

# Post pandemic psychic consequences and the use of antidepressants

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**Keywords**— *pandemic, depression, medication, quality of life.*

**Abstract**— *The COVID-19 pandemic brought a new reality to humanity, lasting per very time It is taunting O collapse us services public in health. Due to prolonged social isolation, many individuals began to present physical, psychological and cognitive problems. Furthermore, it negatively affected individuals with pre-existing mental disorders of depression and anxiety. A depression It is one of the bigger damage The health mental existing at the world, being O third bigger involvement worthy in remoteness to the work. Like this, such as: functional, social, intellectual and financial harm. Its main sign is the result of: increasing loneliness, withdrawal from people or social group, anger, feelings negatives It is insecurity how much to the future. At society contemporary, fluid and complex in which we live, it is notorious that there has been an increase in the number of mental pathologies in the population. Those that, are prevalently high, have worsened with The pandemic, represent one serious problem for The population. O The use of medications is fundamental in the treatment, but they can expose users to adverse events and important drug interactions, thus, the objective of this study is to identify the increasing rates of depression and anxiety during the pandemic It is, O use inappropriate in possible substances as solution It is improvement of quality of life. It is an integrative review, with more recent studies with a similar theme on the networks: Scientific Electronic Library Online (SciELO) and Google Scholar.*

## I. INTRODUCTION

In agreement with The Organization world in Health (WHO), in your "Flat in action to the health mental 2013-2020", one in each ten people at the world suffered in some disorder in health mental, being what fence in 90 millions in people had any disorder due to abuse or dependence on psychotropic drugs in the period.

This is justified, because in today's society, anxiety has become a natural factor in life, driving changes and alterations, however, when excessive, it has consequences on physical and mental health, and can cause numerous diseases.in varying degrees. It so happens that, with the

COVID-19 pandemic, the number of individuals who present symptoms in anxiety generalized increased, It is per As a result, the consumption of psychotropic also.

COVID-19, called the new coronavirus, is an infectious viral disease that is characterized by causing a severe acute respiratory syndrome. Since the first case detected in December 2019 in China, the disease has spread rapidly. for the world It is he was classified as pandemic, being, in March in 2020, defined by the World Health Organization (WHO) as an emergency of concern International.

The new coronavirus was characterized by a high level of direct transmissibility between humans through respiratory

droplets and fomites and, as a result, O number in infected suffered fast rise in one short period in time.

Soon there was the triggering of an epidemic in the country, going beyond its borders and reaching global proportions and, together with this, bringing several negative impacts for the whole society.

Because it is a viral syndrome with the ability to undergo mutations, and absence

– at the beginning of the pandemic – of drugs for the specific treatment of this infection It is from the high transmissibility, measurements for O control from the dissemination were recommended, in between to the which if highlights O detachment Social with The goal to avoid contact with potentially infected individuals who are symptomatic or no.

Due to social isolation, a significant increase in emotional impacts that could develop during this period was evident, such as irritability, insomnia, low concentration, indecision, deterioration, post-traumatic stress and suicidal ideation, which proves the emotional destabilization, which is independent of of the development of the infectious and symptomatological condition.

One of humanity's biggest challenges is to control and reduce the suffering caused by depression, which results in the high rate of medicalization. Therefore, society uses antidepressants that, when used in excess, can cause great harm to health.

Excessive consumption of psychotropic drugs, either through self-medication or professional prescription errors, causes several complications for individuals, such as tolerance to the medicine, intoxications, drug addiction It is interactions undue with other drugs. It is necessary, therefore, to identify the main symptoms manifested in people and, in this way, to think of alternatives for those who continue to be affected by these psychological problems in the long term. term.

For the treatment of depression today there are several classes of drugs that act to control it in various ways, in addition to other methods that help in the treatment. Knowing of this, lots of people use without to have aid in one professional of area, causing like this, several disorders It is dependency of these medicines.

In this way, the scenario of excessive use of medication for depression has been increasing It is with that became if necessary to understand to the consequences of use in excess in antidepressants. Knowing what that excess he can to bring miscellaneous consequences on the health of these people, in addition, it is understood that the medical indication is of paramount importance for the quality of life.

This research has a relevance on the subject under study,

since this subject is of global interest, and every pharmacist must be aware of this new globalization at the world from the pharmacy never visa. In addition from that, O knowledge personal arouses interest in specialized improvement on depression, since the pharmacist is a health professional who has direct contact with people with this condition. illness.

Therefore, it is expected that this study will be of great importance for academics and health professionals, and that they will realize how serious this disease is that is affecting the world population, and know: to be close, to know how to welcome, guide and forward for the solution of the problem.

