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### The Psychology of Trauma and COVID-19

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00:00:00,720 --> 00:00:11,724

Lecture in the faculty Senate sponsored series for the shelter in place lecture series. I am Laura Luehrmann professor of political science and president of the Wright

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00:00:11,724 --> 00:00:20,460

State faculty, and I'm really happy that you're joining us today for this extremely important and very interesting talk. And I'm happy to introduce today's speaker.

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00:00:21,719 --> 00:00:24,414

Dr. Jeremy Schumm received his PhD

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00:00:24,445 --> 00:00:33,835

in clinical psychology from Kent State University. He completed his clinical internship at the Boston consortium in clinical psychology,

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00:00:34,195 --> 00:00:38,634

which included the National Center for PTSD,

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00:00:39,174 --> 00:00:40,465

residential substance

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00:00:40,465 --> 00:00:42,835

use disorder treatment in general,

8

00:00:42,865 --> 00:00:43,585

outpatient

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00:00:43,585 --> 00:00:44,395

mental health.

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00:00:45,054 --> 00:00:52,465

After the internships he completed post doctoral training in addiction treatment at Harvard Medical School.

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00:00:53,820 --> 00:01:05,605

Prior to joining Wright State he was the associate director of the trauma recovery center at the Cincinnati VA and clinical associate professor at the University of Cincinnati.

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00:01:07,135 --> 00:01:21,864

He is nationally board certified and clinical psychology. His scholarship interested areas of clinical practice include treating adults with post traumatic stress disorder and substance abuse disorders and substance use disorders.

13

00:01:23,215 --> 00:01:36,864

He also specializes in couples based treatment and is a certified national Trainor in both behavior in couples therapy for substance use disorders and cognitive behavioral conjoint therapy for PTSD.

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00:01:38,155 --> 00:01:52,885

Finally, doctor Schumm is a Wright State alumni, so we're really excited about that. He received his bachelor degree of science and psychology from Wright State, and was a psychology student and university honor scholar.

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00:01:53,125 --> 00:02:05,605

We know we have some university honor students in our audience today, and so special welcome to them. Joining us as well on this panel is Dr. Cheryl Meyer. Dr.

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00:02:05,605 --> 00:02:19,675

Meyer serves as the vice provost for faculty affairs, and she's also the former associate dean of our school of professional psychology. We're really glad to have her here today to help us moderate questions.

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00:02:20,215 --> 00:02:25,645

So without taking any more of your time, I'll turn it over to Dr. Schumm for his discussion today.

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00:02:26,905 --> 00:02:36,865

Great Thank you. Dr. Luehrmann. It's a pleasure to be here. So we, my slides going here.

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00:02:39,685 --> 00:02:44,455

So I'll be talking today about the psychology of trauma and COVID-19.

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00:02:47,965 --> 00:03:02,395

And I'm gonna start with an overview of my talk so I'll start with the definition of a psychological trauma. Both the diagnostic definition

as well as less technical language that's often used in describing psychological trauma. .

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00:03:14,155 --> 00:03:19,974

Next, I'll talk about the psychological impact of COVID-19 as well as it's aftermath.

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00:03:21,205 --> 00:03:27,235

And finally, I'll, I'll talk about a few mental health tips as well as some informational resources.

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00:03:29,425 --> 00:03:36,055

So, let me start with talking about what is psychological trauma and how do we understand that definition?

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00:03:36,085 --> 00:03:44,544

So I'll start with the definition, according to the diagnostic and Statistical manual, mental health disorders, or the DSM five.

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00:03:47,395 --> 00:04:01,344

So, and I should mentioned the DSM five is the way in the United States in which mental health disorders are diagnosed. So, this is, this is the more technical definition of what, what constitutes psychological trauma.

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00:04:02,430 --> 00:04:13,044

So, according to the DSM five there are certain experiences that qualify as meeting criteria for post traumatic stress disorder, or for other trauma related disorders.

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00:04:13,435 --> 00:04:25,824

So, first of all events that involved actual or threatened death, serious injury, or sexual, have sexual violence, have the potential to cause post traumatic stress disorder.

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00:04:29,095 --> 00:04:43,194

And as I will discuss further, that that doesn't mean that all individuals who experienced those events necessarily will have a trauma related mental health disorder. But rather those events have the potential to trigger those particular mental health conditions.

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00:04:44,425 --> 00:04:47,875

The event can be something that the person has experienced directly.

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00:04:49,105 --> 00:04:55,524

It can also involve witnessing the event happening to to someone in person.

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00:04:57,204 --> 00:05:11,394

That could also include learning that the event has happened to a close friend or family member. So, in this case to qualify for a trauma related mental health disorder, this would have to be learning about a violent or accidental death.

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00:05:12,055 --> 00:05:16,464

So something like a car accident, for example, or a family member being murdered.

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00:05:19,675 --> 00:05:28,584

The events can also involve repeated exposure to aversive details, and that might produce a post traumatic mental health problem.

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00:05:28,584 --> 00:05:29,084

So,

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00:05:29,605 --> 00:05:30,475

for example,

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00:05:30,654 --> 00:05:44,185

first responders are in jobs that they were repeatedly confronted with a of details of trauma and exposure in that manner could could cause post traumatic symptoms.

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00:05:44,574 --> 00:05:51,295

Now, according to the DSM five exposure through media or TV doesn't count unless

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00:05:51,295 --> 00:06:02,725

it's work related, and there are certain individuals and work related conditions that are repeatedly exposed to aversive details through media because of their job.

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00:06:02,725 --> 00:06:11,995

So,

an example would be an individual in the military whose responsibility it is to oversee installations that are bombed and they're

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00:06:12,024 --> 00:06:18,024

they're watching videos of that happening real time over and over and of deaths that may be occurring because of that.

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00:06:20,185 --> 00:06:32,394

So, the, the definition, the technical definition for, what is psychological trauma a change from the DSM three to the DSM four so there's been different additions of of the DSM.

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00:06:32,394 --> 00:06:45,685

Obviously, we're on our fifth edition here, and previously the definition described psychological trauma as events that were out outside the range of human experiences.

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00:06:45,685 --> 00:07:00,654

However, research on psychological trauma showed that, in fact, most individuals and their lifetime experience, one or more events that would constitute a life threatening event or event where someone can be seriously injured or killed.

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00:07:00,865 --> 00:07:14,605

So, therefore, the definition in this case was removed and changed. So, I also mentioned a less technical definition that you, you may have actually heard in your day to day conversations and that's one

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00:07:14,605 --> 00:07:21,300

(audio loss)

46

00:07:21,360 --> 00:07:29,875

For example, individuals who have gone through a divorce often say that was a psychologically traumatizing event or experiencing job loss.

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00:07:29,875 --> 00:07:30,375

Now,

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00:07:30,504 --> 00:07:37,045

while those events may not meet the technical definition for a trauma related mental health condition,

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00:07:37,045 --> 00:07:42,144

nonetheless they are events that can certainly profoundly impact people's mental health,

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00:07:42,654 --> 00:07:45,774

and cause certain mental health conditions.

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00:07:49,134 --> 00:07:56,365

So, one of the mental health disorders, that can result from psychological trauma is post traumatic stress disorder or P. T. S.

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00:07:56,365 --> 00:08:08,785

D. and population based study showed that has a lifetime prevalence of somewhere between five and ten percent of the population in the United States.

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00:08:09,295 --> 00:08:17,634

And so, what that means is that means about five to ten percent of individuals will, we'll meet the diagnosis for PTSD at some point during their lives.

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00:08:18,654 --> 00:08:25,615

And prevalence rates do vary, and that could be dependent upon things like the nature of the traumatic event.

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00:08:25,644 --> 00:08:35,245

So for example, prevalence of is higher among individuals who have experienced sexual assault or combat as examples.

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00:08:36,565 --> 00:08:40,914

Other factors can also increase or decrease risk for PTSD.

