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Psychopathological Risks Increase After COVID-19 Social Quarantine

Pseudoscience is an important field, since it makes it possible to understand important aspects of our lives. One important occurrence that unraveled important pseudoscientific issues was the covid-19 pandemic, which triggered an unprecedented health crisis. The health crisis led to the implementation of several health measures that were meant to curtail the spread of the virus. One measure that was particularly common in many countries was social quarantine. As a result of the contagious nature of the disease, social quarantine became an indispensable measure that was critical in circumventing social interactions and consequently averting the spread of the disease. Despite the essence of this imperative measure, the introduction of social quarantine led to the increase of psychopathological risks, as will be unraveled in this study.

The introduction of social quarantine led to the disintermediation of communications systems in many countries across the globe. Since the majority of people retreated indoors, there was an upsurge in the scale of digitization, since mobile devices were the only means of communication that people could communicate with at the time. As a result, there was increased digitization, since people interacted less with each other and more with digital devices. The increased interaction with digital devices further triggered an infodemic, which was typified by an increased information saturation (Escola-Gascon, Marin, Rusinol, and Gallifa 3). The increased rate of information saturation triggered an increased spread of good news as well as

bad news. Despite these emerging issues, one of the least talked about among them involves the psychopathological risks that proliferate during social quarantine.

Recent studies have attempted to unravel how the quarantine or lack of social interactions impacted the psychology of many individuals. Escola-Gascon, Marin, Rusinol, and Gallifa (9) revealed how the lack of social interactions negatively impacted the psychopathology of many individuals across the globe. In the study, three important variables were investigated. One of these variables was psychotic symptoms. The second variable was depressive symptoms. Thirdly, there was a variable of perceptual alterations. These alterations in perception revealed that individuals largely exhibited pseudoscientific beliefs. One of the most prevalent during the social quarantine period included depersonalization. A high number of people began experiencing symptoms that made them question their personas. Consequently, there was an increase in derealization, which encompassed feelings of detachment from their normal surroundings. Since the disease emerged unprecedentedly and the social quarantine was also unexpected, there were times when a significant number of people questioned whether what was going on in their lives was actually real or not.

One of the psychopathological aspects that emerged was an increase in paranoid perceptions. The prevalence of this condition could primarily be the result of the limitations placed on a person's physical space during the quarantine period (Escola-Gascon, Marin, Rusinol, and Gallifa 8). Also, it is evident that a large number of people were skeptical of the information that was being provided by the governments. The social restrictions triggered increased alarmism on several societal issues primarily relating to the covid-19 pandemic. Therefore, pseudoscientific information from different digital sources could be primarily blamed for the increase in paranoia as well as changes in perceptions.

In conclusion, it is evident that pseudoscientific information triggered psychopathological risks during the social quarantine period. It is also evident from the study that certain pseudoscience perspectives emerged, such as derealization and depersonalization. Paranoia was a critical aspect that emerged during this period, which were primarily triggered by spatial limitations and the confusion that resulted from the emergence of these unprecedented conditions.

Work Cited

Escola-Gascon, Alex., Marin, Francesc-Xavier., Rusinol, Jordi., and Gallifa, Josef.

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