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]

Facial emotion recognition

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

References