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00:08:40,914 --> 00:08:53,995

So some of these genetic others are environmental, so an example of an environmental factors that research has shown that experiences of being blamed for one's trauma following

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00:08:53,995 --> 00:08:57,774

It's occurrence can increase risk for developing PTSD.

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00:09:01,855 --> 00:09:13,254

So, it's possible in the context of COVID-19 that you know, a serious illness episode from the virus that was life threatening, could trigger PTSD symptoms

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00:09:13,644 --> 00:09:26,815

and in addition the broader stress and consequences COVID-19 might also trigger an elevation of PTSD symptoms and those who already have Pre existing PTSD.

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00:09:26,815 --> 00:09:34,735

So they had PTSD based upon an event that happened before COVID-19, they may see in fact, a worsening of their symptoms.

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00:09:35,995 --> 00:09:50,544

So, let me now just briefly describe what is PTSD, what are some of the common features or symptoms that go along with PTSD and is characterized by four main groups of symptoms.

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00:09:50,575 --> 00:09:57,865

The first grouping is what we call intrusive symptoms. So these are things like having unwanted memory...

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00:09:57,865 --> 00:10:03,960

(audio loss)

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00:10:04,140 --> 00:10:13,380

...having feelings that that remind you of the event. Another set of symptoms that go along with PTSD are avoidance symptoms.

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00:10:13,404 --> 00:10:22,044

And this could be things like avoiding going places because they remind you of the traumatic event, or trying to avoid memories or feelings

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00:10:22,375 --> 00:10:33,504

that relate to the traumatic event. Third, individuals with PTSD experience, a set of symptoms that involve changes in mood or changes in their thinking.

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00:10:34,014 --> 00:10:43,225

So, for example, someone prior to a trauma may have thought that the world is relatively safe. Following the trauma



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00:10:43,225 --> 00:10:53,365

they may have noticed changes and they're thinking where they have thoughts that the world is a completely dangerous place to go. And, you know, there's nowhere safe in the world.

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00:10:55,495 --> 00:11:05,215

And then the final set of symptoms that goes along with PTSD or symptoms that are associated with increased arousal. So, that could be things like, feeling is easily startled,

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00:11:05,335 --> 00:11:18,355

not being able to concentrate, feeling on edge constantly, (audio loss) that are reactive.

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00:11:18,445 --> 00:11:27,625

These are all symptoms that go along with increased arousal. In order to be diagnosed with PTSD,

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00:11:27,625 --> 00:11:36,355

a person will have to have had these experiencing these symptoms at least a month since the dramatic event happened. So it has to be at least a month.

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00:11:38,274 --> 00:11:51,085

And I should also mentioned too, with with PTSD, in order to be diagnosed with PTSD the person will have had to really has a distress associated with the symptoms.

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00:11:51,085 --> 00:12:02,394

So they're very distressed by the symptoms, or they're having functional impairment. So, their relationships are being disrupted, or their ability to work is being disrupted because of the symptoms.

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00:12:03,804 --> 00:12:04,195

Now,

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00:12:04,195 --> 00:12:19,044

there's another class of trauma related disorder, it's called acute stress disorder. And what acute stress disorder involves, acute stress disorder involves some of the symptoms of PTSD that I just described or having

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00:12:19,320 --> 00:12:20,695  
and a number of these.

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00:12:20,904 --> 00:12:35,695  
But it's been less than a month since the trauma. So it's the immediate aftermath of their trauma. Approximately five to twenty percent of individuals might experience acute stress disorder, or meet that diagnosis following a trauma.

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00:12:36,294 --> 00:12:51,054  
And again, just like with PTSD, it's not enough to just have the symptoms. An individual to meet diagnosis for acute stress disorder has to be significantly distressed by those symptoms or having difficulty functioning.

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00:12:51,085 --> 00:12:55,825  
Like they can't go to work or they're having major problems in the relationships because of these symptoms.

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00:12:58,914 --> 00:13:13,195  
So one of the things that's important to understand following traumatic events is trajectories of individuals following trauma and so this slide just demonstrates kind of two courses of

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00:13:13,195 --> 00:13:15,625  
trajectories following dramatic events.

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00:13:17,129 --> 00:13:21,445  
So one of the things I want to highlight is that in both of these trajectories,

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00:13:21,445 --> 00:13:22,134  
we can

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00:13:22,164 --> 00:13:22,495  
see,

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00:13:22,495 --> 00:13:24,024  
in the initial weeks,

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00:13:24,024 --> 00:13:25,345  
following a trauma,

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00:13:26,245 --> 00:13:32,365

many people have symptoms where we might otherwise call

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00:13:32,365 --> 00:13:38,280

(audio loss)

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00:13:38,460 --> 00:13:51,600

Just maybe having nightmares about the event, or having difficulty sleeping or concentrating. But what this slide highlights is that there, what we see with when people develop PTSD is there's a distinct trajectory there.

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00:13:51,865 --> 00:14:04,044

And that is a trajectory where the symptoms maybe start a little bit higher but really what most importantly is we see that over the weeks following the trauma the symptoms do not decline.

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00:14:04,105 --> 00:14:17,125

The symptoms remain, whereas for individuals, and this is for most individuals, so this is the other thing I want to highlight the purple trajectory is characteristic of most individuals following trauma.

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00:14:17,154 --> 00:14:28,884

So most individuals following trauma have some of these symptoms yet and the days and weeks following those symptoms will decline. And that's what we consider to be natural recovery from the trauma.

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00:14:31,705 --> 00:14:40,254

So, there are some other mental health conditions that we might consider in the context of psychological trauma and in the context of COVID-19.

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00:14:42,054 --> 00:14:51,804

The first is depression. Now, unlike PTSD or unlike acute stress disorder, there's no qualifying event that's needed to be diagnosed with depression.

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00:14:51,804 --> 00:14:58,585

You don't have to needed to have experienced a certain thing in one's life to be diagnosed with, with major depression.

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00:14:59,455 --> 00:15:14,065

However, depression can occur in response to psychological trauma and, in fact, studies show that most individuals who experience major depression have a lost related event that precedes the depressive episode.

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00:15:14,485 --> 00:15:20,215

So that could be, for example, loss of a job or loss of an important relationships. So that's very common.

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00:15:20,220 --> 00:15:25,360

(audio loss)

101

00:15:25,440 --> 00:15:34,800

...Scale epidemiologic studies suggest that could be somewhere between twenty and thirty percent of individuals at some point in their life, having a major depressive episode.

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00:15:36,865 --> 00:15:51,325

Major depression is characterized by a couple of things. First of all with major depression it's having a certain set of symptoms for most of the day for at least two weeks. Okay, so it's not having a bad day here or there. Most people will

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00:15:51,355 --> 00:15:59,965

experience that, but this is having the symptoms most of the day, for at least two weeks, and the symptoms are characterized by the following.

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00:15:59,995 --> 00:16:12,625

So having sadness or loss of interest in activities that you'd normally enjoy and the sadness is really generally very, very pervasive and persistent sadness.

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00:16:13,975 --> 00:16:20,125

And then people have other sets of symptoms to go along with sadness or loss of interest.

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00:16:20,125 --> 00:16:31,735

So, things like changes in their appetite. Maybe eating a lot more a lot less or gaining a lot of weight or losing weight rapidly. Changes in their, sleep suicidal thoughts.

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00:16:31,735 --> 00:16:36,445

So these are some of those examples of symptoms that people might experience.

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00:16:38,875 --> 00:16:53,815

Another mental health condition to highlight is generalized anxiety disorder. Generalized anxiety disorder is a condition that affects roughly about nine percent of the population at some point in their life.

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00:16:54,384 --> 00:16:59,605

And this condition is characterized by excessive worry across multiple domains.

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00:16:59,634 --> 00:17:14,035

So that it's not just worry about one area or one thing, but it's, you know, having worry about my job and my employment and my health and my loved ones and, you know, whether I'm gonna have a place to stay, whether I'm going to have food to eat.

