

LITERATURE REVIEW: INFLUENCE OF LONG-COVID 19 ON MENTAL HEALTH

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Abstract

Background: Long-covid 19 is a condition where a person experiences prolonged symptoms of covid-19 infection ranging from four weeks to more than 12 weeks. Long-covid 19 can affect the mental health and psychological aspects of the sufferer. People who have mental health problems will have difficulty dealing with the pressures of daily life, interacting with the environment, contributing, and working productively. **Objective:** To analyze the effect of long-covid 19 on mental health. **Methods:** This literature review used thematic analysis: a simplified approach. The main strategy for searching articles used three databases, namely Medline, Pubmed, and Academic Search Complete (Ebsco). Article selection used the PRISMA flow diagram and Joanna Briggs Institute (JBI). **Results:** In the initial search, 10,828 articles were obtained, after the selection process, 10 articles were found to meet the criteria. Based on the analysis conducted, there are five themes of the influence of long-covid 19 on mental health, namely depression, anxiety, sleep disorders, Post Traumatic Stress Disorder (PTSD), and somatization. **Suggestion:** There is a need for psychological assistance for post-covid sufferers to reduce or prevent the impact of long-covid 19.

Keywords: long covid-19, mental health, review