China’s psychological implementation to overcome COVID-19 pandemic

Md Zahir Ahmed

1School of Psychology, Northwest Normal University, China-730070;

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Correspondence concerning this letter should be addressed to Md Zahir Ahmed, School of Psychology, Northwest Normal University, China-730070. Email: ahmedzahirdu@gmail.com
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The world is at a standstill owing to the COVID-19 pandemic. Though its origin was in China, but shortly China overcomes the epidemic with unprecedented development in medical science, speedy service delivery, and national consensus [1]. Now it is anticipated that a psychological outbreak was about to break out amalgamated with the COVID-19. People around the world have been confronted with severe physical distress, social disruption, and financial detriment, which ultimately affects psychological well-being, and that is the key to anticipate the psychological epidemic outbreak around the world [2]. But what is the condition of China, are the Chinese people facing the same problem or something else? Here are some key factors that how China has won the psychological battle against the COVID-19 pandemic:

First, guidelines for emergency psychological crisis intervention

Soon after the outbreak of COVID-19, China has locked down its epicenter Wuhan and many cities to curb the transmission. During the isolation and general lockdown period, it is very common to encountered psychological problems. To curb the mental health issues, the Chinese Health Commission has integrated the National Mental Health, Mental Health-related associations, and Psychological rescue groups with an emergency psychological crisis intervention which was aimed to address all aspects of people, i.e., confirmed patients, isolated persons, suspected patients, healthcare professionals, people who do not want to go to the public, vulnerable people and the general public [3].

Second, Careful use of social media

COVID-19 related posts on social media could trigger an emotional vulnerability [4]. Besides, in uncertain situations like the COVID-19 pandemic, it is ubiquitous to spread rumors more quickly. Rumors would take place if there were not an ample volume of accurate information. Chinese authority has disseminated accurate and timely communication and news regarding COVID-19, which did not let the rumors spread.

Third, telephone-based mental health support
During the COVID-19 outbreak, it was impossible to render face-to-face mental health services because of quarantine and social distancing. Since mobile phones are available to the general population, psycho-education and intervention were rendered using mobile phones by the Chinese mental health authorities very effectively [3].

**Fourth, Rehabilitation program**

It is possible that after an epidemic outbreak, there could be enhanced social stability which will slow the spread of the disease, however individuals will then encounter greater stress since it is associated with reduced social connection. Chinese authority needs a commitment to long-term therapeutic care and reeducation, which seems to be the main objectives of the healing process.

**Fifth, the endurance of Chinese**

During the initial time of the COVID-19 outbreak, the cases were skyrocketing in the epicenter, and the massive multitude of infection care-worn the authority severely. The Chinese people adopt the situation through their lifestyle in a way that during the hard time, the people used to follow point by point with great patience, which led them to win the battle of COVID-19 [5].

**Sixth, the dedication of Chinese**

Healthcare professionals have shown their incredible dedication and sacrifice toward humanity. They have worked tirelessly to treat the patients, joined the medical team voluntarily to the epicenter Wuhan [6]. The mentality of service delivery and currently developing a vaccine for humankind is outstanding. The dedication of the healthcare professionals of China has managed the crisis of exhausting work schedules during a hard time.

**Seventh, the solidarity with the cause**
The solidarity and consensus of the Chinese people helped to overcome the grief of COVID-19 [7]. The way people helped the frontline warriors without thinking twice was amazing. People helped everyone with their level best. The Chinese person and the government of China have also provided aid to other countries and still operate the medical mission for the rest of the world. This solidarity is aimed at one cause, and that is humanity, also helped China win the battle.

Eighth, rendering the civic sense

During the COVID-19 outbreak, each is expected to stay safe, preserve their emotional distance, and contribute in every way possible ways they can. [8]. This fundamental sense of preventive measures helped China to win the battle. During the outbreak of infectious disease, unity is very much anticipated to control the situation. So the consensus and civic sense helped a lot to prevent transmission in China significantly.

References


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