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00:17:14,305 --> 00:17:28,704

So, it's across multiple domains and people with generalized anxiety disorder will find that once that worry starts they're just not able to stop it. It almost feels like a a train that's left the station and you can't stop the momentum of that worry.

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00:17:29,184 --> 00:17:39,144

So that occurs and then there are other symptoms that go along these symptoms of excessive worry. So, symptoms can include things like muscle tension or problems sleeping.

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00:17:41,035 --> 00:17:48,115

And I should highlight that in the context of COVID-19 most people are experiencing some degrees of worry

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00:17:48,295 --> 00:18:02,484

and in fact, these concerns or well founded, in many cases. However with generalized anxiety disorder, the worry again is across many domains. It's both excessive, an unrealistic.

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00:18:03,295 --> 00:18:13,434

And the person cannot control the worry once it start. So that's some of the differences that it's much more than just kind of normal worry if you will.

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00:18:17,755 --> 00:18:31,434

So some other types of of issues, mental health issues that can be impacted by COVID-19 are substance use disorders. So these are things, including alcohol use disorder, or other drug use disorders.

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00:18:31,494 --> 00:18:36,894

And these disorders are characterized by repeated substance use that results in

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00:18:36,900 --> 00:18:42,000

(audio loss)

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00:18:42,120 --> 00:18:46,400

One's relationship or inability to control. One's use.

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00:18:46,525 --> 00:18:50,575

Okay so you need to,

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00:18:50,605 --> 00:19:02,934

to be diagnosed with the substance use disorder the person would need to experience these problems recurrently within the same year. Multiple problems within the same one year period of time now.

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00:19:02,964 --> 00:19:15,894

Certainly we've heard a lot in Dayton about Opioid use disorder and it's it's devastating impact, and although, you know, Dayton has certainly higher rates of individuals with opioid use disorder

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00:19:16,615 --> 00:19:27,654

then other places within the United States, the lifetime prevalence rate overall for the United States of drug use disorder collectively is about ten percent,

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00:19:27,654 --> 00:19:42,565

if we add all drug use disorders combined. The lifetime prevalence rates for Opioid use disorder is about two percent of the population. The leading drug use disorder in terms of lifetime prevalence is cannabis use disorder at six percent. By comparison,

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00:19:42,565 --> 00:19:51,265

If we look at lifetime prevalence rates for alcohol use disorder it's thirty percent or it's about three times the number of all of the drug use

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00:19:51,265 --> 00:19:52,164

disorders combined.

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00:19:52,315 --> 00:19:56,545

So while these other drug use disorders are prevalent,

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00:19:56,575 --> 00:19:58,615

we clearly see them in our community.

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00:19:59,069 --> 00:20:08,394

It's also important to remember that alcohol use disorder is still much more prevalent than any other drug use disorder combined.

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00:20:08,700 --> 00:20:14,424

Now, COVID-19 presents several challenges for people with substance use disorders.

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00:20:15,234 --> 00:20:29,365

So one being the fact that the stay at home restrictions cut off people from their social support systems and from mutual help groups. So one an important recovery component for some people with substance use disorders

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00:20:29,394 --> 00:20:39,444

is connecting with other people in recovery through things like alcoholics anonymous. so COVID-19 has made that impossible really for people to meet face to face.

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00:20:39,444 --> 00:20:46,315

Now fortunately, I think people have gotten creative and have found some of these recovery groups online,

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00:20:46,315 --> 00:20:58,404

and obviously, technology allows us to connect, but nonetheless, you know, that can certainly, stay at home orders certainly has made staying socially connected challenging.

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00:20:59,125 --> 00:21:03,984

Another challenge is the increased psychological stress,

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00:21:04,015 --> 00:21:18,625

and that can, for individuals who struggle with drugs or alcohol problems, that can increase for just to want to use or cravings to want to use and certainly many people as a result of COVID-19 are experiencing elevated psychological

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00:21:18,625 --> 00:21:19,315

distress.

138

00:21:20,664 --> 00:21:34,644

And then a final challenge is boredom, which is a risk for some individuals to use alcohol and drugs, and, you know, being stuck at home without an ability to go out and do the things you might want to do

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00:21:34,644 --> 00:21:38,365

certainly could run that, you know, could increase that risk.

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00:21:40,644 --> 00:21:41,144

So,

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00:21:41,424 --> 00:21:51,295

now,

I'm gonna transition to talking about trauma following COVID-19 infections and those who become symptomatic from COVID-19

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00:21:51,744 --> 00:21:58,464

and whose symptoms become life threatening are likely to be a greater risk for experiencing mental health problems

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00:21:58,765 --> 00:22:00,595

once they recover from the infection.

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00:22:01,224 --> 00:22:01,724

So,

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00:22:01,944 --> 00:22:03,295

following research on life,

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00:22:03,295 --> 00:22:04,464  
threatening injuries,

147  
00:22:04,855 --> 00:22:06,894  
from other forms of trauma,

148  
00:22:07,944 --> 00:22:13,914  
we could project that that hospitalization and being ill enough or  
sick enough,

149  
00:22:14,484 --> 00:22:15,865  
that your hospitalized,

150  
00:22:16,644 --> 00:22:19,884  
you know,  
could be a risk factor for later mental health problems.

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00:22:20,154 --> 00:22:29,454  
And particularly being ill enough that you end up in the ICU, you  
know, that certainly is directly correlated with how ill someone  
becomes with COVID-19.

152  
00:22:29,934 --> 00:22:41,275  
But there could be later psychological consequences of that, that you  
know, someone really thinking "I might die from this" or having, you  
know, having a family member where you're thinking that "I might die  
from this."

153  
00:22:42,654 --> 00:22:56,484  
The other way that COVID-19 will directly challenge individuals mental  
health is through experiencing the death of loved ones. So,  
experiencing the unexpected death of a love one from COVID-19

154  
00:22:56,484 --> 00:22:59,904  
no doubt could lead to things like PTSD,

155  
00:22:59,904 --> 00:23:00,595  
depression,

156  
00:23:00,595 --> 00:23:03,894  
other mental health issues. And

157

00:23:04,015 --> 00:23:04,404  
you know,

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00:23:04,404 --> 00:23:11,575  
this picture on the slide that I showed is a story about a family from  
New Jersey who experience multiple COVID-19

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00:23:11,575 --> 00:23:15,535  
infections and the death of four family members from the same family.

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00:23:16,194 --> 00:23:16,704  
And so

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00:23:16,734 --> 00:23:21,355  
in addition to the highly contagious nature of the disease,

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00:23:21,355 --> 00:23:26,934  
they can lead to multiple individuals becoming ill

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00:23:26,964 --> 00:23:37,914  
with the infection, family members who survive this illness maybe  
facing things like survivor guilt or guilt over perceiving that...

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00:23:37,920 --> 00:23:43,400  
(audio loss)

165

00:23:43,500 --> 00:23:47,860  
...profound psychological consequences for individuals.

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00:23:50,454 --> 00:24:02,934  
And then another issue that can impact psychological functioning in  
the context of COVID-19 is the stay at home orders and quarantines  
that people may be experiencing.

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00:24:04,045 --> 00:24:10,255  
And obviously those steps are necessary to minimize the spread of the  
illness or spread of the disease.

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00:24:10,255 --> 00:24:10,914  
However,

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00:24:12,295 --> 00:24:16,375

these things result in separation from loved ones,

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00:24:16,525 --> 00:24:22,224

and for some social isolation and loneliness, and social isolation

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00:24:22,224 --> 00:24:26,545

and loneliness are obvious risk factors for individuals who live alone,

172

00:24:27,954 --> 00:24:28,615

however,

173

00:24:28,615 --> 00:24:31,555

increase loneliness is still a risk for individuals

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00:24:31,884 --> 00:24:46,585

who are not living alone. Some individuals may have stronger connections to people that are living outside of their home and, for example, you know, research shows that it's developmentally normal for youth to become

175

00:24:47,035 --> 00:25:00,984

more oriented toward their friends and, you know, more aligned with, wanting to spend time with their friend groups as they become older, and in situations like this. we're simply, not able to do that.

