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Loneliness and Covid-19**Ananda Zeas-Sigüenza¹, Dr. Pablo Ruisoto Palomera²**¹Public University of Navarre, Spain²Public university in Pamplona, Spain

Loneliness is a distressing feeling derived from the mismatch of the desired and the actual relationships a person has. In the last decade, loneliness levels rose up to 1 in 3 people in some European countries increasing the risk of premature mortality to 26% becoming a public health issue. With the massive social confinements due to COVID-19, loneliness levels are expected to have increased; however, little is known so far regarding this realm. The aim of this study was to provide a systematic review about the relation of loneliness and health in the context of COVID19. A thorough review was conducted using the core collection of the Web of Science and Semantic Scholar online databases using "loneliness" "social isolation" and "health" and "COVID-19" as keywords within the field of psychology and neuroscience. Results support a strong relationship between loneliness and health, especially mental health, aggravated during COVID19 due to social distancing measures and confinements. Practical implications for designing loneliness-reduction based interventions and public policies are further discussed.

Biography

Ananda has completed two Master's degrees, one in Behavioural and Organizational Development at the Diego Portales University, and the second one in Cognitive and Behavioural Neuroscience at the University of Granada. She is currently a PhD student at the Public University of Navarre and was awarded the predoctoral grant Fundación Caja Navarra (FBCAN) and Public University of Navarre, Pamplona, Nav. [Resolution 589/2021 March 9, 2021] to conduct her doctoral research in Loneliness and Public Health.