

تأثیر بحران بر رشد اجتماعی کودکان

فروغ ریاحی فوق تخصص روانپزشکی کودک و نوجوان دانشیار دانشگاه علوم
پزشکی جندی شاپور اهواز



. INTRODUCTION

- INCIDANCE
- Local SITUATION
- Geographic situation
- Quarantine
- Risk factors
- pandemics, like other disasters, have been part of human history for centuries
requires separation, isolation, and quarantine.

ISOLATION INFLUENCE

requires separation, isolation, and quarantine. Studies show that this situation influence

- people's daily behavior,
- anxiety
- fear
- depression
- panic
- acute stress disorder,
- post-traumatic stress,
- elevated risk of toxic stress
- the greater the risk of developmental delays and health problems in adulthood, such as cognitive impairment, substance abuse, depression,

THE MOST COMMON CHALLENGES THAT PARENTS IN A SYUDY (AHVAZ)

- A total of 92 children and adolescents (age range: 2-18 years; mean age: 9.49 ± 4.72) diagnosed with psychiatry disorders participated in the study
- The most common challenges that parents faced were
 - sleep problems (disruption of the sleep-wake cycle; 58.7%),
 - excessive use of media (54.3%),
 - and serious challenges with eLearning (53.33%).
 - Inactivity (41.3%),
 - Difficulty in access to psychiatrist (32.6%),
 - Difficulty in access to other therapist (23.9%),
 - and Worsening of symptoms (23.9%)
- ***Parenting***

SOCIAL ISOLATION AND ITS IMPACT ON CHILD AND ADOLESCENT DEVELOPMENT

- strong association between social isolation and **anxiety** and **depression** in children and adolescents. Social isolation leads to **higher levels of cortisol** and **worse cognitive development**.

IF social isolation to been with loss contact with other people, the distancing, and the illness death of family and friends leads to anger and complex grief

- As the changes caused by COVID-19 are sudden and cover many aspects of our daily lives,

STUDIES ON THE IMPACT OF CHILDHOOD ISOLATION IN THE PSYCHOSOCIAL AREA

- Quarantine increased the incidence of psychological problems, such as
 - Anxiety
 - fear,
 - nervousness,
 - boredom.
 - increased the likelihood of PTSD

Children with a **high level of loneliness** are more likely to be **depressed, aggressive, and have**

- **suicidal ideation.**

STUDIES ON THE IMPACT OF CHILDHOOD ISOLATION ON HEALTH IN GENERAL

- Adverse conditions experienced in childhood, such as social isolation, increase the likelihood of depression, cardiovascular disease, and metabolic diseases in adulthood. The reduction in habitual physical activity caused by social isolation increased the amount of fat in the body composition and reduced the achievement of physical performance
- during growth Socially isolated children had higher levels of CRP in middle age and were more likely to have psychological changes in adulthood .
- Socially isolated children were at significantly higher risk of health problems in adulthood compared to non-isolated children

STUDIES ON THE IMPACT OF ISOLATION ON CHILDHOOD IN THE AREA OF COGNITIVE AND SOCIAL DEVELOPMENT AND IN THE AREA OF THE HYPOTHALAMIC-PITUITARY-ADRENAL AXIS.

- Institutionalization during childhood results in the child's social isolation and becomes detrimental to his cognitive and social isolation was the only behavioral pattern that increased cortisol levels.
- these differences did not diminish over the two-year period. It was found that early social deprivation can contribute to the early programming of the hypothalamic-pituitary axis.

LIMITATIONS

- 1- No residing in their original location.
- 2- only one type of situation.
- 3- Some families refused to participate in the study.

SUMMERY

- In short, the period that corresponds to childhood and adolescence is essential for the development of the individual's physical and mental aspects.
- during the pandemic, the growth of children in different areas, such as cognitive, physical, and mental, is extremely worrying.
- , psychological assistance and the monitoring of the physical and mental health of children and adolescents is essential to reduce the damage that may be caused by social isolation

SUMMERY

- Some consequences that long-term isolation can have on adult health were also raised, with problems such as
- **depression, heart disease, obesity, hypertension, diabetes,**
- **Psychological factors such as depression and anxiety play** an important role in the development and progression of heart disease obesity, and hypertension. In addition, it should be noted that obesity is associated with an increased risk of several chronic diseases, including high blood pressure, type II diabetes mellitus, hypercholesterolemia, coronary heart disease,
- Thus, it is evident that these factors can be intensified in adult individuals who were socially isolated during childhood