176

00:25:01,105 --> 00:25:05,095

We're not able to appropriately socialize with,

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00:25:05,125 --> 00:25:17,424

people outside of where we're living and also youth may not feel, or others not just youth, people may not feel necessarily as connected or supported,

178

00:25:17,424 --> 00:25:18,085

unfortunately,

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00:25:18,085 --> 00:25:19,404

by their family units.

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00:25:19,434 --> 00:25:32,154

And so, in this case, the stay at home orders can result in increased feelings of loneliness and isolation, even though you're living with other people. So, sadly, that's also the case

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00:25:32,154 --> 00:25:41,575

in nursing homes and rehabilitation centers, where family members are permitted to visit loved ones. As depicted in this photograph,

182

00:25:42,775 --> 00:25:56,634

some family are trying to still visit their loved ones through creative means by having window visits. But they're not able to have that face to face time. They're not able to give their loved ones, you know, a hug or be in the same room with them.

183

00:25:58,494 --> 00:26:00,984

And studies on mental health disorders,

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00:26:00,984 --> 00:26:01,674

like PTSD

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00:26:01,674 --> 00:26:03,325

and depression are pretty clear,

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00:26:03,325 --> 00:26:05,424

and showing that lack of social support,

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00:26:05,454 --> 00:26:14,634

and loneliness has a strong association with being diagnosed with these conditions as well as having trouble recovering

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00:26:14,724 --> 00:26:23,755

from these from mental health conditions. And research from multiple studies show that when compared to those who become ill,

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00:26:23,755 --> 00:26:30,204

but are not quarantine individuals who are quarantined as a result of an infectious disease show,

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00:26:30,204 --> 00:26:30,565

worse,

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00:26:30,565 --> 00:26:31,404

psychological

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00:26:31,404 --> 00:26:34,315

functioning up to three years following quarantine.

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00:26:35,545 --> 00:26:50,154

So and that could be due to a variety of reasons. That could be to do to things like social isolation that come, you know, during the quarantine and one's left alone and not being able to be around your family or friends because you're quarantined.

194

00:26:51,055 --> 00:27:03,535

It could also be due to the possibility that those who are quarantine had a more severe course of the illness then those who are not. So therefore they were faced with a more serious and life threatening illness.

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00:27:03,565 --> 00:27:04,065

So,

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00:27:04,194 --> 00:27:08,125

you know,

so there's lots of reasons that might explain those findings,

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00:27:08,125 --> 00:27:09,474

but the findings are pretty clear that,

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00:27:09,474 --> 00:27:18,174

that is a marker for both immediate and longer term issues that people might have related to mental health

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00:27:18,894 --> 00:27:20,605

following the quarantine period.

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00:27:23,305 --> 00:27:31,045

I also want to talk about the economic impact, because it has profound psychological impact as well.

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00:27:31,615 --> 00:27:44,244

So COVID-19 will likely impact mental health functioning through the financial damage and job loss that it will produce and it is obviously producing right now for us.

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00:27:45,085 --> 00:27:57,894

So, it's probably not surprising to any anyone listening to this talk to hear that the research findings have have shown that from many studies that job loss is a predictor of worse mental health outcomes.

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00:27:57,954 --> 00:28:00,234

So probably no surprise anyone

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00:28:00,539 --> 00:28:13,015

listening. And furthermore job loss is also associated with, for some individuals, with greater, problematic alcohol use. So the findings are a little less consistent more nuanced with that,

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00:28:13,015 --> 00:28:20,964

but certainly, for some individuals, it could produce, you know, greater problems with alcohol use as well.

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00:28:22,105 --> 00:28:31,525

The effects of job loss is also, and this is me being a bit speculative here, but just kind of trying to observe what I see going on,

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00:28:32,964 --> 00:28:39,025

it's also, I would say, likely to be disproportionate toward those economic.

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00:28:39,025 --> 00:28:41,025

(audio loss)

209

00:28:43,015 --> 00:28:43,464

... good jobs.

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00:28:43,464 --> 00:28:43,964

so,

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00:28:44,275 --> 00:28:44,875

for example,

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00:28:44,904 --> 00:28:49,615

you know,  
people who do nails or hair for a living or those who are

213

00:28:49,644 --> 00:28:51,625

a waiter or waitress or bartend,

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00:28:52,884 --> 00:28:58,255

you know,  
these individuals are currently unemployed or temporarily laid off.

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00:28:58,285 --> 00:29:06,954

I mean, they are not in a position, like some of us where they can do their job from home and get paid. Okay, that's not that's not possible.

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00:29:07,164 --> 00:29:16,765

So there are certain job categories that because they don't have work from home options and they're going to be laid off. They're gonna be unemployed.

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00:29:17,335 --> 00:29:25,555

They're more likely to suffer economically than those who are in jobs, you know, where work from home is a possibility and is an option.

218

00:29:30,805 --> 00:29:43,375

And then, for some individuals, the stay at home orders, you know, for some of us, they, you know, we see benefits. Right? It's given us kind of a nice break.

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00:29:43,375 --> 00:29:49,734

Maybe some time, just an opportunity to spend more time with with family that we live with.

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00:29:49,825 --> 00:29:51,265

But for others,

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00:29:51,265 --> 00:29:52,765

the stay at home orders,

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00:29:52,795 --> 00:29:58,315

places them in what we might think about as a psychological pressure cooker.

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00:29:58,650 --> 00:30:10,825

Where it's, many studies have shown that the family environments that are characterized by high degrees of hostility and criticism or predictive of worse mental health prognosis.

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00:30:10,825 --> 00:30:11,325

So,

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00:30:11,394 --> 00:30:17,664

for some individuals who are in families that exhibit a high degree of hostility and criticism,

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00:30:17,964 --> 00:30:21,565

they're in an environment right now where they're trapped right?

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00:30:21,565 --> 00:30:29,214

They, they really can't go, they can't escape this environment. There's no place for them to really go or to go for long periods of time

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00:30:30,954 --> 00:30:39,714

and so they have no choice and they can't escape to a friend's house or they can't go hang out at the mall because that's not an option right now.

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00:30:42,025 --> 00:30:56,755

And risk for family violence will also be elevated for some families in this context. So, for family, for for families, for violence was already occurring. Unfortunately, the stay at home orders is going to provide

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00:30:57,775 --> 00:31:03,775

basically greater opportunity, greater contact and duration of contact for that to that to occur.

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00:31:04,164 --> 00:31:17,484

And furthermore, it's gonna cause some real challenges for people trying to stay safe from family violence because they may not feel capable and they may not be capable of going anywhere else.



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00:31:17,575 --> 00:31:22,255

And so, they're in this family environment where family violence was already occurring.

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00:31:22,525 --> 00:31:36,984

And now, you know, being around family members who are violent, you know, for the most part all the time, and the detrimental effects of family, violence and mental health are well established.

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00:31:36,984 --> 00:31:49,464

So we know that that is not good for mental health. And then, furthermore, there are some conditions, like alcohol or drug problems that are shown to increase risk or family violence to occur.

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00:31:49,734 --> 00:31:59,515

So when we see that, you know, there could be worsening of some of these conditions, mental health conditions, those in turn could even increase risk. For family violence.

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00:32:02,575 --> 00:32:05,664

And so before I discuss mental health tips,

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00:32:05,664 --> 00:32:12,565

I wanna mention a psychological theory that's been empirically supported in a variety of context in countries and that

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00:32:12,565 --> 00:32:19,015

I think has a high degree of applicability to understanding the psychological effects of COVID-19.

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00:32:19,375 --> 00:32:32,934

So, this is a theory called conservation of resources here in this theory was originally developed to understand the impact of psychological stress, and then applied to understand the effects of psychological trauma.

