Cognitive symptoms on post-Covid syndrome and its association with viral load

Aimee Arguero-Fonseca
Autonomous University of Nayarit, Mexico

Statement of the Problem: The COVID-19 pandemic is the result of the SARS-CoV-2 virus, which has caused more than 100 million infections and more than 2.5 million deaths worldwide, representing a serious public health problem. It has also been reported that COVID-19 generates long-term symptoms (post-COVID-19), Post-COVID-19 symptoms, can manifest as cognitive and psychological disturbances, such as confusion, depression, memory loss, insomnia, and in some cases mania or psychosis.

Methodology & Theoretical Orientation: After three months, a survey was performed on 70 COVID-19 confirmed patients; subsequently, we divided them into four groups (persistent symptoms, chemo-sensitive, cognitive issues, and changes in habit) in order to determine the correlation between viral load and post-COVID-19 symptoms.

Findings: Data show that Nervous and memory problems are common long-term symptoms; in addition, a negative correlation was found between viral load and the number of post-COVID-19 symptoms.

Conclusion & Significance: COVID-19 generates long-term symptoms which can cause problems with psychological and social repercussions. Recommendations are made for psychological departments to become trauma- informed that would help this recognition.

Biography

Professor Aimee Arguero is responsible for the degree in psychology at the autonomous University of Nayarit. He is a pioneer on experimental psychology and a member of the national system of researchers in Mexico. Her recent work is helping people find satisfaction and a sense of belonging in their live using modern technology.