

Impact of COVID-19 on the Clinical Picture and Therapy of Phobic Anxiety Disorders

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ABSTRACT

Objective

The purpose of this study was a study of the contingent of Phobic Anxiety Disorders who suffered from COVID-19 phobia- nosophobia.

Materials and Methods: We study 100 patients (80 men 20 women) COVID-19 phobia impact on the clinical picture and therapy of the illness. The investigation were carried out in psychiatric at the Mental Health Center of the Ministry of Health of the Republic of Azerbaijan.

Results

outpatients found fear of contracting COVID-19. It was conditionally possible to divide the pain into 3 subgroups: 1) patients repeatedly went to the center for the diagnosis of COVID-19; 2) the second subgroup of patients themselves did not leave the house, being afraid of contracting COVID-19, and finally 3) the third subgroup of patients, just as they themselves did not leave the apartment, were not allowed to leave the apartment by another family member. It should be noted that neither the patient himself nor his family members suffered from COVID-19.

Conclusion

outpatients found fear of contracting COVID-19 phobia. Conducted therapy clomipramine, buspirone and Cortixin 10 mg intramuscularly (for 10 days). Therapy with the first two drugs will last an average of 3-4 months. After treatment, all symptoms disappeared.

Keywords: COVID-19; Phobia; Nosophobia; Therapy

INTRODUCTION

Anxiety statistics worldwide show that anxiety disorders are common across the globe. According to the World Health Organization, 3.6 percent - or about 264 million individuals worldwide - have an anxiety disorder. Additionally, 4.6 percent of females and 2.6 percent of males globally are affected by anxiety. In the United States adult population, the prevalence of anxiety disorders is 19.1 percent within the past year, meaning that during a 12-month period, 19.1 percent of adults had an anxiety disorder. Lifetime rates are even higher at 31.1 percent, according to the National Institute of Mental Health (NIMH). The NIMH reports that the incidence of anxiety disorders varies by age. Anxiety disorders in adults are seen in 22.3 percent of those aged 18-29 and 22.7 percent of people ages 30-44. The prevalence of anxiety disorders drops to 20.6 percent for individuals ages 45-59. Anxiety in older adults is less common, affecting only 9 percent of people 60 years or older^[1] (<https://www.therecoveryvillage.com/mental-health/anxiety/related/anxiety-disorder-statistics/>). Anxiety disorders are one of the most common groups of mental disorders. The National Comorbidity Study reported that one in four people met the diagnostic criteria for at least one anxiety disorder, and the 12-month prevalence rate was 17.7%. Anxiety disorders are more common in women (30.5% lifetime prevalence) than in men (19.2% lifetime prevalence). The prevalence of anxiety disorders decreases with increasing socioeconomic status. The 12-month prevalence of adult anxiety disorder in the United States is 0.9-1.9%. Prevalence is estimated at about 4% in children aged 6 to 12 months. In the United States, the 12-month prevalence among adolescents is 10.5%. The prevalence of separation disorders decreases from childhood to adolescence and adolescence, and is the most common anxiety disorder in children under 12 years of age. In clinical specimens in children, the disorder is equally common in men and women. Disorders in society are more common in women. In the United States, the prevalence of specific phobias in a 12-month-old community is approximately 7-9%. Prevalence rates in European countries are generally similar to those in the United States (eg, about 6%), but generally lower in Asia, Africa, and Latin America (2-4%). The prevalence rate is about 5% in children and about 16% in children aged 13-17 years. Prevalence rates are lower in the elderly (approximately 3-5%), likely to reflect a decrease in severity to subclinical levels. Women are affected more often than men, at a ratio of about 2: 1, although the frequency varies according to various phobic stimuli. That is, phobias related to animals, the environment and the situation are mainly experienced in women, while phobias related to blood transfusions and injuries are almost equally experienced in both sexes.^[2,3]

Anxiety disorders, including panic disorder with or without agoraphobia, generalized anxiety disorder, social anxiety disorder, specific phobias, and separation anxiety disorder are the most common psychiatric illnesses and are

associated with high health care costs and severe disease burden. According to a large population survey, up to 33.7% of the population suffers from anxiety disorders throughout their lives. Serious misunderstandings and inadequate treatment of these disorders have been demonstrated. There is no evidence that the prevalence of anxiety disorders has changed in recent years. Spread rates vary widely between cultures. This heterogeneity is due to differences in methodology rather than cultural influences. Anxiety disorders become chronic; but there is a natural decrease in prevalence with age. Anxiety disorders are often associated with other anxiety disorders and other psychiatric disorders.^[4]

The purpose of this study was a study of the contingent of Phobic Anxiety Disorders who suffered from COVID-19 phobia- nosophobia new treatment for COVID-19 phobia disorders

CURRENT STATISTICS ON CORONAVIRUS AS OF 30/01/2022 (WORLDWIDE)

Total infections 373,131,510

Deaths: 5,676,131

Recovered: 294,765,200

CURRENT STATISTICS ON CORONAVIRUS AS OF 30.01.2022 (AZERBAIJAN)

Population 10,278 thousand.

