

Boletim BiblioCovid

Boletim BiblioCovid v.2 n.5, maio 2021 | Isolamento social e COVID-19

Boletim destinado a apresentação de estratégias e artigos científicos sobre temas relacionados à Covid-19. Gostaria de um boletim com sua temática? Sugira novos temas aqui: [BiblioCovid_sugestao_de_tema](#)

Isolamento social e COVID-19



Vocabulário controlado

MeSH – Medical Subject Headings (NLM/NIH)
DeCS

Bases utilizadas

Portal regional BVS

Termos Utilizados (com base nos Descritores em Ciências da Saúde e Medical Subject Headings)



Descritores e/ou palavras-chave

SARS-COV-2
COVID-19
"Coronavírus 2019"
"Isolamento social"
"Aislamiento social"
Cuarentena
Quarentena
"Isolamento de pacientes"
"Aislamiento de pacientes"
"Social Isolation"

"Isolation, social"
Quarentine
"Patient Isolation"
Isolamento Físico/
Physical isolation /
Aislamiento físico
Distanciamento físico/
Physical distance/
Distancia física

Filtros utilizados

Texto completo
Ano: 2020-2021
Idioma: Inglês, Português e Espanhol
Tipo de documento: Artigos

Estratégias de busca

("Physical Isolation" OR "Isolamento físico" OR "Aislamiento físico" OR "Distanciamento físico" OR "Distancia física" OR "Physical distance") OR (mh:("Isolamento social" OR "Aislamiento social" OR "Social isolation" OR "Isolation, Social" OR Quarentena OR Cuarentena OR Quarentine OR "Isolamento de pacientes" OR "Aislamiento de pacientes" OR "Patient Isolation")) AND ("COVID-19" OR "SARS-COV-2" OR "Coronavírus 2019")

Seleção dos dez artigos mais relevantes, segundo critérios da base de dados Portal regional BVS, incluindo os filtros, "Artigo" "Free full text", "Ano: 2020-2021

1. Videoconference Fatigue? Exploring Changes in Fatigue After Videoconference Meetings During COVID-19

doi: <http://dx.doi.org/10.1037/apl0000906>

Resumo

In response to the Coronavirus disease 2019 (COVID-19) global health pandemic, many employees transitioned to remote work, which included remote meetings. With this sudden shift, workers and the media began discussing videoconference fatigue, a potentially new phenomenon of feeling tired and exhausted attributed to a videoconference. In the present study, we examine the nature of videoconference fatigue, when this phenomenon occurs, and what videoconference characteristics are associated with fatigue using a mixed-methods approach. Thematic analysis of qualitative responses indicates that videoconference fatigue exists, often in near temporal proximity to the videoconference, and is affected by various videoconference characteristics. Quantitative data were collected each hour during five workdays from 55 employees who were working remotely because of the COVID-19 pandemic. Latent growth modeling results suggest that videoconferences at different times of the day are related to deviations in employee fatigue beyond what is expected based on typical fatigue trajectories. Results from multilevel modeling of 279 videoconference meetings indicate that turning off the microphone and having higher feelings of group belongingness are related to lower postvideoconference fatigue. Additional analyses suggest that higher levels of group belongingness are the most consistent protective factor against videoconference fatigue. Such findings have immediate practical implications for workers and organizations as they continue to navigate the still relatively new terrain of remote work.

Referência

BENNETT, Andrew A. et al. Videoconference fatigue? Exploring changes in fatigue after videoconference meetings during COVID-19., **Journal of Applied Psychology**, v. 106, n. 3, p. 330–344, 2021. Disponível em: <<https://doi.apa.org/fulltext/2021-37196-002.pdf>>. Acesso em: 12 Maio 2021.

2. Learning about COVID-19-related stigma, quarantine and isolation experiences in Finland

[doi:https://doi.org/10.1371/journal.pone.0247962](https://doi.org/10.1371/journal.pone.0247962)

Resumo

Background: The COVID-19 pandemic has intensely changed the everyday lives of people worldwide. This study explores the forms and outcomes of coronavirus and COVID-19-related social stigma and the experiences of people who were home quarantined or isolated in Finland during the spring 2020. The findings of this study can be used to improve support for those quarantined or isolated and to develop strategies to reduce the stigma associated with coronavirus and COVID-19.

