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.

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.