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00:32:33,684 --> 00:32:47,575

And this theory conceptualizes psycho-social resources as being present across a variety of domains. So we might consider that individuals have resources that are in domains like things that are economics.

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00:32:47,575 --> 00:33:02,484

So, for example, your job or your savings, or having health insurance. Individual's also have categorical resources we might consider to be personal or intra-personal resources.

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00:33:02,484 --> 00:33:12,835

So those are things like, having a sense of self esteem or self worth, or sense of purpose. Resources can also be interpersonal. So those are conditional resources

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00:33:12,835 --> 00:33:20,694

we have, for example, having a good strong relationship with our family or friends. We could view those as psycho-social resources.

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00:33:20,934 --> 00:33:30,384

And finally, in the context of COVID-19 particularly we can think of health related sources, you know, our own physical well being or even things like access to healthcare.

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00:33:32,365 --> 00:33:39,505

So, resources we could think about in these different domains and according to this theory, these resources we would...

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00:33:39,505 --> 00:33:45,420

(audio loss)

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00:33:45,500 --> 00:33:50,580

Changes in resources in one domain are going to impact changes and resources in other domains.

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00:33:50,845 --> 00:34:02,184

And it's even talked about in some of the writings on conservation of resources theory that we look at resources is sort of I'm traveling in a caravan if you will. Right?

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00:34:02,184 --> 00:34:12,715

That they come together and furthermore, that our resources are interdependent, they don't just rely on us right?

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00:34:12,715 --> 00:34:24,534

We get our resources from our family from our, you know, from from our communities and from our society. Okay. So they can be effective and multiple levels.

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00:34:24,954 --> 00:34:35,215

So, a prediction of this theory is that resource, So this is not a real positive or optimistic theory.

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00:34:35,215 --> 00:34:50,184

But what I will say is there's actually been a lot of research support for, you know, how this, how this works. But the, the one of the predictions from this theory is that resource loss will beget additional resource loss. Okay.

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00:34:50,545 --> 00:35:04,135

So, this is sometimes referred to as resource loss spirals, or you could think about it on the screen, I put the idea of dominoes. Right? So one domino tips over it starts to. It's a, it's a chain event, right?

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00:35:04,135 --> 00:35:10,465

So other things start to fall as well. So, let's think about that, just anecdotally in the context of COVID-19.

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00:35:10,800 --> 00:35:12,505

So we can imagine,

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00:35:12,534 --> 00:35:15,534

that let's say somebody loses their job as a result of this.

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00:35:15,954 --> 00:35:17,364

So this job loss

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00:35:17,364 --> 00:35:19,465

that may set off a resource lost,

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00:35:19,824 --> 00:35:28,974

because it also leads to a loss of the person self esteem. It may worsen relationships and tension with family members.

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00:35:29,155 --> 00:35:40,465

Right? It might result in the loss of things like health insurance coverage and saving, so it's not just job loss. It doesn't just stay there, It produces this cascade of loss.

261  
00:35:41,695 --> 00:35:42,195

And then

262  
00:35:42,534 --> 00:35:46,824  
another prediction is that again,

263  
00:35:46,824 --> 00:35:47,905  
not optimistic,

264  
00:35:47,905 --> 00:35:51,775  
but I think supported by what we've seen with the research

265  
00:35:51,775 --> 00:35:52,855  
and a variety of context,

266  
00:35:52,855 --> 00:35:59,364  
on this theory, is that resource loss has a more powerful psychological impact than resource gain.

267  
00:36:00,114 --> 00:36:00,505  
Okay.  
So

268  
00:36:00,505 --> 00:36:01,195  
for example,

269  
00:36:01,494 --> 00:36:07,195  
the psychological damage of losing one's job can't be simply made

270  
00:36:07,224 --> 00:36:08,815  
even by getting another job.

271  
00:36:08,965 --> 00:36:10,974  
It doesn't work that way.

272  
00:36:11,155 --> 00:36:14,094

Or, you know,  
let's think about a more extreme and tragic example.

273

00:36:14,425 --> 00:36:16,465  
Losing a loved one from COVID-19

274

00:36:16,465 --> 00:36:30,385  
cannot be offset by simply developing a new relationship with someone.  
Psychologically doesn't work that way. Loss will will outperform the  
gain in terms of predicting certain psychological outcomes.

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00:36:31,614 --> 00:36:41,635  
And as I mentioned, I mean, this theory has been supported in a  
variety of studies, including multiple studies across different  
countries.

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00:36:41,635 --> 00:36:50,574  
So, one site here, that was done in Turkey, following an economic  
crisis, another done in and Russia, following an economic crisis.

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00:36:50,574 --> 00:37:00,505  
And what we see from these different studies is support for  
conservation resource theory prediction and the impact that resource  
loss has on psychological outcomes.

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00:37:00,835 --> 00:37:08,545  
And also mentioned before I get into the final part of my presentation  
that we've also seen support for this theory

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00:37:08,545 --> 00:37:11,244  
in a variety of other populations

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00:37:11,695 --> 00:37:24,324  
and traumas ranging from individuals who experience sexual assault to  
those living in New York City following nine eleven individuals who  
experienced natural disasters such as hurricanes.

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00:37:24,474 --> 00:37:38,965  
Okay. So it's, it's a pretty well supported theory across a variety of  
psychological traumas and context. Okay. So I'm gonna finish my talk  
with with some just mental health tips and strategies.

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00:37:39,684 --> 00:37:51,864

So, the first tip I want to present is it is that it's important to in the context of COVID-19 to to engage in healthy routines. Now, that might mean

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00:37:52,199 --> 00:38:03,235

maintaining the healthy routines that you already had. Right? Not just setting those to the side because we're in stay at home borders, but trying to maintain some of those routines.

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00:38:03,594 --> 00:38:08,034

But that might also involve developing some new routine or,

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00:38:09,655 --> 00:38:20,844

you know, being creative with that. So, for example, I've had the privilege of going on walks at lunchtime with my family members. Not today. It's raining.

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00:38:20,844 --> 00:38:31,255

We didn't go to walk today, but when it's been nice out, you know, every day at lunchtime, we try to get out for a walk and that's been a routine and a ritual that we've tried to do together.

287

00:38:31,494 --> 00:38:33,594

And when I say healthy routines,

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00:38:33,594 --> 00:38:35,815

that could be things like exercise,

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00:38:35,815 --> 00:38:39,715

that can be eating meals together, maintaining regular bed times,

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00:38:39,720 --> 00:38:45,900

(audio loss)

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00:38:46,080 --> 00:38:46,400

292

00:38:46,405 --> 00:38:48,175

positive

293

00:38:48,175 --> 00:38:50,244  
mental health and psychological benefits,

294  
00:38:50,454 --> 00:38:52,914  
and help to maintain psychological mental,

295  
00:38:53,215 --> 00:38:54,114  
psychological health.

296  
00:38:55,284 --> 00:39:04,764  
So a second tip is to avoid COVID-19 information overload. Okay. So  
now it's good to stay informed. Right?

297  
00:39:04,795 --> 00:39:11,784  
We certainly want to stay informed about things, but, you know, we  
have access to the Internet, we have access to twenty four hour news.

298  
00:39:11,784 --> 00:39:22,344  
So, it makes it easy to get caught into obsessively reviewing  
information related to COVID-19 and, you know, that's what we're  
seeing over and over in the news.

299  
00:39:22,704 --> 00:39:35,244  
And that could certainly elevate feelings of anxiety and feelings of  
depression. So really, the idea here is yes stay informed, but also  
make sure you're setting some boundaries and limits on how much time  
you're spending

300  
00:39:35,610 --> 00:39:48,744  
surfing the Internet, trying to find stories of COVID-19, or watching  
news surrounding that. It's really important you take a break, do  
other things. Watch a comedy or, you know, go for a walk.

301  
00:39:49,014 --> 00:39:56,335  
Don't just be spending all your time on the Internet reading about  
COVID-19. It's important we stay connected with others. Right?