Methods: The study is based on qualitative one-to-one interviews with households with at least two members and at least one PCR confirmed COVID-19 case. Recruitment took place via website or SMS messages sent to PCR confirmed cases in the capital area of Helsinki. Sampling was based on maximum variation to acquire different types of respondents. The framework of health stigma was used to develop question guides and analyze stigma. Quarantine and isolation experiences were explored through open-ended questions. The analysis was based on thematic analysis. **Results:** The study included 64 participants from 24 households. Perceived stigma among respondents was driven by fear and blame for infection, and it manifested in various ways leading to a reluctance to disclose their coronavirus status to others. Self-stigma developed from conflicting information and advice about coronavirus and COVID-19 led to difficulties interacting with others outside of the house and reluctance to meet people after quarantine and isolation. Quarantine and isolation experiences included uncertainty, health concerns, and boredom. Communication with others in similar situations was perceived vital, whereas discussions with family members about worries and fears related to coronavirus and COVID-19 was not preferred. **Conclusions:** This study shed light on the lives of those quarantined or isolated at home and provided a set of operational recommendations to minimize coronavirus and COVID-19-associated stigma and to reduce challenges faced by those in quarantine or isolation.

Referência

LOHINIVA, Anna-Leena et al. Learning about COVID-19-related stigma, quarantine and isolation experiences in Finland, **PLOS ONE**, v. 16, n. 4, p. e0247962, 2021.

3. Psychosocial effects of social media on the Saudi society during the Coronavirus Disease 2019 pandemic: A cross-sectional study

doi: <https://doi.org/10.1371/journal.pone.0248811>

Resumo

The Coronavirus Disease 2019 (COVID-19) pandemic has been posing a substantial challenge to human survival and well-being, which rely on the actions and behaviors of individuals. It is essential that accurate information is distributed; however, misinformation has been spread via social media. Consequently, the resulting panic has to be addressed while putting essential public health measures in place. It is also important to explore the link between the social media exposure and well-being. Therefore, in the current study, we aimed to identify the levels of anxiety, depression, and social isolation among individuals during the COVID-19 pandemic. Additionally, we explored the relationship between exposure to misleading social media news and anxiety, depression, and social isolation. A cross sectional design was employed to collect data from 371 Saudi participants (aged 16–60 years), using the Generalized Anxiety Disorder-7, Centre for Epidemiological Studies Depression Scale, and de Jong Gierveld Loneliness Scale. Results showed that the prevalence of anxiety, depression, and social isolation was 47.82%, 47.57%, and 46.42%, respectively. Further, more than 83% of the participants reported using social media frequently during the pandemic. We found that exposure to misinformation via social media has a significant positive relationship with anxiety, depression, and social isolation. However, Due to the cross-sectional nature of this study it cannot be determined whether social media causes negative mental health outcomes, or if individuals experiencing greater depression, anxiety and social isolation turn to social media more than others, or if some third variable might explain both. Based on our findings, we present specific suggestions related to the COVID-19 pandemic to the government of Saudi Arabia. Minorng and filtering out misleading information with the cooperation of the World Health Organization (WHO) can promote the spread of accurate news in Saudi Arabia.

Referência

HAMMAD, Mohammad Ahmed ; ALQARNI, Turki Mahdi. Psychosocial effects of social media on the Saudi society during the Coronavirus Disease 2019 pandemic: A cross-sectional study, **PLOS ONE**, v. 16, n. 3, p. e0248811, 2021.

