
Was Sie aus diesem *essential* mitnehmen können

- Infektionskrankheiten begleiten den Menschen von Anbeginn und stellen ihn immer wieder vor große Herausforderungen.
- Epidemien und Pandemien haben ihre Ursachen unter anderem im Verhalten des Menschen.
- In Zeiten großer Belastung, wie zum Beispiel während einer Pandemie, versuchen Menschen sich auf verschiedenste Weisen anzupassen, wobei manche Formen der Anpassung nachteilige Folgen für das Individuum und die Gesellschaft nach sich ziehen können.
- Die gelingende Bewältigung einer Pandemie muss ganzheitlich und unter Berücksichtigung von psychologischen und sozialen Faktoren in Form eines gemeinschaftlichen Handelns stattfinden, da sonst der gesamtgesellschaftliche Zusammenhalt bedroht sein kann.

Literatur

- Aberth, J. (2005). *The black death*. Palgrave Macmillan US. <https://link.springer.com/10.1007/978-1-137-10349-9>
- Arafat, S. M. Y., Kar, S. K., Marthoenis, M., Sharma, P., Hoque Apu, E., & Kabir, R. (2020). Psychological underpinning of panic buying during pandemic (COVID-19). *Psychiatry Research*, 289, 113061. <https://dx.doi.org/10.1016/j.psychres.2020.113061>
- Aslam, F., Awan, T. M., Syed, J. H., Kashif, A., & Parveen, M. (2020). Sentiments and emotions evoked by news headlines of coronavirus disease (COVID-19) outbreak. *Humanities and Social Sciences Communications*, 7(1), 23. <https://dx.doi.org/10.1057/s41599-020-0523-3>
- Asmundson, G. J. G., Paluszek, M. M., Landry, C. A., Rachor, G. S., McKay, D., & Taylor, S. (2020). Do pre-existing anxiety-related and mood disorders differentially impact COVID-19 stress responses and coping? *Journal of Anxiety Disorders*, 74, 102271. <https://dx.doi.org/10.1016/j.janxdis.2020.102271>
- Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: Rapid review of the evidence. *The Lancet*, 395(10227), 912–920. [https://dx.doi.org/10.1016/S0140-6736\(20\)30460-8](https://dx.doi.org/10.1016/S0140-6736(20)30460-8)
- Butter, M. (Hrsg.). (2020). *Routledge handbook of conspiracy theories*. Routledge.
- Chen, S., & Bonanno, G. A. (2020). Psychological adjustment during the global outbreak of COVID-19: A resilience perspective. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(S1), S51–S54. <https://doi.org/10.1037/tra0000685>
- Cheng, K. K., Lam, T. H., & Leung, C. C. (2020). Wearing face masks in the community during the COVID-19 pandemic: Altruism and solidarity. *The Lancet*, 0(0). [https://dx.doi.org/10.1016/S0140-6736\(20\)30918-1](https://dx.doi.org/10.1016/S0140-6736(20)30918-1)
- Dezecache, G. (2015). Human collective reactions to threat. *Wiley Interdisciplinary Reviews: Cognitive Science*, 6(3), 209–219. <https://dx.doi.org/10.1002/wcs.1344>
- Eysenbach, G. (2002). Infodemiology: The epidemiology of (Mis)information. *The American Journal of Medicine*, 113(9), 763–765. [https://dx.doi.org/10.1016/S0002-9343\(02\)01473-0](https://dx.doi.org/10.1016/S0002-9343(02)01473-0)
- Fine, G. A. (Hrsg.). (2005). *Rumor mills: The social impact of rumor and legend*. Aldine Transaction.

