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## **PANIC DISORDERS IN INTERNAL FAMILY RELATIONSHIP OF CORONAVIRUS INFECTION**

***Abstract:*** The purpose of the review was to assess the impact of an outbreak of acute respiratory infection caused by a type of coronavirus on family relationships.

The beginning of 2020 was marked by the rapid spread of the new coronavirus infection COVID-19 in Asia, America, Europe and the active introduction of the pathogen into the territory of the Russian Federation. The first outbreak of COVID-19 is believed to have occurred in December 2019 in the People's Republic of China, with an epicenter in Wuhan City (Hubei Province). On February 11, 2020, the International Committee on Taxonomy of Viruses assigned the official name to the causative agent -SARS-CoV-2. On February 11, 2020, the World Health Organization gave the official name to the new infectious disease - COVID-19 ("Coronavirus disease 2019").

***Key words:*** panic disorder, coronavirus infection, intrafamilial relationships.

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## **ПАНИЧЕСКИЕ РАССТРОЙСТВА ВО ВНУТРИСЕМЕЙНЫХ ОТНОШЕНИЯХ КОРОНАВИРУСНОЙ ИНФЕКЦИИ**

***Аннотация:*** Целью обзора была оценка влияния вспышки острой респираторной инфекции, вызванной разновидностью коронавируса на семейные отношения.

Начало 2020 года ознаменовалось стремительным распространением новой коронавирусной инфекции COVID-19 в Азии, Америке, Европе и активным заносом возбудителя заболевания на территорию Российской Федерации. Считается, что первая вспышка COVID-19 произошла в декабре 2019 года в Китайской Народной Республике с эпицентром в городе Ухань (провинция Хубэй). Международный комитет по таксономии вирусов 11 февраля 2020 г. присвоил официальное название возбудителю инфекции -SARS-CoV-2. Всемирная организация здравоохранения 11 февраля 2020 г. дала официальное название новому инфекционному заболеванию - COVID-19 («Coronavirus disease 2019»).

**Ключевые слова:** паническая расстройства, коронавирусная инфекция, внутрисемейная отношения.

**Relevance.** The pandemic has a negative impact not only on the physical, but also on the mental health of people. The World Health Organization says that following a daily routine, regular exercise and a balanced diet will help keep your mind, but this does not always help[2,4,7].

An outbreak of coronavirus infection that appeared in the capital of Hubei Province (Wuhan) in December 2019 instantly spread around the world, and 3 months later, on February 10, 2020, the World Health Organization (WHO) announced the introduction of an epidemic regime [1,3,9]. However, despite the measures introduced by WHO, the number of new cases and deaths from COVID-19 has not decreased in various countries. In this regard, in March 2020, WHO announced a pandemic. At the same time, measures aimed at preventing the spread of infection (self-isolation, quarantines) were introduced in most countries.

At the same time, these forced measures led to a violation of the usual way of life of the population. Thus, freedom of movement became inaccessible, the illusion of environmental security disappeared [5,6,8].

Many people have asked for help with emotional problems, such as a feeling of gratuitous anxiety for their health and the health of their relatives, constant fear, excitement for the future after self-isolation. Therefore, the study of the influence of COVID-19 on the nervous system of the population is an urgent problem of modern medicine.

**The purpose of the study.** The aim of the study was to assess the impact of an outbreak of acute respiratory infection caused by a type of coronavirus on family relations.

**Materials and methods of research.** The research methods were obtained on the basis of self-reports of respondents. Despite the fact that the degree of correlation of self-reports with the results of objective experimental psychological examinations is usually quite high, additional verification of the questionnaire information during a personal expert assessment by the researcher could increase the objectivity of the data obtained.

**Результаты исследования.** At the same time, such a cross-evaluation would significantly limit the sample size, the representation of various social groups, including due to the experience of stigma by respondents with affective disorders, would multiply the period for obtaining the first results.

Constant exposure from all mass media about a viral infection that is not related to particularly dangerous infections has an extremely negative impact on the functioning of the sympathoadrenal system, leading the individual to an anxious, restless state, close to panic, as well as increasing chaotic, inconsistent actions and illogical actions that lead to the aggravation of an unfavorable situation in society.

A radical change in the daily lifestyle, "remote" work, forced isolation in apartments, the threat of penalties for violations of the regime, these and other factors lead to an upsurge in family violence, increased conflict and an increase in social depression.

In order to prevent, in case of possible repeated outbreaks of infectious diseases, mass negative impacts on an individual in society, on married couples and families, consistent, methodical information work is necessary with explanations from authorized state structures about the need to perform certain actions, which will avoid remote, extremely negative consequences on the functioning of both the individual and the family as a whole.

**Conclusion.** It should be noted separately that the revealed strength of correlations of panic reactions of the population with the practiced measures to prevent infection and the frequency of searching for information about the pandemic corresponded only to the level of a weak or moderate association of signs. This situation is quite typical for research on the psychology of human behavior.

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