4. Impact of the COVID-19 pandemic stay at home order and social isolation on physical activity levels and sedentary behavior in Brazilian adults

[doi:https://doi.org/10.31744/einstein_journal/2021ae6156](https://doi.org/10.31744/einstein_journal/2021ae6156)

Resumo

Objetivo: Investigar o impacto da pandemia de coronavírus 2019 sobre o nível de atividade física e comportamento sedentário entre brasileiros com idade ≥ 18 anos. Métodos: Uma pesquisa on-line foi distribuída por meio de mídias sociais entre 5 e 17 de maio de 2020. Os participantes responderam a um questionário estruturado no Google Forms, que avaliou o nível de atividade física e comportamento sedentário de adultos no Brasil durante a pandemia. Resultados: Idade (RC: 0,98; IC95%: 0,97-0,99), doença crônica (RC: 1,29; IC95%: 1,03-1,63), inatividade física antes da pandemia de coronavírus 2019 (RC: 2,20; IC95%: 1,78-2,72) e excesso de peso (RC: 1,34; IC95%: 1,09-1,65) apresentaram maior risco de impacto no nível de atividade física. O aumento do tempo sentado foi associado a indivíduos mais velhos (RC: 0,97; IC95%: 0,96-0,98), inatividade (RC: 1,51; IC95%: 1,16-1,96), doença crônica (RC: 1,65; IC95%: 1,23-2,22), maior número de dias no isolamento social (RC: 1,01; IC95%: 1,00-1,02) e níveis de escolaridade mais altos (RC: 1,87; IC95%: 1,26-2,78). Conclusão: Nossos resultados demonstraram que a idade, a presença de doenças crônicas e a inatividade física antes do isolamento social tiveram maior risco de impacto na redução do nível de atividade física e maior tempo sentado durante a pandemia de coronavírus 2019.

Referência

BOTERO, João Paulo et al, Impact of the COVID-19 pandemic stay at home order and social isolation on physical activity levels and sedentary behavior in Brazilian adults, **Einstein (São Paulo)**, v. 19, 2021.

5. Social isolation, mental health, and use of digital interventions in youth during the COVID-19 pandemic: A nationally representative survey

doi: <https://doi.org/10.1192/j.eurpsy.2021.17>

Resumo

Background: Public health measures to curb SARS-CoV-2 transmission rates may have negative psychosocial consequences in youth. Digital interventions may help to mitigate these effects. We investigated the associations between social isolation, COVID-19-related cognitive preoccupation, worries, and anxiety, objective social risk indicators, and psychological distress, as well as use of, and attitude toward, mobile health (mHealth) interventions in youth. Methods: Data were collected as part of the “Mental Health And Innovation During COVID-19 Survey”—a cross-sectional panel study including a representative sample of individuals aged 16–25 years (N = 666; Mage = 21.3; assessment period: May 5, 2020 to May 16, 2020). Results: Overall, 38% of youth met criteria for moderate or severe psychological distress. Social isolation worries and anxiety, and objective risk indicators were associated with psychological distress, with evidence of dose–response relationships for some of these associations. For instance, psychological distress was progressively more likely to occur as levels of social isolation increased (reporting “never” as reference group: “occasionally”: adjusted odds ratio [aOR] 9.1, 95% confidence interval [CI] 4.3–19.1, $p < 0.001$; “often”: aOR 22.2, CI 9.8–50.2, $p < 0.001$; “very often”: aOR 42.3, CI 14.1–126.8, $p < 0.001$). There was evidence that psychological distress, worries, and anxiety were associated with a positive attitude toward using mHealth interventions, whereas psychological distress, worries, and anxiety were associated with actual use. Conclusions: Public health measures during pandemics may be associated with poor mental health outcomes in youth. Evidence-based digital interventions may help mitigate the negative psychosocial impact without risk of viral infection given there is an objective need and subjective demand.

Referência

RAUSCHENBERG, Christian et al, Social isolation, mental health, and use of digital interventions in youth during the COVID-19 pandemic: A nationally representative survey, **European Psychiatry**, v. 64, n. 1, 2021.