- Freeman, D., Garety, P. A., Bebbington, P. E., Smith, B., Rollinson, R., Fowler, D., Kuipers, E., Ray, K., & Dunn, G. (2005). Psychological investigation of the structure of paranoia in a non-clinical population. *British Journal of Psychiatry*, *186*(5), 427–435. <https://dx.doi.org/10.1192/bjp.186.5.427>
- Gunnell, D., Appleby, L., Arensman, E., Hawton, K., John, A., Kapur, N., Khan, M., O'Connor, R. C., Pirkis, J., Appleby, L., Arensman, E., Caine, E. D., Chan, L. F., Chang, S.-S., Chen, Y.-Y., Christensen, H., Dandona, R., Eddleston, M., Erlangsen, A., ... Yip, P. S. (2020). Suicide risk and prevention during the COVID-19 pandemic. *The Lancet Psychiatry*, *7*(6), 468–471. [https://dx.doi.org/10.1016/S2215-0366\(20\)30171-1](https://dx.doi.org/10.1016/S2215-0366(20)30171-1)
- Halford, E. A., Lake, A. M., & Gould, M. S. (2020). Google searches for suicide and suicide risk factors in the early stages of the COVID-19 pandemic. *PLOS ONE*, *15*(7), e0236777. <https://dx.doi.org/10.1371/journal.pone.0236777>
- Hassanian-Moghaddam, H., Zamani, N., Kolahi, A.-A., McDonald, R., & Hovda, K. E. (2020). Double trouble: Methanol outbreak in the wake of the COVID-19 pandemic in Iran—a cross-sectional assessment. *Critical Care*, *24*(1), 402. <https://dx.doi.org/10.1186/s13054-020-03140-w>
- Haug, N., Geyrhofer, L., Londei, A., Dervic, E., Desvars-Larrive, A., Loreto, V., Pinior, B., Thurner, S., & Klimek, P. (2020). *Ranking the effectiveness of worldwide COVID-19 government interventions* [Preprint]. *Epidemiology*. <https://dx.doi.org/10.1101/2020.07.06.20147199>
- Heinrich, L. M., & Gullone, E. (2006). The clinical significance of loneliness: A literature review. *Clinical Psychology Review*, *26*(6), 695–718. <https://dx.doi.org/10.1016/j.cpr.2006.04.002>
- Hiscott, J., Alexandridi, M., Muscolini, M., Tassone, E., Palermo, E., Soultsioti, M., & Zevini, A. (2020). The global impact of the coronavirus pandemic. *Cytokine & Growth Factor Reviews*, *53*, 1–9. <https://dx.doi.org/10.1016/j.cytofr.2020.05.010>
- Imran, N., Aamer, I., Sharif, M. I., Bodla, Z. H., & Naveed, S. (2020). Psychological burden of quarantine in children and adolescents: A rapid systematic review and proposed solutions. *Pakistan Journal of Medical Sciences*, *36*(5). <https://dx.doi.org/10.12669/pjms.36.5.3088>
- Islam, M. S., Sarkar, T., Khan, S. H., Mostofa Kamal, A.-H., Hasan, S. M. M., Kabir, A., Yeasmin, D., Islam, M. A., Amin Chowdhury, K. I., Anwar, K. S., Chughtai, A. A., & Seale, H. (2020). Covid-19–related infodemic and its impact on public health: A global social media analysis. *The American Journal of Tropical Medicine and Hygiene*. <https://dx.doi.org/10.4269/ajtmh.20-0812>
- Kar S.K., Yasir Arafat S.M., Kabir R., Sharma P., Saxena S.K. (2020) Coping with Mental Health Challenges During COVID-19. In: Saxena S. (eds) Coronavirus Disease 2019 (COVID-19). Medical Virology: From Pathogenesis to Disease Control. Springer, Singapore. https://dx.doi.org/10.1007/978-981-15-4814-7_16
- Kavanagh, J., & Rich, M. (2018). *Truth decay: An initial exploration of the diminishing role of facts and analysis in american public life*. RAND Corporation. <https://dx.doi.org/10.7249/RR2314>
- Kim, S.-W., & Su, K.-P. (2020). Using psychoneuroimmunity against COVID-19. *Brain, Behavior, and Immunity*, *87*, 4–5. <https://dx.doi.org/10.1016/j.bbi.2020.03.025>

