



**3<sup>rd</sup> INTERNATIONAL CONFERENCE ON NEUROSCIENCE AND PSYCHIATRY**

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## **TITLE: COVID-19 pandemic and mental health of the elderly in the world**

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### ABSTRACT

Although the virus responsible for the coronavirus pandemic (COVID-19) can affect people of any age, the elderly are particularly vulnerable to serious infections and death <sup>1</sup>, due to an age-related decline in the immune system and the increased likelihood of having more comorbidities than younger individuals <sup>2</sup>. Each Country has taken steps to preserve the mental health of the population during the COVID-19 pandemic. Social distancing, loneliness, forced isolation and fear of contracting the disease are all major challenges for the general population facing the spread of the epidemic. The role of technology is relevant and has emerged as an important factor in maintaining social connection and accessing mental health services, especially for the elderly. The psychiatrists of the elderly age need to recognize the importance of non-drug approaches, which are more effective than drug therapy in the treatment of chronic stress, anxiety and prolonged pain. Such approaches include: cognitive-behavioral therapy as well as the promotion of physical activity, increased connection, compassion training and commitment to spirituality as appropriate.

### References

- <sup>1</sup> Verity R, Okell LC, Dorigatti I, et al. Estimates of the severity of coronavirus disease 2019: a model-based analysis. *Lancet Infect Dis* 2020;20:669-677. [https://doi.org/10.1016/S1473-3099\(20\)30243-7](https://doi.org/10.1016/S1473-3099(20)30243-7)
- <sup>2</sup> Nikolich-Zugich J, Knox KS, Rios CT, et al. SARS-CoV-2 and COVID-19 in older adults: what we may expect regarding pathogenesis, immune responses, and outcomes. *GeroScience* 2020;42:505-514. <https://doi.org/10.1007/s11357-020-00186-0>

### BIOGRAPHY

Antonio Tambelli graduated in medicine in 2016 with honors from the "G. d'Annunzio University" of Chieti-Pescara and completed his specialization in psychiatry in 2022, at the age of 31 with honors from the same university. He has been working in the psychiatry department of the Lanciano hospital (CH) in Abruzzo since January 2022. He is the author of several publications of scientific articles in national and international journals.