302  
00:39:56,335 --> 00:40:09,715  
So, you know, certainly this, this disease and us trying to prevent  
the spread of this disease has really disconnected us from in person  
meetings with a lot of people that we care about love.

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00:40:09,954 --> 00:40:23,695

So really take advantage of the technology we have nowadays and connect with people virtually when you can. That certainly will have minimal mental health benefits. We know the mental health benefits of social support.

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00:40:24,204 --> 00:40:25,465

But the other thing is too,

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00:40:25,465 --> 00:40:27,324

to think about our family and friends,

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00:40:27,599 --> 00:40:32,574

particularly those that might live alone or that might feel isolated or that might have a hard time reaching out.

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00:40:32,905 --> 00:40:36,175

Make sure that you're regularly checking in with those people and,

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00:40:36,594 --> 00:40:41,784

you know,

that's an important thing to consider. For those that are really struggling,

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00:40:41,815 --> 00:40:42,315

you know,

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00:40:42,565 --> 00:40:43,284

those who have pre-

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00:40:43,284 --> 00:40:47,514

existing mental health conditions or noticed that they're really having a hard time with,

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00:40:47,545 --> 00:40:48,804

with some mental health symptoms,

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00:40:49,554 --> 00:40:57,025

consider tele-mental health. There's lots of of places offering that right now. The good news is about tele-

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00:40:57,025 --> 00:40:57,744  
mental health,

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00:40:57,775 --> 00:41:03,954  
the research shows that it, outcomes for elemental health, and that  
could be video based,

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00:41:05,184 --> 00:41:17,844  
there's been a lot of research with that video based tele-mental  
health, that could be phone calls as well. But the research,  
particularly on video based tele-mental health shows that it is  
equivalent to to face to face with regard to outcomes.

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00:41:18,445 --> 00:41:26,664  
So just know, you know, you don't need to delay mental health  
treatment and I certainly would not encourage that tele-mental health  
is a real option right now.

318

00:41:28,105 --> 00:41:40,405  
So, I'm gonna finish here with just a a few tips for parents. So I  
don't see children clinically. I have children who live in my house,  
but I don't treat children clinically.

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00:41:40,405 --> 00:41:49,105  
But I do want to at least acknowledge some tips for parents. So the  
one is a little bit redundant to the last slide,

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00:41:49,105 --> 00:41:55,554  
but that's the idea of parents should establish regular family  
routines and try to stick with that.

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00:41:56,244 --> 00:42:08,905  
So that could be really challenging with children doing online  
schooling and parents, either working from home or parents who have,  
you know, because of their jobs, have to go out and continue to work.

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00:42:09,119 --> 00:42:22,315  
You know, they're not staying at home, but the children are at home.  
But, you know, healthy routines are really shown to be important for  
kids and for their mental health. So, you know, the best that you can  
trying to maintain those, those regular routines.

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00:42:22,764 --> 00:42:26,574

Another suggestion is to set screen time limits. Again,

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00:42:26,574 --> 00:42:28,914  
with online school,

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00:42:29,545 --> 00:42:31,824  
and a lack of in person school,

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00:42:31,824 --> 00:42:35,005  
and a lack of extra curricular activities, that could be really hard.

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00:42:36,534 --> 00:42:37,585  
But it's like,

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00:42:37,585 --> 00:42:38,695  
with anything right?

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00:42:38,695 --> 00:42:44,215  
We want to promote moderation and activities, and we don't want kids  
being so, you know,

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00:42:45,804 --> 00:42:59,514  
dominated in terms of their time by doing things online that they  
forget that there's actually a world that's not online. So setting  
some, some screen time limits can be important. When communicating  
with children,

331

00:42:59,514 --> 00:43:10,494  
It's also important to consider a couple of things as far as how  
that's approached. The first is, when you're communicating with  
children, knowing that they will model parents behaviors.

332

00:43:11,034 --> 00:43:24,114  
So trying to communicate it in a way that that is reassuring, that  
presents a sense of calmness. Now, at the same time, it is also  
important to be open and honest in discussions.

333

00:43:24,175 --> 00:43:32,005  
So what I'm not saying is, oh, you know, don't tell don't share your  
feelings with kids. Because that's gonna be too upsetting.

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00:43:32,005 --> 00:43:40,704

What I'm saying is, it's the manner in which you're communicating. And it is certainly important to be honest with, with kids.

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00:43:41,155 --> 00:43:55,465

Depending on, (audio loss) you know, they can't comprehend it. It's okay, sometimes for mom or dad to say "This scares me too." To be open and honest about that.

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00:43:56,425 --> 00:44:10,105

And then doing a daily check in with your kids. So, you know, very young kids may lack skills to communicate, older kids as they become teenagers as we know they naturally less and less one to communicate with their parents.

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00:44:10,135 --> 00:44:14,394

But, you know, not letting them just pull up in their room and

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00:44:14,844 --> 00:44:26,635

you know, for days on end not talking to them. It's it's really good and important to do a daily check in. How are they doing? Not just with school, but how are they doing just emotionally and psychologically with all of this because it's hard on everybody.

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00:44:27,864 --> 00:44:36,025

And then finally for kids that might need it if your child is really struggling considering tele-mental health services. That is also not just for adults.

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00:44:36,025 --> 00:44:47,635

It's available for children as well. So my last slide is just some informational resources. So these informational resources are where you can go to read more.

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00:44:48,324 --> 00:44:59,724

The American Psychological Association has some good tips. So does the CDC as well as some other options

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00:44:59,724 --> 00:45:04,914

I put on here, so feel free to peruse those if you want to read more.

343

00:45:06,210 --> 00:45:21,085

Hey, Jeremy, thank you. So that's great. I wanna first of all remind everyone that you can ask questions but the way to ask the question is you need to go to the chat, which is for me, the third box from the right.

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00:45:21,085 --> 00:45:33,324

And it looks like a little bubble, and if you type in your question, I will receive it, and then I will moderate the questions that we can ask Jeremy. But I wanted to start out with just a couple of really basic ones.

345

00:45:33,684 --> 00:45:48,295

And one of them is, you know, you talk about trauma and most of the trauma you referred to are things like sexual assault or, you know, a murder or whatever. One of the things that to me is probably more stressful about this than anything

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00:45:48,295 --> 00:46:03,264

is that there is no end. You know, it's this. "I don't know when it's gonna end, I don't know when it's gonna get worse" so it's more like a war in some ways. And so what I'm asking is, how does maybe that differ?

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00:46:03,264 --> 00:46:07,735

Does it or does it not differ from these other traumas that you're talking about?

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00:46:09,804 --> 00:46:22,195

I think you cut out there right at the information but I think I got your question. Yeah, I mean, that's a really good question, I think with regard to yeah not knowing when it's gonna end

349

00:46:22,885 --> 00:46:31,375

I think it parallels, you know, we look at some trauma are acute, right where it's an event and then it's over. Other traumas

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00:46:31,375 --> 00:46:43,525

and this is true if we talk about, you know, other trauma, such as people who go through child abuse, where it's just over and over again or it's a war where it's just, "I don't know when this is gonna end."

351

00:46:43,885 --> 00:46:51,655

And I think that's one of the very unique things, I think, about what we're going through right now. We don't know for sure. I mean, you know, yes,

352

00:46:51,684 --> 00:47:04,704

we're projecting, maybe we start to roll out being able to go out again in public, but we don't know exactly when that will be and it's possible that we may have to stay at home again.

353

00:47:05,184 --> 00:47:12,954

So, I think that that that is a, gonna be a unique thing that's gonna add to the stress and that and the trauma for a lot of people not knowing.

354

00:47:14,454 --> 00:47:21,505

Well, is that trauma? Will that trauma be different than other trauma from a, you know, one time event?