6. Kleist para tempos de isolamento social: oralidade, corpo e pensamento / Kleist for isolation times: orality, body, and thought

doi: <https://doi.org/10.29397/reciis.v15i1.2225>

Resumo

O artigo apresenta e explora o texto de Heinrich von Kleist intitulado "Sobre a fabricação gradativa dos pensamentos enquanto se fala" (1805-1806). A tese central do ensaio articula oralidade, corpo e produção de pensamento apartando-se da tradição metafísica, Kleist investiga a imbricação entre a fala, os estados atmosféricos do corpo e o ato de pensar, salientando as dimensões temporais necessárias à fabricação de ideias, não na mente, mas na prática viva dos falantes, em seus intercâmbios presenciais. O ensaio fornece pistas para que se vislumbrem possíveis efeitos sobre o pensamento no contexto de comunicações tecnologicamente mediadas por conta da pandemia da Covid-19, dissociando o falar da presença direta dos corpos. A metodologia adotada concerne à análise detalhada desse texto (pouco conhecido entre nós), remetendo a alguns conceitos de Deleuze e Guattari e visando a levantar possíveis problemas que o pensamento enfrenta na atual situação de distância entre os corpos.

Referência

CRISTINA, Maria, Kleist para tempos de isolamento social: oralidade, corpo e pensamento, **Revista Eletrônica de Comunicação, Informação e Inovação em Saúde**, v. 15, n. 1, 2021.

7. Interventions to reduce social isolation and loneliness during COVID-19 physical distancing measures: A rapid systematic review

doi: <https://doi.org/10.1371/journal.pone.0247139>

Resumo

Background: A significant proportion of the worldwide population is at risk of social isolation and loneliness as a result of the COVID-19 pandemic. We aimed to identify effective interventions to reduce social isolation and loneliness that are compatible with COVID-19 shielding and social distancing measures. **Methods and findings:** In this rapid systematic review, we searched six electronic databases (Medline, Embase, Web of Science, PsycINFO, Cochrane Database of Systematic Reviews and SCOPUS) from inception to April 2020 for systematic reviews appraising interventions for loneliness and/or social isolation. Primary studies from those reviews were eligible if they included: 1) participants in a non-hospital setting; 2) interventions to reduce social isolation and/or loneliness that would be feasible during COVID-19 shielding measures; 3) a relevant control group; and 4) quantitative measures of social isolation, social support or loneliness. At least two authors independently screened studies, extracted data, and assessed risk of bias using the Downs and Black checklist. **Study registration:** PROSPERO CRD42020178654. We identified 45 RCTs and 13 non-randomised controlled trials; none were conducted during the COVID-19 pandemic. The nature, type, and potential effectiveness of interventions varied greatly. Effective interventions for loneliness include psychological therapies such as mindfulness, lessons on friendship, robotic pets, and social facilitation software. Few interventions improved social isolation. Overall, 37 of 58 studies were of “Fair” quality, as measured by the Downs & Black checklist. The main study limitations identified were the inclusion of studies of variable quality; the applicability of our findings to the entire population; and the current poor understanding of the types of loneliness and isolation experienced by different groups affected by the COVID-19 pandemic.

Conclusions: Many effective interventions involved cognitive or educational components, or facilitated communication between peers. These interventions may require minor modifications to align with COVID-19 shielding/social distancing measures. Future high-quality randomised controlled trials conducted under shielding/social distancing constraints are urgently needed.

Referência

WILLIAMS, Christopher Y. K. et al, Interventions to reduce social isolation and loneliness during COVID-19 physical distancing measures: A rapid systematic review, **PLOS ONE**, v. 16, n. 2, p. e0247139, 2021.

8. Depression and Health-Related Quality of Life Among Elderly Patients during the COVID-19 Pandemic in Israel: A Cross-sectional Study

doi: <https://doi.org/10.1177/2150132721995448>

Resumo

Aim: This study aims to assess how optimism, social support, and perceived susceptibility are associated with depressive symptoms and health-related quality of life among elderly patients during the COVID-19 pandemic in Israel. **Methods:** In a cross-sectional study, 256 participants age 60 through 95 completed the following self-administered questionnaires: Perceived Susceptibility, Life Orientation Test (LOT-R), Multidimensional Scale of Perceived Social Support (MSPSS), Symptoms of Depression (CES-D) and health-related quality of life (SF-12v2 Health Survey). Data were collected from June to July 2020, 3 months after the COVID-19 state of emergency was declared in Israel. Participants were interviewed by family medicine residents via telephone. Statistical analyses included Pearson correlations, t-tests between groups, regression analyses, and Hayes' PROCESS to analyze a moderated mediation model. **Results:** Of the elderly participants, 37.5% were classified as having depression. Optimism, social support and health-related quality of life were positively associated. Higher optimism and social support were related to lower perceived susceptibility and lower depression. Results of a multivariate regression explained 29% of the variance in depression and 19% of the variance in health-related quality of life. The relationships assessed by 4 Process models were significant, such that higher optimism and social support were related to lower perceived susceptibility, which in turn was related to higher depression and lower health-related quality of life. **Conclusions:** Optimism and social support may be effective in coping with challenges and buffering depression. Perceived susceptibility may mediate the association of optimism and social support with higher depression and lower health-related quality of life. The conclusions of this study underscore the need to treat depression among older adults during this period. Hence, healthcare providers should also support elderly patients living at home. In giving this type of help, healthcare providers should strive to increase social support and optimism among older adults.