It may contribute socially, as it will address a problem that many professionals face in their daily lives, in addition to serving as a parameter for the knowledge of health professionals and allowing an effective intervention in the prevention of health-related problems due to the irrational use of medicines . O goal main of this study It is to understand The respect of use of anxiolytics during the pandemic and their impacts on the health of population.

## II. DEVELOPMENT

The Sars-CoV-2, or Covid-19 pandemic has shaken the whole world, because in addition to deaths, it has left serious sequelae in many infected people. The problem started in the Chinese province of Wuhan and from the beginning of 2020 there were reports of its circulation; reaching the entire globe, which made it a pandemic. (ALEMIDA et al; 2021)

The incubation period is five days (median) and ranges from two to 14 days. It is identified that 25% of infected people are asymptomatic, that is, they do not show symptoms during the entire period of infection, but new and better serological surveys may reveal different percentages. (CARVALHO, 2020)

People who have the symptomatic forms of the disease go through a pre-symptomatic phase, and may infect others during this phase. It is understood that the viral load is higher at the moment when symptoms appear, suggesting that infectivity reaches its peak before the onset of symptoms, which can lead to many pre-symptomatic transmissions. (OAK, 2020)

Covid-19 brought to the world the need to use masks, antiseptic substances It is measurements in detachment Social. During O isolation Social many people developed mental disorders and some of those infected had their conditions worsened. Among the most common mental disorders we can mention anxiety and depression. (LIME, 2020)

It brought with it a set of delays in all societies and different classes with physical and mental interference, reaching greater numbers than those infected by the virus and which, only increase day after day in the lowering of mood, irritability, worries, negative thoughts, insomnia, fear, growing financial debts, unemployment and family imbalance. **(LIMA, 2020)**

Evidently, the perception of the unpredictability of this epidemic was enhanced by a network of myths, erroneous and untrue information that were caused, for the most part, by erroneous reports and, perhaps, by the public's misinterpretation of health messages, thus causing concern collective. **(NEY et al; 2020)**

Pain in head, increase of the beats cardiac, problems in eating, sleeping, physical exhaustion, excessive worry, depressed mood, difficulty concentrating are also the most common indicators of stress and anxiety. Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure and can lead to changes in behavior and decreased productivity. **(REASON 2016)**

The pandemic was one of the stages that most caused these acts of isolation, such as: lack of visits from relatives, fear of harm and vulnerability to the coronavirus - of which many are carriers of a chronic disease, being predisposed to COVID-19, especially in elderly being the primary risk factor for both pathologies. **(RIBEIRO et al; 2020)**

This one isolation Social reflected, intensely, at health mental of people in general, that they were afraid, because it was an unknown disease, and they felt mainly terrified because of the news. Some people were afraid of dying and others were afraid of losing their jobs, as many companies were forced to close their doors by government determination. **(VASCONCELOS et al; 2020)**

As much as clinical and scientific strategies and efforts are created to reduce the effects of the virus on physical health, its consequences, in the short and long term on mental health, become a cause for great concern. **(VASCONCELOS et al; 2020)**

Periods of social isolation are prolonged, loneliness, anger and negative feelings threaten psychological integrity. The elderly, in turn, constitute the most vulnerable group in this pandemic, due to their greater susceptibility to developing the most severe form of the new coronavirus and, because they have a high association with chronic diseases. **(BARROS et al; 2020)**

The occurrence of family mourning, cognitive impairment and loss of functional mobility are other factors strongly associated with the occurrence of depression. Among the protective factors are: social support, carrying

out activities social, above all volunteering, activity physical It is participation in religious activity, being these to the big ones barriers imposed for the pandemic in 2021, at the which generated a series of psychiatric disorders in all classes. **(WHO, 2020)**

The emotional consequences have multiplied in the pandemic and between relationships they are: The poverty, O unemployment, O increase of illnesses, to the changes in style in life, to the concerns with debts residential, The oppression for the domestic violence and hunger, increased the crises of anxiety and depression in people with predisposition and triggering new cases. **(CRF, 2020)**

The combination of these findings, together with a sedentary lifestyle and withdrawal from routine activities, are the main milestones for triggering psychological disorders, increasing health costs and reducing the quality of life of individuals, leading The changes at the system nervous central, factors metabolic, hypothalamic axis and shorter sleep duration. **(LOPES, et al; 2018)**

Faced with the psychological changes that have increased in the context of the pandemic, the pharmacist gains importance for being a health professional who pays attention It is assistance pharmaceutical, with O purpose in to advise It is guide O patient, even if society makes use of the pharmacy as its first alternative for health care, therefore, it is necessary to have all the information available, emphasizing that the use irrational It is indiscriminate in medicines he can cause grievances for health, especially when it comes to antidepressants. **(SILVA, 2020)**

