

Cen.Stu.Psi. and the COVID-19

As a scientific society our role, beyond internal scientific production, is to highlight relevant works in our field. The COVID-19 pandemic generated excitement in the scientific community leading to a tremendous number of researches and publications on the subject. At the onset of the pandemic, scientific journals and publishers were eager for articles on COVID-19, and criteria for acceptance were sometimes downgraded.

Now it is time to examine this important scientific output and to sort out what is relevant or not to the field of mental health. This task is not easy given the heterogeneity of both mental health care systems around the world and the diversity of the population that uses them. It is likely that the availability of mental health services and their ability to continue providing care, despite the constraints of the pandemic, has helped to mitigate consequences of the crisis on population's mental health. For example, in our hospital we have observed that the number of psychiatric emergencies have not decreased but their profiles has changed. Initially healthcare services were overwhelmed therefore an epidemic of depression was feared, but recent national epidemiological data refute this concern (<https://datastudio.google.com/embed/reporting/7e11980c-3350-4ee3-8291-3065cc4e90c2/page/ykUGC>). Phobic patients have somewhat improved during confinement and even rather disappeared from the care circuits, however their anxiety levels increased during the deconfinement.

What is true? What is true on a large scale? What should we retain as a lesson for the future?

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PSYCHIATRY IN THE CONTEMPORARY AGE AND COVID-19

This third seminar of the association Psychiatric Studies Centre (Cen.Stu.Psi), located in Provaglio d'Iseo (Italy), in collaboration with the Mental Health Department of the University of Perugia (Italy), focuses the attention of researchers on how psychiatry and psychology are helping to cope with the COVID-19 coronavirus pandemic. There are studies concerning the prevalence, prevention, diagnosis, and therapy of psychiatric and psychological diseases during the viral health emergency. In this seminar, researches are carried out on how people in a regime of isolation, social distancing and profound relational changes react to difficulties and the fear of contagion.

The current era is studded with insecurity and changeable health information about prevention, prophylaxis and anti-Covid therapy. The mass media and daily medical bulletins have sometimes communicated contradictory opinions and information on the treatment, vaccines and the opportunity for government interventions for containing the infection.

The WHO warns governments about the circulation of a large amount of information not evaluated with accuracy and invites people to refer to official sources of information. Last year, some of us, members of Cen.Stu.Psi., promoted a vademecum to overcome in the best possible way, the difficulties of people during social and quarantine restrictions. It contains simple advice to keep fit and not get sick. Fear, anxiety, stress, depression, economic difficulties, losing job and serious damage to the economy have amplified the climate of uncertainty in people and undermined their physical and mental health.

In this seminar, a plaque was also promoted as a prize for the best work of students / postgraduates in medicine and psychology participating in the event. The works will be examined by a specific psychiatric medical commission of the association Psychiatric Studies Centre. The seminar will last one day and will be divided into four symposia. We hope it will be very useful and profitable in the training of both professionals in the sector and students.

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