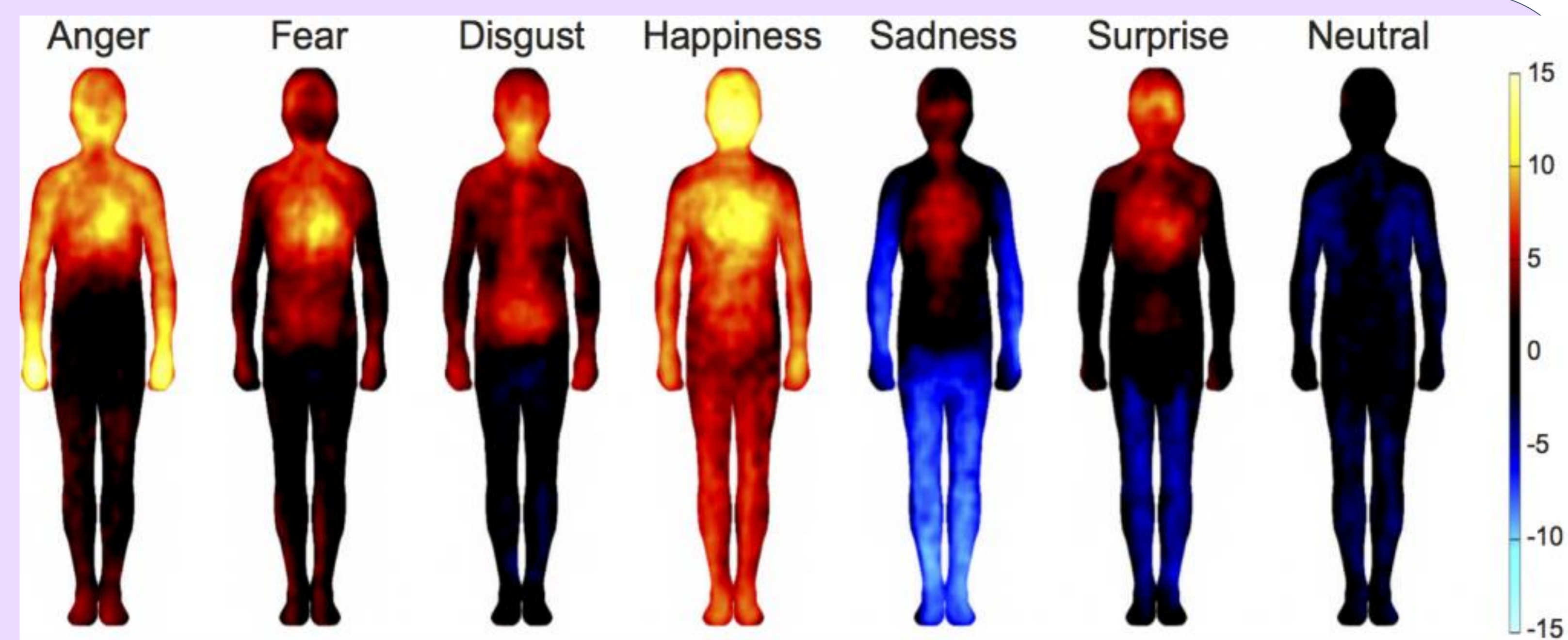


# Emotions and COVID-19

## What is an emotion?

"Everyone knows what an emotion is, until asked to give a definition" [1].