The population in general was not used to experiencing situations such as the pandemic, a routine that is not part of their daily lives, leading to several types in doubts, fears It is insecurity, where The smash of that conjuncture leads everyone to uncertainties related to the future. Anxiety and depression is one of the main diseases that affect people today, leading to an unbridled consumption of anxiolytic drugs and with that the worsening of the clinical picture, masking symptoms and making the real clinical diagnosis of the disease difficult. **(SOCCOL et al; 2020)**

Another public affected by major emotional impacts during the pandemic are health professionals (public most affected by the pandemic), due to: work overload and psychological pressure, the closing of bars and restaurants was one of the big ones motives for O development in concussions psychological, The withdrawal from laser, life Social It is moments in distraction, already what, It is one of the moments unique for this class of workers. **(ZWIELEWSKI, 2020)**

According to the National Health Surveillance

Agency, "it defines self-medication as the act of taking medicine on your own, it is the use of medicine without prescription, guidance or supervision of the pharmacist", becoming a recurring phenomenon, and has causes in the ease of access to medicines, and lack of knowledge about their risks, which can lead to serious health complications. **(ALVES, 2021)**

As there was no pharmacotherapeutic protocol for the disease in that year, 2020, and in view of the massive dissemination of information about possible treatments, there was an exponential growth in self-medication, especially with the use of drugs such as Azithromycin, Ivermectin, Chloroquine and hydroxychloroquine. **(DUARTE et al; 2020)**

The use of drugs without proof of proven efficacy can pose risks to the health of the population. In addition, the authors warn that the irrational use of medicines, the unbridled purchase of them can cause the lack of them for those who really need them. **(FILARDI et al; 2019)**

Such was the case, for example, of Hydroxychloroquine, which was lacking for patients affected by Lupus. Thus, people with chronic diseases, who could in fact need in such medicines stayed without access. The they why others, what many times they are not even sick, they are stored at home. **(FILARDI et al; 2019)**

To the drugs psychotropic they can to be defined as drugs what act altering mood and behavior, causing changes in communication between neurons, which may have different effects depending on the type of neurotransmitter involved and the mode of action of the drug. **(FEITOSA et al; 2021)**

Therefore, depending on of type in action, The damn it he can cause euphoria, anxiety, drowsiness, hallucinations It is delusions. You effects in each medicine depend in its class, route of administration, quantity, timing, frequency of use, absorption and elimination by the body, and interactions with other drugs. **(FEITOSA et al; 2021)**

The antidepressants most used for treatment with the public during the Covid-19 Pandemic were the Selective Serotonin Reuptake Inhibitors (SSRIs) which are designated by: Paroxetine, Fluoxetine, Venlafaxine, Sertraline and Citalopram. **(PAULINO, 2018)**

Paroxetine, Fluoxetine, Venlafaxine, Sertraline and Citalopram, are used to treat The depression, disorder obsessive-compulsive, disorder in panic, disorder of anxiety widespread, disorder in anxiety Social (also known like phobia Social), disorder dysphoric premenstrual It is disorder in stress post-traumatic. **(PAULINO, 2018)**

The mentioned drugs, when used in excess and without medical and pharmaceutical guidance, cause side

effects such as headache, gastrointestinal, difficulty at coordination motor, riots at the sleep It is at the level in energy and in some situations, dependency chemical and dysfunction sexual. **(FIOCRUZ, 2021)**

It turns out that the effects resulting from the chronic use of these substances, for months or years, can result in the user's chemical, physical or psychological dependence, and abstinence severely impairs social life, due to irritability, excessive insomnia, myalgia and possible seizures. **(GRUBER et al; 2014)**

The pharmacological treatment of depression and anxiety disorders is carried out through drugs that act on the central nervous system. decreasing anxiety and improving chemical imbalance. Treatment is carried out according to the characteristics of each patient and each diagnosis. However, the abusive use of psychotropic drugs is a concern of health professionals and the pandemic seems to have aggravated this scenario. **(GORENSTEIN et al; 1999)**

About 16.6% of the use of anxiolytics without medical advice may be mainly related to advertisements, ease of obtaining a prescription and aggravated drug addiction. This finding demonstrates the risk to which the subjects who practice this practice are inserted, since the indiscriminate use of anxiolytics can generate serious health problems, especially related to dependence and serious side effects. **(PRIETSCH, 2015)**

Knowing that, in general, any drug that acts on the CNS can cause dependence, the irresponsible use of psychotropic drugs is no different, bringing psychological dependence and making it difficult for medical actions to correct this problem. Even in the face of information about the adverse reactions caused by the use of drugs, there is an unbridled consumption of psychotropic drugs, leading to cases of drug addiction. Long-term effects such as amnesia and cognitive dysfunction have been reported. **(NOAL et al; 2020)**