THE IMPLICATIONS OF FACE MASKS FOR BABIES AND FAMILIES DURING THE COVID-19 PANDEMIC

- When a face mask is worn, the eyes become a primary method of communication. On the human face, the eyes and mouth are the most informative regions for communicating because they are the most expressive.
- The mouth region can express happiness with smiles; however, concealing the mouth can be problematic in health care when staff want to appear friendly and approachable

Masks not only hide smiles; they make it harder for the staff to determine emotions in their patients such as pain, discomfort

FACE MASKS

- For people with hearing difficulties, having the mouth covered is a major barrier as they are unable to lip read. Masks can muffle speech and make hearing difficult. It has been estimated that approximately five percent of the world's population have disabling hearing loss and they rely on visual cues, lip-reading and facial expressions to effectively communicate, even in those who use sign language. Preventing people from being able to detect a full face and facial expression.

FACE MASKS

- For an infant, this has the potential for long reaching effects in the early stages of neurobehavioral development.
- A mask covering the face may affect the infant's **ability to develop facial processing and orientating to or focusing on another person's face.**
- newborns prefer looking at faces and clearly have an innate ability to recognize what a face is Furthermore, newborns can recognize familiar faces, especially ones where a close connection exists , important because newborns are dependent entirely on their parents for **survival** and need to recognize them

FACE MASKS

- Crucial for this process, is the **newborn's ability to visualize facial expressions.**
- For infants and children to **feel safe, there is a heavy dependence on facial expressions** as they rely on their parents' emotional cues via facial expression to regulate their responses towards them or to potentially threatening situations
- refer to this as social referencing and if it does not occur, the infant or child feels anxious and unsure of their environment Interestingly, there are many developmental differences between adults and infants in face recognition that may be affected by mask wearing.

RECOMMENDATIONS

- *Babies* -
- Talk to the baby through the mask.
- Try to keep mask wearing to a minimum.
- When not wearing a mask, maximize the facial interaction between mother / father / caregiver and baby.
- Find and implement alternative ways to communicate and connect during mask wearing- for example; mothers should be provided with clear face masks or clear face shields
- to ensure that bonding and attachment are not disrupted, and the baby's attempts to learn to read faces
- For long-term babies in the neonatal unit (such as those who require complex surgical procedures), and for those babies whose family does not visit regularly, clear face masks would be recommended for a team of nurses caring for these babies. It is understood that these masks are more expensive than the regular masks worn by staff, therefore there will be an attempt to limit their use.

RECOMMENDATIONS

- *Infants and children*
- As above, plus
- -Let children see the mask and then put it on the face.
- Explain to children that the mask will be worn while outside which helps them anticipate.
- Play peek-a-boo with the mask on and then away, revealing a smile so that they know the parent is still smiling under the mask.
- Help the child learn from looking at the eyes and eyebrows to understand the expression and feeling.

CONCLUSION

- When caring for babies and families, the COVID-19 pandemic has presented many challenges for health professionals and parents.
- most of the population will cover their faces with a mask when in public, and in certain social situations.
- The difficulty in determining what facial expression a person is exhibiting behind a mask may present challenges for infants and young children as they depend on their parents' facial expressions, coupled with tone and/or voice to regulate their reactions toward others.
- Health professionals should understand the potential effects of prolonged mask wearing to minimize any potential long-term impact on neonatal development and optimize psychological outcomes for babies, infants, children and their parents.

REFERENCES

- **SOCIAL ISOLATION AND ITS IMPACT ON CHILD AND ADOLESCENT DEVELOPMENT: A SYSTEMATIC REVIEW**
- **THE POTENTIAL IMPACT OF THE COVID-19 PANDEMIC ON CHILD GROWTH AND DEVELOPMENT: A SYSTEMATIC REVIEW**
- **IMPACT OF THE COVID-19 PANDEMIC ON EARLY CHILD COGNITIVE DEVELOPMENT: INITIAL FINDINGS IN A LONGITUDINAL OBSERVATIONAL STUDY OF CHILD HEALTH**
- **THE IMPLICATIONS OF FACE MASKS FOR BABIES AND FAMILIES DURING THE COVID-19 PANDEMIC:**
- **DIFFICULTIES OF FAMILIES WITH CHILDREN AND ADOLESCENTS WITH PSYCHIATRIC DISORDERS DURING COVID-19 OUTBREAK**
- **COVID-19 PANDEMIC AND MENTAL HEALTH FOR CHILDREN AND ADOLESCENTS. JAMA PEDIATR**
- **WELL-BEING OF PARENTS AND CHILDREN DURING THE COVID-19 PANDEMIC: A NATIONAL SURVEY. PEDIATRICS**

با سپاس از توجه شما سروران گرامی