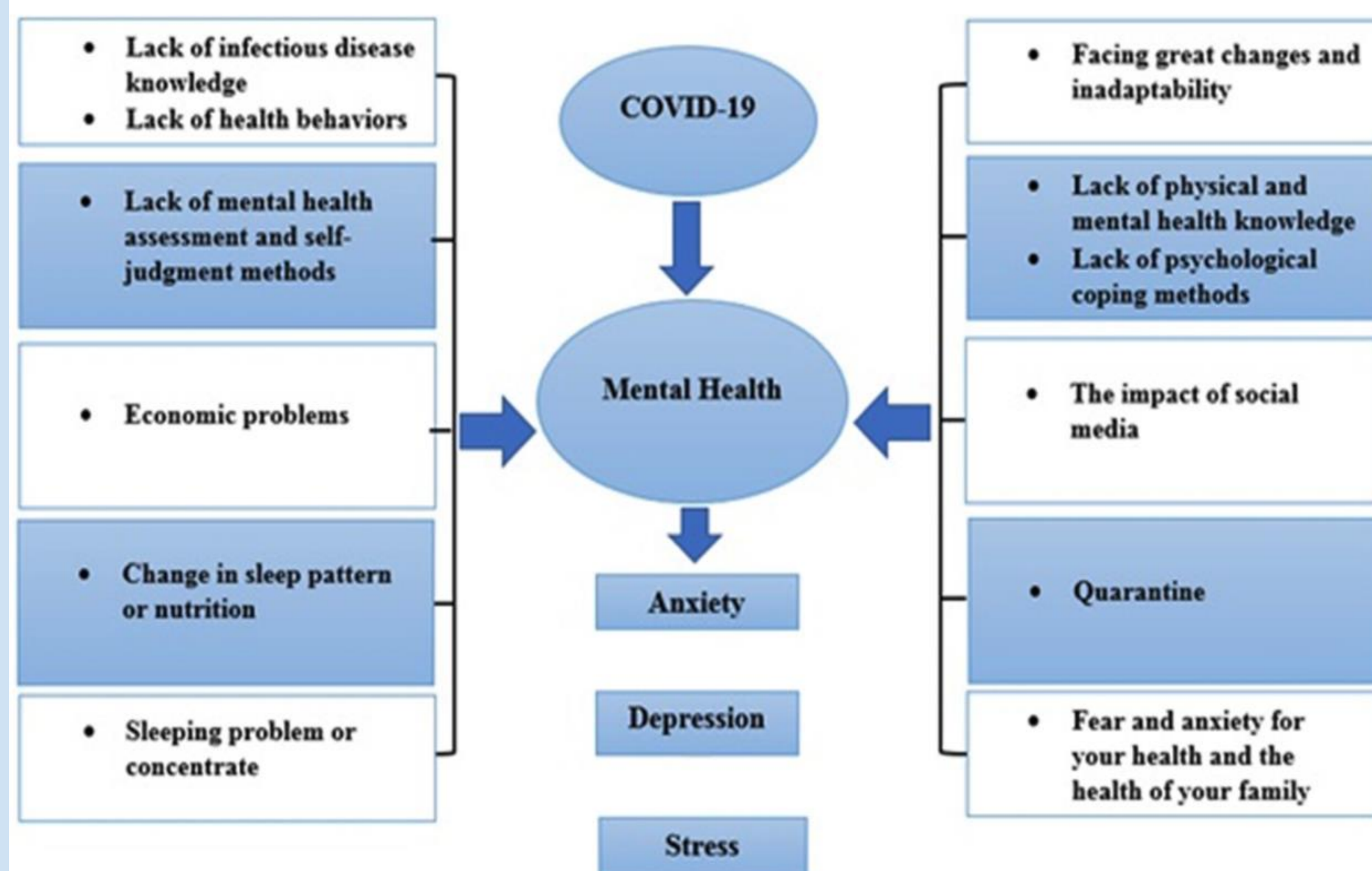
"Emotions are states elicited by *rewards* and *punishers*" [2]. A traditional view puts forward six "basic emotions" - fear, anger, sadness, disgust, surprise, and enjoyment/happiness, with both psychological and physiological characteristics [3] (see right-hand side [4]).



## General research overview

- Prevalence of **stress** across 5 studies (9,074 people): 29.6%
- Prevalence of **anxiety** across 17 studies (63,439 people): 31.9%
- Prevalence of **depression** across 14 studies (44,531 people): 33.7%

In the general population, COVID-19 causes not only *physical* health but also *mental* health concerns for various interacting reasons - psychological, societal, and economic (see right-hand side [5]).

