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Neurohappiness, Neuroenjoyflip and Mental Health

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Introduction: What at the beginning was presented as an epidemic in the world, quickly transformed and has us landed in other realities that have demanded and demanded the participation of all sectors to make decisions and responder for a public health situation that crossed world borders. The unpredictable future of this epidemic has been exacerbated by myths and misinformation, often fueled by erroneous news reports and public misunderstanding of health messages, causing concern among the population.

This paper is part of some dissertations and analysis on the Covid-19 pandemic. The outbreak of Covid-19 in China has caused public panic and mental stress. The growing number of patients and suspected cases, and the increasing number of cities and countries affected by outbreaks have sparked public concern about becoming infected. From other countries it can be observed that social fear is growing, and it is not only generated in Colombia, but in all those countries that are confirming cases of Covid-19. We will address in the article important aspects that revolve around public health, mental health. The chapter was developed from a research result review perspective where the results of published research on Covid-19 between 2019 and 2020 are analyzed, systematized and integrated, in order to account for the progress and trends of development around this topic.

Conclusions: It is necessary to count on the efforts of nations to deal sensibly and immediately with other health issues that, in addition to immunity, allow the development of local response capacities for situations of such high complexity as mental health. Through health technologies such as telemedicine and telepsychology, it is possible to face situations that will generate other issues of a global epidemic, as we have already described and we are without a doubt referring to mental illness.

Keywords: Covid-19; stress; mental health; telemedicine and telepsychology.

Recent publications

1. Aboujaoude, E. (2017). Three decades of telemedicine in obsessive-compulsive disorder: a review across platforms. *Journal Of Obsessive-Compulsive and Related Disorders*, 14, 65-70.
2. Asmundson, G., and Taylor, S. (2020). Coronaphobia: Fear and the 2019-nCoV outbreak. *Journal of anxiety disorders*, 70, 102196. <https://doi-org.bdig-ital.ces.edu.co:2443/10.1016/j.janxdis.2020.102196>
3. Asmundson, G. and Taylor, S. (2020). How health anxiety influences responses to viral outbreaks like COVID-19: What all decision-makers, health authorities, and health care professionals need to know. *Journal Of Anxiety Disorders*, 71, 102211. Advance online publication. <https://doi-org.bdigital.ces.edu.co:2443/10.1016/j.janxdis.2020.102211>

Biography

Santiago Restrepo, Psychologist, specialist in Organizational Psychology, masters studies in Neuropsychology (Colombia), PhD in Neuroscience (Argentina), postdoctoral in Sciences (Mexico), postdoctoral in Education (Brazil) and PhD - Doctor Honoris Causa in Education (Mexico). He is currently Professor-Researcher at the American University Corporation (Medellin), masters professor at OBS – University of Barcelona (Spain) and doctoral professor at ISIMA University (Mexico). He has extensive experience as director and manager of Human Resources in different companies, university teaching, university management and psychological clinic. Director of various research projects on applied neuroscience, administration and mental health.

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