It is therefore relevant to seek a better understanding of the relationship between the pandemic It is O use in psychotropics, for what if be likely to to create strategies what minimize the suffering of those most psychologically affected by the COVID-19 pandemic. **(RIBAS et al; 2017)**

It is noteworthy that there was an increase in sales of psychotropic drugs during the pandemic period, and post-pandemic. Sales differ between the classes of drugs marketed, with those related to the treatment of anxiety and the depressive spectrum being the classes that had their sales most boosted in the period. **(OLIVEIRA et al; 2021)**

A self-medication It is one practice what it is each

turn more common at the world all, even us countries developed It is very from that if he must The advertising, what influences practice, in addition, obviously, to problems related to the health system and the ease of acquiring medication. In these cases, the sick person buys the medicine himself or someone who is in charge of him, because he believes that can solve O problem; occurs what The self-medication It is one practice risky, which can be harmful to health, not good. **(RAFAEL et al; 2020)**

Inappropriate and indiscriminate consumption of certain types of medication can cause serious damage to the individual's health, leading to serious problems that have short and long-term sequelae. The effects of anxiolytics are notorious, especially in terms of affecting the Central Nervous System, bringing drug dependence as the main consequence, where the individual is no longer able to feel well without the use of continuous drug use. **(SILVA et al; 2020)**

The pharmacist has tools such as pharmaceutical assistance, which allow Act actively together The society, for what you patients be always the main beneficiaries, and contribute to personalized and humanized drug treatments, aimed at improving the quality of life and the state of social and health recovery, preventing drug-related problems, drug interactions and promoting the rational use of drugs. **(TREBIEN, 2021)**

It has a primordial role for the quality of life, assisting people with its knowledge. These professionals must become more actively involved in their attitudes and actively promote the health of the population, which is why they also need to join a multidisciplinary health team with the patient as the main focus. **(BARBOZA et al; 2021)**

In mode general, O use excessive and/or indiscriminate in psychotropics It is one topic that concerns most health professionals and health authorities. Considering the importance of the rational use of medicines, the present study aimed to analyze the possible causes related to the growth from the dependency of use in psychopharmaceuticals, during The pandemic from the Covid-(BARBOZA et al; 2021)

### III. METHODOLOGY

The study used the bibliographic review approach, with the objective of searching for articles scientific, standards It is guidelines clinics about O use It is O possible increase of the use of drugs in the treatment of generalized anxiety disorder (GAD), including since the COVID-19 pandemic, in order to address the pandemic perspectives in Brazil and the crises caused in the social system. A study was carried out based on articles and journals available on the Internet,

using mainly reliable academic sites, especially scientific platforms such as Scientific Electronic Library Online (SciELO) It is Google Scholar, as search tools, having as descriptors or keywords: pandemic, depression, medication, quality of life. Inclusion criteria were studies published between 1999 and 2023 that investigated the use of antidepressants in childhood, adolescence, adult life, as well as pharmacological treatments, analyzed separately or in set with others interventions (ex: psychological) at the treatment of these individuals.

### IV. CONSIDERATIONS FINALS

It is increasingly common for people to be diagnosed with a mental health problem, such as anxiety, depression or attention deficit disorder, as a result of biological and social factors. In addition, the SARS-CoV2 virus, which is rapidly transmissible and spread wildly during the COVID-19 pandemic, together with the high frequency of information disseminated, ended up affecting the psychology of many people even more, increasing cases of health problems. mental. This article contributed to identify what current research scientific studies regarding the use of psychotropic drugs reveal about the mental health condition of Brazilians during the pandemic. Identified that social isolation intensified problems of the which reach The health mental of the elderly, children, young people and adults such as: the fragility of the immune system associated with other comorbidities, ageism, loss of autonomy and difficulties encountered in social communication relationships, especially with the family. He highlighted, therefore, that these measures, when prolonged, brought even more serious impacts, such as: anxiety attacks, depression and the need for continuous use of anxiolytic drugs. Health professionals, active in the commission against the coronavirus, were the public highlighted due to: the fear of contamination to the environment familiar, tall loads hourly in work, fear from the death, emotional exhaustion, stress, lack of cure, lack of vaccines, low wages and lack of PPE's (Personal Protective Equipment). Thus, the large consumption of anxiolytics and antidepressants highlighted by the pharmaceutical industry was notorious. The use of psychotropic drugs is a concern for public health, especially why This one type in drug It is consumed per one diversity of people of different age groups and in many cases without specialized assistance. After the pandemic, many people began to manifest symptoms such as anxiety and depression, leading them to look for an immediate and drug solution that could pose health risks. It is necessary to seek ways to instigate and consolidate communication between health professionals and the patient, enabling better coping with the problems caused by the pandemic, emphasizing the role of the public power, which must be oriented to

disseminate the best information, promoting the correct use of medicines.

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