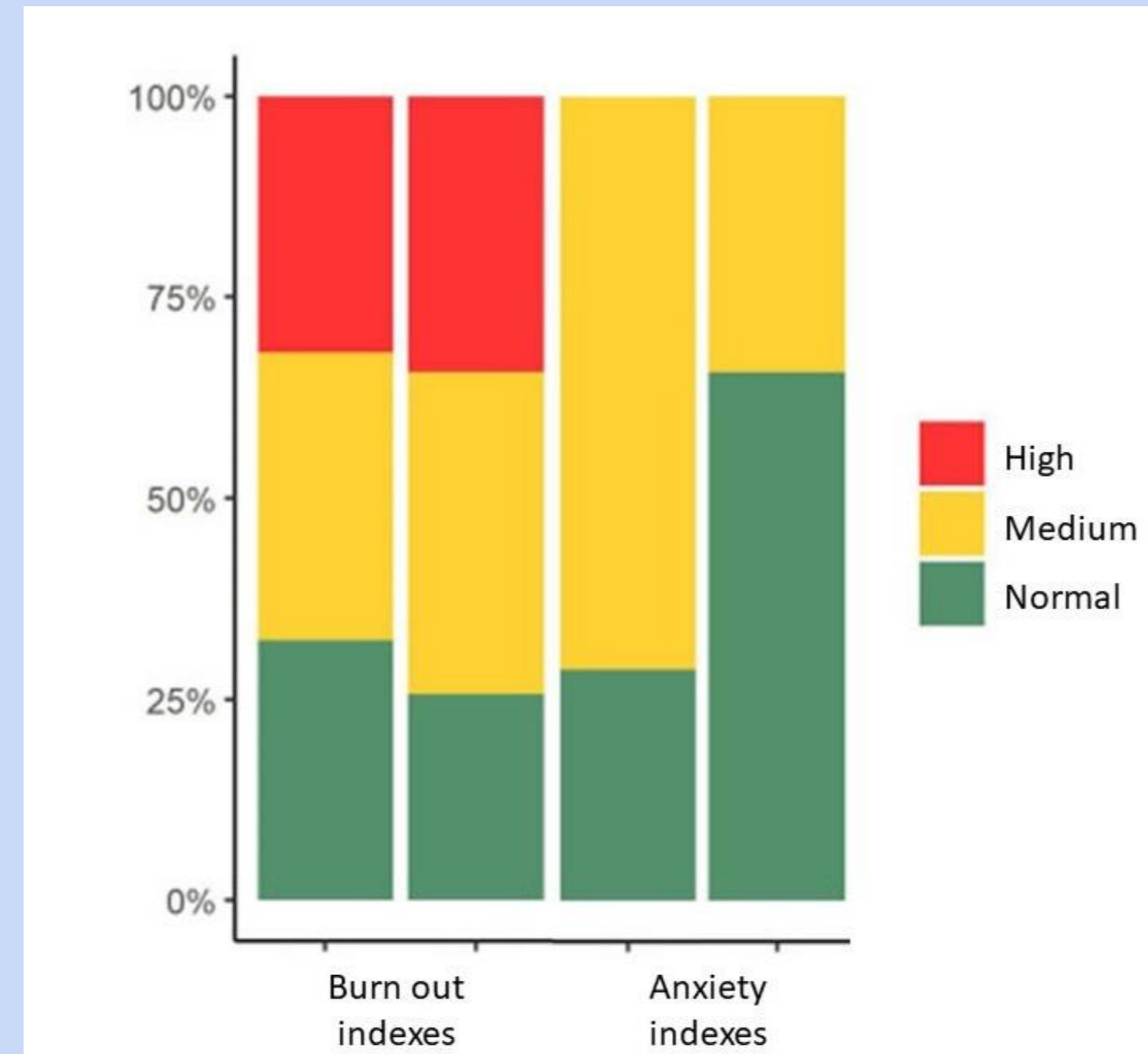
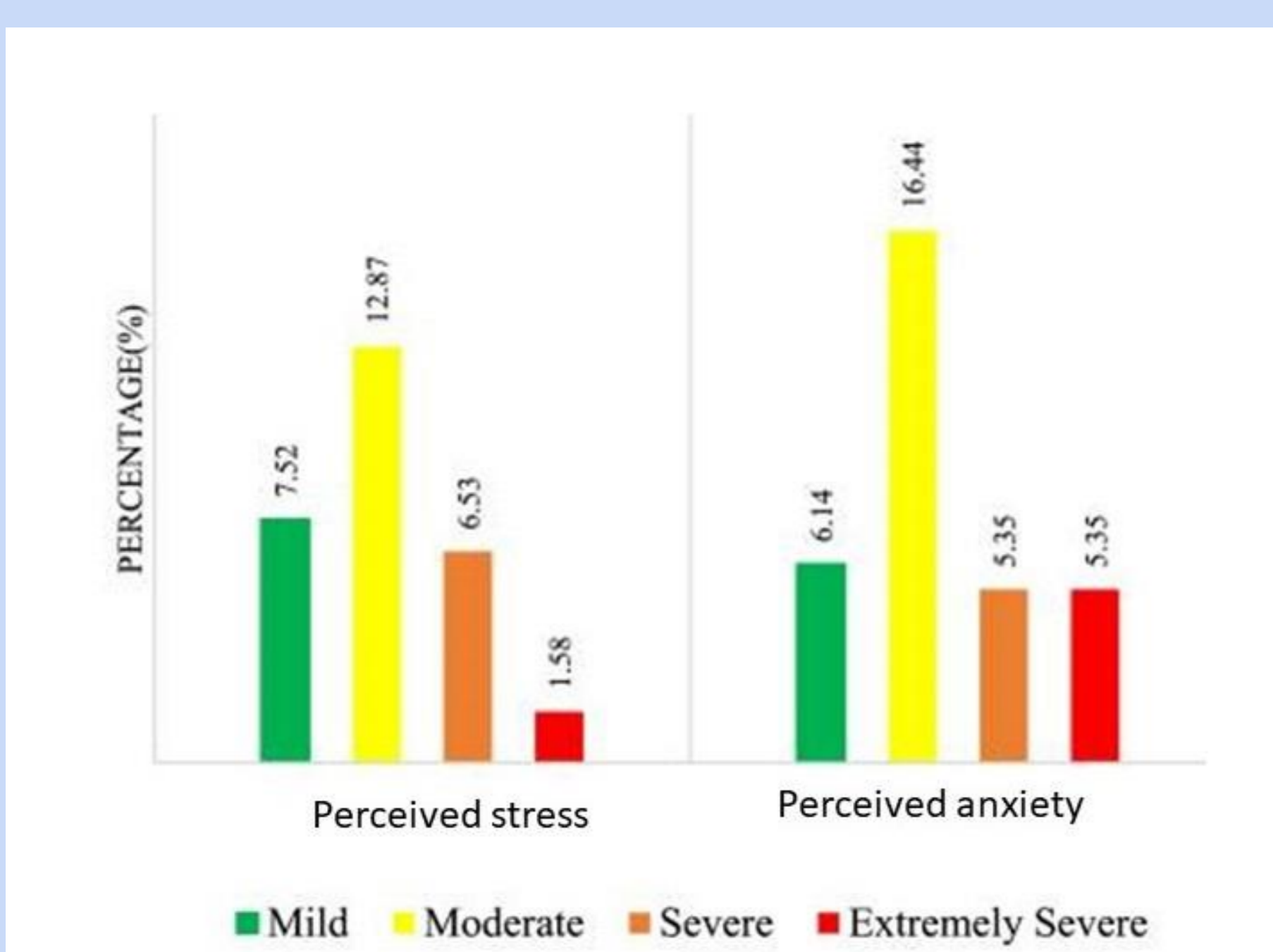


## Specific research review

### Stress and anxiety in different populations

In this study more than 30% of **general population** showed levels of stress and anxiety that are in almost 10% of the cases perceived as severe.[6]

In this study more than 30% of **healthcare professionals** showed levels of burnout and anxiety that were moderate or severe. [7]



### Facial emotion recognition

One study pointed out that the use of mask **reduce our ability to infer emotions** and mental states from others' expressions. With the mask on, disgusted and angry faces were often confused, and sad and happy expressions were often classified as "neutral". [8]



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