

WHAT IS COVID STRESS SYNDROME?

COMPONENTS

COVID Stress Syndrome is characterized by five related facets: danger and contamination fears, socioeconomic concerns, xenophobia, traumatic stress, and compulsive checking and reassurance seeking.



ASSOCIATIONS

People with more severe COVID Stress Syndrome are more likely to be anxious or depressed, stockpile supplies, experience distress during voluntary self-isolation, and avoid public places or transportation.



ANXIETY OR DEPRESSION



SELF-ISOLATION DISTRESS



PANIC BUYING



AVOIDANCE BEHAVIOURS

About **16%** of adults in the general population have severe COVID Stress Syndrome. These individuals are more likely to need mental health services. A COVID Stress Syndrome self-assessment and self-care recommendations are available at www.coronaphobia.org.