Referência

LEVKOVICH, Inbar et al, Depression and Health-Related Quality of Life Among Elderly Patients during the COVID-19 Pandemic in Israel: A Cross-sectional Study, **Journal of Primary Care & Community Health**, v. 12, p. 215013272199544, 2021.

9. Tele-Mental Health Utilization Among People with Mental Illness to Access Care During the COVID-19 Pandemic

doi: <https://doi.org/10.1007/s10597-021-00789-7>

Resumo

Shortly after the COVID-19 pandemic arrived at the United States, mental health services moved towards using tele-mental health to provide care. A survey about resilience and tele-mental health was developed and conducted with ForLikeMinds' members and followers. Correlational analysis was used to examine relationships between quantitative variables. A phenomenological approach was used to analyze open questions responses. Sixteen percent of participants were coping well with the pandemic; 50% were coping okay; and 34% said that they were coping poorly. Three main themes emerged from the qualitative analysis: accessibility to care; self-care strategies; and community support and relationship. The responses from participants seems to reflect the combination of two main factors—the challenges they were facing in accessing care through tele-mental health plus the mental health consequences from COVID-19. This survey reflects the importance of building innovative strategies to create a working alliance with people who need care through tele-mental health.

Referência

COSTA, Mark et al, Tele-Mental Health Utilization Among People with Mental Illness to Access Care During the COVID-19 Pandemic, **Community Mental Health Journal**, v. 57, n. 4, p. 720–726, 2021.

10. Experiences of Social Isolation During the COVID-19 Lockdown Among Adolescents and Young Adult Cancer Patients and Survivors

doi: <https://doi.org/10.1089/jayao.2020.0202>

Resumo

Purpose: COVID-19 is a worldwide pandemic affecting populations by massive lockdowns, including strict precautions and quarantines. Research on the lives of adolescents and young adults (AYAs) with cancer during the COVID-19 pandemic is highly relevant to meet potential challenges regarding their physical and mental well-being. Therefore, the purpose of this study was to investigate how AYA cancer patients and survivors experience social isolation during the COVID-19 lockdown. **Methods:** Individual semistructured telephone interviews were performed with 13 AYA cancer patients and survivors aged 18–29 years. All participants were users of Kræftværket, a youth support center and social organization for AYAs with cancer at The University Hospital Rigshospitalet, Denmark. Data were analyzed by using thematic analysis. **Results:** The following themes were found. The need for giving and receiving support, Difficulty of the community spirit, The lockdown's effect on recovery, Disrupted youth, and Being alone.

Conclusion: The participants in this study experienced loneliness, anxiety, lack of psychosocial support, and lack of physical contact. In addition, lack of rehabilitation and lack of support during hospital visits, which may specifically influence the disease trajectory, were reported. Thus, health care professionals have an important task to follow up on the AYA's well-being during and after the COVID-19 lockdown. A positive side effect of the lockdown period was the experience of getting a respite to recover physically and mentally after cancer.

Referência

HANGHØJ, Signe et al, Experiences of Social Isolation During the COVID-19 Lockdown Among Adolescents and Young Adult Cancer Patients and Survivors, **Journal of Adolescent and Young Adult Oncology**, 2021.



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Expediente

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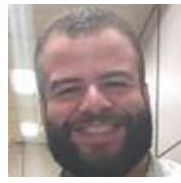
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