



Ambitious Global Study Will Assess the Psychological Impact of Pandemic on Individuals

Barcelona – The current pandemic crisis has caused a unique situation that has led to the implementation of **multiple public health strategies aimed at stopping spread** and preventing the collapse of health systems.

Among these measures, one that stands out is the **strict confinement of the population within their homes** – a measure that we have not witnessed in most Western countries in the last hundred years. It is expected that this crisis, as well as such confinement measures, while preventing disease transmission **may also negatively affect the population**, given the lack of exercise, intra-family conflicts or the marked degree of social isolation, among other factors.

According to a [study published in The Lancet](#) on the psychological impact of quarantine, this measure can lead to **"negative psychological effects, including symptoms of post-traumatic stress, confusion and anger."** Among stressors noted by researchers included: increased length of quarantine, fears of infection, frustration, boredom, inadequate supplies, insufficient information, financial loss, and stigma.

A recent [cross-sectional study](#) in China showed that of 1,257 workers in 34 hospitals, a **significant proportion of health workers experienced symptoms of depression, anxiety, insomnia and distress**, especially women, nurses, Wuhan residents, and front-line care workers.

The [International Center for Education Research and Service](#) (an international NGO based in Barcelona, Spain) is collaborating with renowned scientists ([Universidad Autónoma de Madrid](#), [Universitat Rovira i Virgili](#) and [Universidade de São Paulo](#)), on an **important study to document the psychological consequences of this crisis**. According to Dr. José Carlos Bouso, psychologist, pharmacologist and principal investigator, "This research will **engage with diverse types of people internationally, from different cultures**, and including populations from diverse social sectors."

The longitudinal study will follow participants, authorized by the research ethics committee of the Universidad Autónoma de Madrid, conducting follow-up questionnaires at two and six months, with the aim of **evaluating the consequences of the crisis in the medium term**. The first phase of the research is **open until May 10**, and participants can fill out the questionnaire in one of the **three languages**:

Spanish: <https://iceers.org/estudiocovid19>

English: <https://iceers.org/covid19study>

Portuguese: <https://iceers.org/estudocovid19>