Total infections 651,341

Fatalities 8,700

Recovered 622,672

Active Cases 19,969

COVID-19 Pandemic causes numerous mental disorders. In our early studies, we showed the mental disorders caused by the COVID-19 Pandemic.^[5-9]

MATERIALS and METHODS

We searched eight databases with search terms relating to COVID-19 and COVID-19 phobia:

MEDLINE

Premed LINE

Cochrane Library

<http://www.ema.europa.eu/ema/>

<https://scholar.google.com>

<https://www.rxlist.com/script/main/hp.asp>

<http://www.nejm.org>

<https://www.bmj.com>

The purpose of this study was a retrospective study of the contingent of Phobic Anxiety Disorders who suffered from COVID-19 phobia- nosophobia.

MATERIALS AND METHODS

We study 100 patients (80 men 20 women) COVID-19 phobia impact on the clinical picture and therapy of the illness. The investigation were carried out in psychiatric at the Mental Health Center of the Ministry of Health of the Republic of Azerbaijan. The study was carried out from December 2021 to December 2022. The age of the patients ranged from 25 to 45 years. Most of the patients were 25-35 years old. The diagnosis was made using DSM-5 and ICD-10. All patients were prescribed clomipramine 150 mg per day, buspirone 10 mg per day, and Cortexin 10 mg intramuscularly (for 10 days). Prior to the present treatment, all patients had previously received drugs canceled two weeks earlier. All patients received informed consent to treatment.

RESULTS and DISCUSSION

It is known that anxiety phobic disorders are 2 times more common in women than in men. Our studies have shown the opposite results that eating anxiety phobic disorders in men turned out to be 2 times more than in women.

Clomipramine and buspirone known in world literature. But little is known about Cortexin.

Additionally, the patients were assigned Cortexin® contains a complex of low-molecular water-soluble polypeptide fractions that penetrate through the BBB directly to nerve cells. The drug has a nootropic, neuroprotective, antioxidant and tissue-specific effect. The mechanism of action of the drug Cortexin® is due to the activation of peptides of neurons and neurotrophic factors of the brain; optimization of the balance of the metabolism of excitatory and inhibitory amino acids, dopamine, serotonin; GABAergic effects; a decrease in the level of paroxysmal convulsive activity of the brain, the ability to improve its bioelectrical activity; preventing the formation of free radicals (lipid peroxidation products). Active substance: polypeptides of cattle cerebral cortex. The drug is administered intramuscularly. Before injection, the contents of the vial are dissolved in 1 ml of a 0.5% solution of procaine (novocaine), water for injection or 0.9% sodium chloride solution and injected once daily: adults at a dose of 10 mg for 10 days; children from the neonatal period, with a body weight of up to 20 kg at a dose of 0.5 mg / kg, with a body weight of more than 20 kg - at a dose of 10 mg for 10 days. Before injection, the contents of the vial are dissolved in 1 ml of a 0.5% solution of procaine (novocaine), water for injection or 0.9% sodium chloride solution and injected once daily: adults at a dose of 10 mg for 10 days; If necessary, repeat the course in 3–6 months.

At the end of the article, we present 2 clinical observations.

Clinical observations #1.

Man, 45 years old. Married, has 3 adult children. He works as the chief of police in one of the regions of the Republic of Azerbaijan. A few months ago, through the Internet, I got acquainted with some symptoms of COVID-19. By the time of the collapse, he had taken an analysis for SOVD-19 23 times. All results were negative. When trying to pass to COVID-19 twenty for the fourth time, the doctor referred him to a psychiatrist. The patient was diagnosed with COVID-19 phobia and appropriate treatment with clomipramine, buspirone, and coctexin was prescribed. After 6 weeks, the signs of COVID-19 phobia disappeared. There was criticism of his condition.

Clinical observations #2.

Woman, 28 years old, married, has 2 children. Through social networks, she found some symptoms of COVID-19 in herself. 12 times passed the test for COVID-19. And each time the test results were negative. When contacting a psychiatrist, he stubbornly complains about the presence of COVID-19. After 6 weeks after treatment, the signs of COVID-19 phobia disappeared. There was criticism of his condition.

CONCLUSION

Thus, for the first time we carried out the purpose of this study was a study of the contingent of Phobic Anxiety Disorders who suffered from COVID-19 phobia- nosophobia. The results of our study indicate a widespread phobia from COVID-19 among the population. Therefore, the therapy of these disorders remains relevant at the present stage.

The limitation of our work is as follows: 1) it is necessary to carry out such studies in many centers; 2) similar research needs to be carried out on the female contingent) similar research needs to be carried out on the in large numbers of female contingent; 3) on a large clinical material.

CONFLICT OF INTEREST STATEMENT

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest

AUTHOR DISCLOSURE INFORMATION

The authors declare that the article is submitted on behalf of all authors. None of the material in the article has been published previously in any form and none of the material is currently under consideration for publication elsewhere other than noted in the cover letter to the editor. Authors declare no financial and personal relationship with other people or organizations that could inappropriately influence this work. All authors contributed to and have approved the final article. The authors declare no conflicts of interest. No sponsor provided funding for this study.

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