another viral disease, Polio, which still persists due to parental vaccine rejection encouraged by skepticism of its providers.

Although, group behavior in uncertain circumstances can seem like a problem to be overcome but it is also likely to promote collective resilience among groups. The pioneer of this proposition is the social psychologist Drury (2012), who advocates for depathologizing the role of crowds in emergency situations. He suggests that group processes encourage solidarity whereas breaking down of group identity creates selfishness and panic. Therefore, psychologists can guide policymakers to maximize benefits of the natural process of group identification. Its principals can be utilized to foster pro-social concern, increase compliance with safety guidelines and encourage volunteerism. Although the situation right now

is unwarranted but there has never been a better time to reap the benefits of digital connectivity. There is a need to provide online avenues on which people can stand in solidarity with their communities, nation and world at large—from the comfort and safety of their own homes.

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National Institute of Psychology
Centre of Excellence, Quaid-i-Azam University, Islamabad
 is organizing a series of webinars
 for psychological help of community during COVID-19



NO REGISTRATION FEE

Registration is on first come first serve basis.

Objectives

In the context of COVID-19, a highly qualified and trained faculty of NIP is conducting webinars to:

- ◆ Provide awareness to people about their psychological and mental health.
- ◆ Enable them for self-management to achieve emotional stability.
- ◆ Help them enhance their skills to deal their emotional issues and trauma.
- ◆ Offer them an opportunity to discuss their emerging psychological issues due to social distancing.

Title of Webinar	Resource Person	Date	Last Date of Registration
Children's Emotional Well-being During Pandemic.	Ms. Saira Khan	6 th July, 2020	4 th July, 2020
Spiritual Healing in Dealing with Anxiety During COVID-19	Dr. Imran Bukhari	14 th July, 2020	12 th July, 2020
Enhancing Well-being for Teachers and Students During Pandemic	Ms. Raiha Aftab	4 th August, 2020	2 nd August, 2020
COVID-19 Coping Strategies for Parents of Children with Special Needs	Dr. Nelofar Kiran	10 th August, 2020	8 th August, 2020
Building Resilience During COVID-19	Ms. Riffat Zahir	12 th August, 2020	10 th August, 2020
Substance Abuse and COVID 19	Dr. Naeem Aslam	18 th August, 2020	16 th August, 2020

Who Should Attend

Everyone during COVID-19 Lock Down is going through stress, anxiety, emotional distress, irritability, helplessness, anger, and loneliness. We strongly recommend parents, teachers, students, working and nonworking individuals, researchers, scholars, etc to attend these webinars for their mental health.

Organizing Committee

<p>Prof. Dr. Anila Kamal (Director) Dr. Rubina Hanif (Organizer) Mr. Tahir Ellahi (Coordinator) Mr. Muhammad Usman (IT Coordinator)</p>	<p>Register yourself: by email: covidwebinars@nip.edu.pk or WhatsApp: 0342-5371636</p>
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