- Kramer, A. D. I., Guillory, J. E., & Hancock, J. T. (2014). Experimental evidence of massive-scale emotional contagion through social networks. *Proceedings of the National Academy of Sciences*, *111*(24), 8788–8790. <https://dx.doi.org/10.1073/pnas.1320040111>
- Larsen, E. M., Donaldson, K., & Mohanty, A. (2020). *Conspiratorial thinking during COVID-19: The roles of paranoia, delusion-proneness, and intolerance to uncertainty* [Preprint]. PsyArXiv. <https://osf.io/mb65f>
- Milman, E., Lee, S. A., & Neimeyer, R. A. (2020). Social isolation as a means of reducing dysfunctional coronavirus anxiety and increasing psychoneuroimmunity. *Brain, Behavior, and Immunity*, *87*, 138–139. <https://dx.doi.org/10.1016/j.bbi.2020.05.007>
- Morens, D. M., Folkers, G. K., & Fauci, A. S. (2008). Emerging infections: A perpetual challenge. *The Lancet Infectious Diseases*, *8*(11), 710–719. [https://dx.doi.org/10.1016/S1473-3099\(08\)70256-1](https://dx.doi.org/10.1016/S1473-3099(08)70256-1)
- Morens, D. M., Folkers, G. K., & Fauci, A. S. (2009). What is a pandemic? *The Journal of Infectious Diseases*, *200*(7), 1018–1021. <https://dx.doi.org/10.1086/644537>
- Nelkin, D., & Gilman, S. L. (1988). Placing blame for devastating disease. *Social Research*, *55*(3), 361–378.
- Oosterhoff, B., Palmer, C., Wilson, J., & Shook, N. (2020). *Adolescents' motivations to engage in social distancing during the covid-19 pandemic: Associations with mental and social health* [Preprint]. PsyArXiv. <https://osf.io/jd2kq>
- Palgi, Y., Shrira, A., Ring, L., Bodner, E., Avidor, S., Bergman, Y., Cohen-Fridel, S., Keisari, S., & Hoffman, Y. (2020). The loneliness pandemic: Loneliness and other concomitants of depression, anxiety and their comorbidity during the COVID-19 outbreak. *Journal of Affective Disorders*, *275*, 109–111. <https://dx.doi.org/10.1016/j.jad.2020.06.036>
- Pappas, G., Kiriaze, I. J., Giannakis, P., & Falagas, M. E. (2009). Psychosocial consequences of infectious diseases. *Clinical Microbiology and Infection*, *15*(8), 743–747. <https://dx.doi.org/10.1111/j.1469-0691.2009.02947.x>
- Rovetta, A., & Bhagavathula, A. S. (2020). *Global infodemiology of covid-19: Focus on google web searches and instagram hashtags* [Preprint]. Public and Global Health. <https://medrxiv.org/lookup/doi/10.1101/2020.05.21.20108910>
- Salari, N., Hosseini-Far, A., Jalali, R., Vaisi-Raygani, A., Rasoulpoor, S., Mohammadi, M., Rasoulpoor, S., & Khaledi-Paveh, B. (2020). Prevalence of stress, anxiety, depression among the general population during the COVID-19 pandemic: A systematic review and meta-analysis. *Globalization and Health*, *16*(1), 57. <https://dx.doi.org/10.1186/s12992-020-00589-w>
- Schaller, M., & Park, J. H. (2011). The behavioral immune system (And why it matters). *Current Directions in Psychological Science*, *20*(2), 99–103. <https://dx.doi.org/10.1177/0963721411402596>
- Shahsavari, S., Holur, P., Tangherlini, T. R., & Roychowdhury, V. (2020). Conspiracy in the time of corona: Automatic detection of covid-19 conspiracy theories in social media and the news. *arXiv:2004.13783 [cs]*. <https://arxiv.org/abs/2004.13783>
- Sher, L. (2020). The impact of the COVID-19 pandemic on suicide rates. *QJM: An International Journal of Medicine*, hcaa202. <https://dx.doi.org/10.1093/qjmed/hcaa202>