355

00:47:22,644 --> 00:47:23,144

Yeah,

356

00:47:23,574 --> 00:47:24,074

I,

357

00:47:24,144 --> 00:47:25,224

I think it it can,

358

00:47:25,224 --> 00:47:26,005

and it does,

359

00:47:26,034 --> 00:47:27,684

I mean,

often times when you see,

360

00:47:28,704 --> 00:47:34,105

you know,

we know from research where you look at traumas that are acute traumas,

361

00:47:34,315 --> 00:47:36,114

the consequences of those,

362

00:47:36,144 --> 00:47:36,445  
you know,

363

00:47:36,445 --> 00:47:40,284  
and how people react may be different from traumas where they're just,

364

00:47:40,405 --> 00:47:44,755  
they seem never ending and they seem unpredictable and thread is  
always there.

365

00:47:44,755 --> 00:47:45,175  
So,  
I,

366

00:47:45,175 --> 00:47:46,405  
I,  
I could see that,

367

00:47:46,739 --> 00:47:47,239  
you know,

368

00:47:47,784 --> 00:47:48,684  
in this case,

369

00:47:48,715 --> 00:47:49,045  
I mean,

370

00:47:49,045 --> 00:47:51,175  
one of the consequences of this and,

371

00:47:51,625 --> 00:47:55,284  
you know,  
is that people may have a real hard time,

372

00:47:55,284 --> 00:47:56,514  
particularly people that,

373

00:47:57,744 --> 00:47:58,494  
you know,  
for example,

374

00:47:58,494 --> 00:48:02,755

I didn't even talk about a mental health condition known as obsessive compulsive disorder,

375

00:48:02,755 --> 00:48:11,574

but that's a condition where people sometimes have major illness concern. This is really a nightmare for someone with OCD

376

00:48:11,574 --> 00:48:23,724

This is really like, you know, your worst case scenario. Right? So, you know, in that case, that's that's a mental health issue where "I've already had concerns about health and safety and touching things.

377

00:48:23,994 --> 00:48:35,545

Now, I've gone through this nightmare where this is realistic that, you know, being around other people could get me seriously ill to the point where I could possibly die or my family members could die."

378

00:48:35,905 --> 00:48:47,454

And, you know, I think that this could have really long standing problems for folks that struggle. (audio loss) And I also just thinking.

379

00:48:49,585 --> 00:49:03,684

I'm sorry, you cut out a little bit. So I missed that ending there, but, you know, and even people who have recovered or have not recovered, it's kinda like, okay, great. You know, I dealt with this, and now I'm back in the same place that I was before because the nightmare that I had actually happened.

380

00:49:04,494 --> 00:49:05,875

Exactly exactly.

381

00:49:09,565 --> 00:49:19,255

Yeah, so you talked a little bit about mental health and how, you know, if people have symptoms as a result of this, it may look different for different people.

382

00:49:20,244 --> 00:49:32,215

And I guess I'm, there's a question about, you know, well, "how does trauma, look different for different people?" But I guess another piece of that for me is, well, maybe get a backup one,

383

00:49:32,215 --> 00:49:46,224

And that is, is this a trauma? And will everybody experience this as a trauma and of those people who do you went through a lot of disorders. Well, everybody get everything? I mean, can you so, that's kind of a three step.

384

00:49:46,224 --> 00:49:59,275

Is that the trauma? And then we'll have everybody experience? And then, you know. I think is the question, "Is this a trauma?" I think it depends on that individual's experience of that, right?

385

00:49:59,275 --> 00:50:12,804

Like, if they, somebody who becomes seriously ill, nearly dies, that certainly is a trauma. For somebody that is, you know, staying at home, and, you know, is able to be with their family and nobody gets sick,

386

00:50:12,804 --> 00:50:27,295

and, "hey, maybe this wasn't too bad for me, you know, I was able to kind of stay at home and connect with my family a little bit more." So I think, in that case, you know, it may not feel really necessarily like a trauma.

387

00:50:27,534 --> 00:50:28,034

You know.

388

00:50:28,614 --> 00:50:42,925

To somebody that goes through that now certainly stressful, Yes. Or they might have some concerns about going out but it's gonna be, I think, very different, depending on how that's impacted.

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00:50:43,074 --> 00:50:44,215

And I also think,

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00:50:44,244 --> 00:50:44,744

you know,

391

00:50:45,264 --> 00:50:45,744

the,



392

00:50:45,744 --> 00:50:47,994  
as I was talking about earlier,

393

00:50:48,085 --> 00:50:49,284  
in some of my slides,

394

00:50:49,554 --> 00:50:53,454  
I think also the the economic impact of this is gonna really matter.

395

00:50:53,574 --> 00:50:54,074  
I mean,

396

00:50:54,505 --> 00:50:54,985  
you know,

397

00:50:54,985 --> 00:50:58,644  
somebody that has lost their job and,

398

00:50:58,764 --> 00:50:59,394  
you know,

399

00:50:59,425 --> 00:51:02,815  
is financially severely damage because of this,

400

00:51:02,815 --> 00:51:06,954  
and has other real losses that have just snowball that's gonna be a,

401

00:51:07,320 --> 00:51:07,704  
you know,

402

00:51:07,704 --> 00:51:10,885  
a much different pathway and experience,

403

00:51:10,885 --> 00:51:15,835  
then somebody else who's who's protected and safe and "I was able to  
kinda just go on and,

404

00:51:16,139 --> 00:51:20,844

you know,  
maintaining my finances and employment."

405  
00:51:20,844 --> 00:51:22,014  
Yeah, I mean,  
I am just thinking,

406  
00:51:22,014 --> 00:51:22,945  
even personally,

407  
00:51:22,945 --> 00:51:23,335  
you know,

408  
00:51:23,335 --> 00:51:23,875  
that there's,

409  
00:51:23,905 --> 00:51:24,235  
you know,

410  
00:51:24,235 --> 00:51:25,585  
I'm experiencing with COVID

411  
00:51:25,585 --> 00:51:27,054  
of course,  
like everyone else is,

412  
00:51:27,114 --> 00:51:29,454  
but beyond that,

413  
00:51:29,485 --> 00:51:31,255  
we have the financial stresses at Wright

414  
00:51:31,255 --> 00:51:41,425  
State that are a direct result of the COVID. And now that's  
Compounding it. And you're right it's the domino, it just keeps, you  
know, one thing, here's another piece, here's another piece.

415  
00:51:43,284 --> 00:51:53,545  
I'm also concerned about something that you said earlier that I want  
you to, if you can clarify it a little bit and I want to remind

everybody, you can type in questions and I'm reading through some of them as we do.

416

00:51:54,900 --> 00:52:04,945

You know, you talked about longterm damage or long term, you know, symptoms and I'm a little concerned about that in a lot of different areas.

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00:52:04,945 --> 00:52:15,625

but in particular, of course, you know, my areas, violence and I am wondering about, you know, are we going to be seeing an uptick in things like domestic violence for a long time?

418

00:52:17,244 --> 00:52:24,204

I can see an uptick in some of the symptoms that you talked about. But that's more of a, you know, an interpersonal symptom

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00:52:24,204 --> 00:52:33,744

and can I expect, can we expect that we're gonna see that there'll be long term consequences on some levels that we don't even think about like that?

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00:52:35,065 --> 00:52:48,144

I think perhaps, I mean, I think the question of like domestic violence I mean, I don't know I think that the real risk in the acute phase is is pretty clear. Right? But I think it's possible

421

00:52:48,175 --> 00:52:52,914

I mean, I think for certainly for some families, this could sort of ignite things. Right?

422

00:52:52,945 --> 00:53:07,945

And so, yeah, I mean, I think that the, the long term impact is fairly unknown and so just like anything I think we're gonna have to, we're gonna have to research this.

423

00:53:07,945 --> 00:53:21,655

We could take from, you know, prior events and prior traumas and, you know, prior natural disasters, and try to apply that research to, to see well, "How's this gonna look?" But, you know, this is unique in its own way

424

00:53:21,655 --> 00:53:23,454

from a lot of other things we've experienced.