- Shultz, J. M., Cooper, J. L., Baingana, F., Oquendo, M. A., Espinel, Z., Althouse, B. M., Marcelin, L. H., Towers, S., Espinola, M., McCoy, C. B., Mazurik, L., Wainberg, M. L., Neria, Y., & Rechkemmer, A. (2016). The role of fear-related behaviors in the 2013–2016 west africa ebola virus disease outbreak. *Current Psychiatry Reports*, 18(11), 104. <https://dx.doi.org/10.1007/s11920-016-0741-y>
- Szczesniak, D., Ciulkowicz, M., Maciaszek, J., Misiak, B., Luc, D., Wiczorek, T., Witecka, K.-F., & Rymaszewska, J. (2020). Psychopathological responses and face mask restrictions during the COVID-19 outbreak: Results from a nationwide survey. *Brain, Behavior, and Immunity*, 87, 161–162. <https://dx.doi.org/10.1016/j.bbi.2020.05.027>
- Taylor, S., & Asmundson, G. J. G. (2020). Life in a post-pandemic world: What to expect of anxiety-related conditions and their treatment. *Journal of Anxiety Disorders*, 72, 102231. <https://doi.org/10.1016/j.janxdis.2020.102231>
- Thucydides, & Landmann, G. P. (1993). *Geschichte des Peloponnesischen Krieges: Griechisch – deutsch*. Artemis & Winkler.
- Tomes, N. (2000). The making of a germ panic, then and now. *American Journal of Public Health*, 90(2), 191–198. <https://dx.doi.org/10.2105/AJPH.90.2.191>
- Vindegaard, N., & Benros, M. E. (2020). COVID-19 pandemic and mental health consequences: Systematic review of the current evidence. *Brain, Behavior, and Immunity*, S0889159120309545. <https://dx.doi.org/10.1016/j.bbi.2020.05.048>
- Wellcome Collection. (o. J.). Wilson „The plague...“: people fleeing from plague. Abgerufen 15. August 2020, von <https://wellcomecollection.org/works/wuhtpqja>
- Werner, C., & Langenmayr, A. (2005). Das Unbewusste und die Abwehrmechanismen. Vandenhoeck & Ruprecht.
- Wittchen, H.-U., & Hoyer, J. (Hrsg.). (2011). *Klinische Psychologie & Psychotherapie* (2., überarbeitete und erweiterte Auflage). Springer.
- World Health Organisation. (2020). Mental health and COVID-19. Abgerufen 15. August 2020, von <https://www.who.int/teams/mental-health-and-substance-use/covid-19>
- Xiong, J., Lipsitz, O., Nasri, F., Lui, L. M. W., Gill, H., Phan, L., Chen-Li, D., Iacobucci, M., Ho, R., Majeed, A., & McIntyre, R. S. (2020). Impact of COVID-19 pandemic on mental health in the general population: A systematic review. *Journal of Affective Disorders*, 277, 55–64. <https://dx.doi.org/10.1016/j.jad.2020.08.001>

Zum Weiterlesen

- Butter, M. (Hrsg.). (2020). *Routledge handbook of conspiracy theories*. Routledge.
- Fine, G. A. (Hrsg.). (2005). *Rumor mills: The social impact of rumor and legend*. Aldine Transaction.
- Hays, J. N. (2005). *Epidemics and pandemics: Their impacts on human history*. ABC-CLIO.
- Huremović, D. (2019). *Psychiatry of pandemics: A mental health response to infection outbreak*. <https://dx.doi.org/10.1007/978-3-030-15346-5>
- Jetten, J., Haslam, S. A., Reicher, S., & Cruwys, T. (Hrsg.). (2020). *Together apart: The psychology of COVID-19*. SAGE Publications.
- Kucharski, A. (2020). *The rules of contagion: Why things spread - and why they stop*.
- Taylor, S. (2019). *The psychology of pandemics: Preparing for the next global outbreak of infectious disease*.

Begleitwebseite zum Buch

Aufgrund des Umfangs eines *essentials* können nur ausgewählte Erkenntnisse zum Thema COVID-19 und Psyche behandelt werden. Sie finden daher auf der Begleitwebseite zum Buch unter www.covid19-psychologie.net weitere Inhalte, die in regelmäßigen Abständen aktualisiert werden.