425

00:53:26,784 --> 00:53:40,914

So, one concept that you haven't talked a lot about, but I think, you know, is an important concept to have people consider and that is post dramatic growth. This is a trauma. But but there are silver linings.

426

00:53:40,914 --> 00:53:42,565

And can you talk a little bit about that?

427

00:53:42,900 --> 00:53:43,344

Yeah,

428

00:53:43,344 --> 00:53:57,954

(audio loss) so we may go through trauma in our life and as a result of

429

00:53:57,954 --> 00:54:06,144

having had to sort of experience those and cope with those there's some sort of positive change that happens.

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00:54:06,175 --> 00:54:06,625

Right?

So,

431

00:54:06,625 --> 00:54:08,275

one example might be that,

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00:54:08,574 --> 00:54:08,965

you know,

433

00:54:08,965 --> 00:54:13,945

I go through some major trauma or major life stress and on the other end of it,

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00:54:13,945 --> 00:54:19,344

it's given me a greater appreciation for life or a greater appreciation for my relationships,

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00:54:19,344 --> 00:54:21,505

Or maybe even brought me closer to other people.

436

00:54:21,744 --> 00:54:22,244

And so,

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00:54:22,405 --> 00:54:25,224

that's one of the things that is,

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00:54:25,885 --> 00:54:28,824

can also clearly happen following

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00:54:30,059 --> 00:54:30,750

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00:54:31,164 --> 00:54:31,795

major,

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00:54:31,855 --> 00:54:33,565

major traumas like this.

442

00:54:33,565 --> 00:54:38,155

You know,

people can have improvements in their psychological functioning,

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00:54:38,155 --> 00:54:40,885

or how how they see meaning in their lives.

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00:54:40,945 --> 00:54:51,804

And I think certainly, we will see some of that as well. I think that and I also want to point out to those things aren't mutually exclusive. Sometimes people have both post dramatic growth

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00:54:52,224 --> 00:54:56,065

as well, as mental health struggles that result from the same event.

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00:54:58,675 --> 00:55:08,815

Are there ways that, I mean, you talked about what we have about five minutes left so I'm gonna be brief, but you talked a little bit about, you know, some of the tips and maintaining.

447

00:55:09,534 --> 00:55:23,065

Do you have any other suggestions for how to make some how to turn something into post traumatic growth as, you know, how to take this and turn it into a positive experience? Yeah. You know that's interesting.

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00:55:23,065 --> 00:55:36,744

I think with post traumatic growth, probably some of the research would tell us well, probably maintaining and this is kind of back to more of a, the conservation of resource theory idea. Right?

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00:55:36,985 --> 00:55:49,135

Trying to maintain the resources we have. So, for example, our relationships with other people would be a way to both try to protect our resource and also set us up for post traumatic growth.

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00:55:49,494 --> 00:55:57,085

The other thing is, to research is pretty pretty clear that when people, when people share things.

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00:55:57,594 --> 00:55:58,344

So,  
for example,

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00:55:58,344 --> 00:56:01,525

in relationships. Sharing,

453

00:56:01,525 --> 00:56:02,394

and in a way,

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00:56:02,394 --> 00:56:08,485

where even when you're sharing emotions that feel vulnerable or that are difficult emotions,

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00:56:09,025 --> 00:56:14,065

the research shows that if we do that in a way where we're not expressing it in a hostile manner,

456

00:56:14,244 --> 00:56:14,545

you know,

457

00:56:14,545 --> 00:56:14,875

we're,

458

00:56:15,690 --> 00:56:26,394

being respectful of each other, but we're, you know, both sharing both the good and the bad that actually tends to be glue for relationships. It actually brings people closer together.

459

00:56:26,635 --> 00:56:37,974

So, I would say making sure that, you know, you're, you're connecting with your loved ones and sharing your experiences as you go through. This is a good way to try to increase the likelihood that you do experience post traumatic growth.

460

00:56:41,094 --> 00:56:55,284

I'm just gonna mentioned two quick things. One is, I don't know if you saw this or not Jeremy, but today I'm gonna try to pull it up. I went to sleep over here, the computer did. Ohio launched a COVID care line and I don't know if you did you see this?

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00:56:55,795 --> 00:57:03,804

I did not no. I just got this today and it's 1-800-720-9616

462

00:57:03,804 --> 00:57:05,700

Thats 1-800-720-9616

463

00:57:05,820 --> 00:57:14,360

and it is a joint collaboration between the Ohio Department of mental health and addiction services, Mike Dewine and Recovery

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00:57:14,364 --> 00:57:14,905

Ohio,

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00:57:15,324 --> 00:57:18,954

and it's to provide emotional support for Ohioans who are experiencing stress,

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00:57:18,954 --> 00:57:19,434

anxiety,

467

00:57:19,434 --> 00:57:20,184

fear,

sadness,

468

00:57:20,184 --> 00:57:26,094

loneliness and there's also and I can send anyone the link that wants this,

469

00:57:26,094 --> 00:57:29,005

but there are two really valuable resources.

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00:57:29,005 --> 00:57:43,375

And I know you know, about these Jeremy one is therapist can volunteer to provide services and first responders, and healthcare providers can receive services.

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00:57:44,275 --> 00:57:45,414

Are you familiar with that?

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00:57:46,554 --> 00:57:54,144

Yes, yeah. You're probably going to describe it better than me if you wanna mention it real quick. Yeah, I saw an email about that.

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00:57:54,144 --> 00:58:04,284

Yeah, where I think that you can sign up and it's kind of a bank of individuals were, you know, you're, you're offering your time to be able to do that for first responders.

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00:58:06,864 --> 00:58:13,164

Yeah, and I just want to make sure people know about that and one last quick thing and I'm sorry, I have to do a shout out here.

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00:58:13,405 --> 00:58:14,034

I noticed,

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00:58:14,034 --> 00:58:15,505

and I don't know that she's still on here,

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00:58:15,505 --> 00:58:21,385

but my neighbor logged on and my neighbor is an EMT who has COVID

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00:58:21,385 --> 00:58:29,844

and she logged on to listen to this and it's just a really stressful time and a shout out to all our healthcare providers.



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00:58:30,025 --> 00:58:30,684

Yeah I second that.

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00:58:33,204 --> 00:58:38,545

Great. Dr. Shcumm and Dr Meyer, thank you so much. I think we've all learned a lot.

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00:58:39,505 --> 00:58:40,795

You've given us some really good,

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00:58:40,795 --> 00:58:44,905

very practical tips about some of the processes that we can,

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00:58:44,905 --> 00:58:47,034

maybe some of the practices we can engage in,

484

00:58:47,244 --> 00:58:49,375

and you've also just opened our eyes,

485

00:58:49,375 --> 00:58:54,625

at least my own to just so many other connections that we can make with this important topic.

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00:58:54,625 --> 00:58:55,855

So thank you very much for that.

487

00:58:56,034 --> 00:59:02,635

We appreciate your time. I will give you a virtual round of applause. Thank you. Dr. Meyer also for helping to moderate and lead

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00:59:02,635 --> 00:59:15,025

some of the questions. I just wanted to thank everybody for attending today and let you know that we have our, we have the next four lectures scheduled in this faculty lecture series. Thank you. Remember that

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00:59:15,025 --> 00:59:29,094

we alternate on Thursday afternoon at four and then Friday afternoon at three. So next week, the lecture will be on Friday afternoon at three o'clock, where we have three of our faculty members from the College of engineering and computer science.

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00:59:29,664 --> 00:59:44,364

They are all three from mechanical engineering and they're going to be talking about 3D printing and how we are using some 3D printing techniques to help combat COVID-19. So we hopemany of you will be able to join us again next week.

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00:59:44,605 --> 00:59:54,864

Once again, thank you very much Dr Jeremy Schumm for lending your expertise with us today. We really appreciate it. And everybody stay safe and hope to see next week. Thank you.