

# Coronavirus and mental health

Justin A. Chen, MD, MPH  
February 25, 2020



MASSACHUSETTS  
GENERAL HOSPITAL

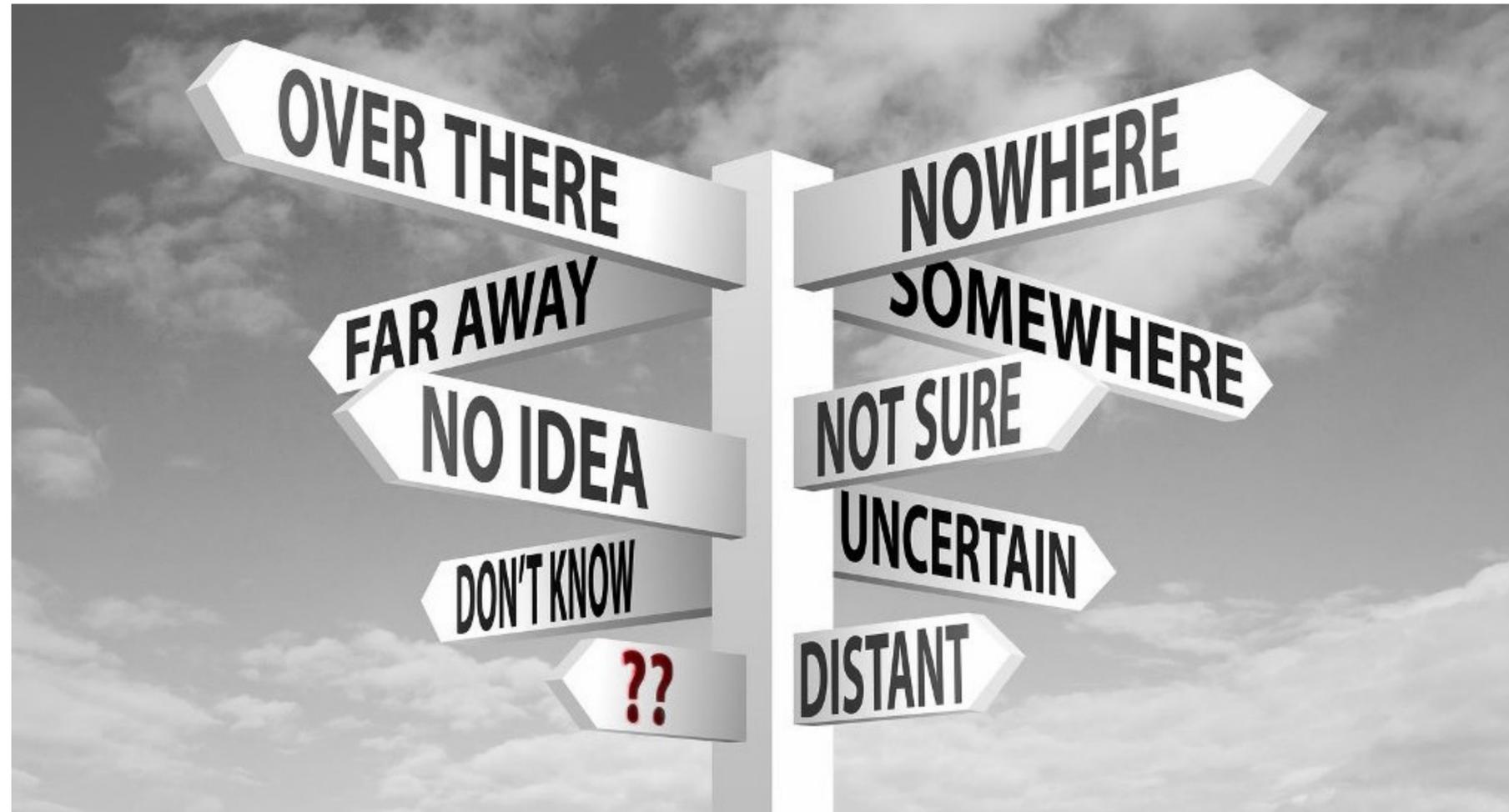


HARVARD  
MEDICAL SCHOOL



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# Ambiguity fuels anxiety



# Headlines outside of Asia

**Courrier picard** Impressionnant incendie dans un immeuble d'Amiens-Nord  
 DIMANCHE 26 JANVIER 2020 120 € N° 24303 SOMME WWW.COURRIER-PICARD.PAGE 4

**CORONAVIRUS CHINOIS**  
**ALERTE JAUNE**  
 L'épidémie a déjà fait 41 morts en Chine et trois cas ont été confirmés en France. La course est lancée pour analyser et combattre ce nouveau virus. PAGE 24

**FOOTBALL LIGUE 1**  
 Battu à Brest Amiens reste en rade  
 PAGE 18

**FLIXECOURT**  
**ROUTIERS AU FÉMININ CHEZ IMMO OUEST**  
 PAGE 3

**PROMEO** FORMATIONS EN ALTERNANCE : BAC • BTS/DUT • LICENCE • MASTER • INGÉNIEUR  
**PORTES OUVERTES**  
 Samedi 1<sup>er</sup> février ▶ 9h-16h  
 AMIENS • BEAUVAIS • COMPIÈGNE • FRIVILLE • SAINT-QUENTIN • SENLIS • SOISSONS  
 © CEN/Courrier Picard

**Back from the FED**  
 In a classic comeback for the ages, veteran Roger Federer availed seven match points in a heart-stopping battle against American Tennys Sanjigun to set up a semi-final showdown with arch-rival Novak Djokovic at the Australian Open.  
 PHOTO: GUY LAWRENCE

**BACK-TO-SCHOOL PLEA**  
**CHINA KIDS STAY**  
**HOLD ON**  
 LYDIA OUT FOR REVENGE  
 We're for Lydia  
 schools for turning children away  
**CHINESE VIRUS PANDAMONIUM**  
 Force not with gl

**KNIGHT IS BACK**  
 WEDNESDAY, JANUARY 29, 2020 \$1.90 HERALDSUN.COM.AU

**LYDIA OUT FOR REVENGE**  
 HIT TV

**Herald Sun**  
 We're for Lydia  
**Minister slams schools for turning children away**  
**CORONA CHAOS**  
**CHINESE VIRUS PANDAMONIUM**  
 VICTORIAN schools fearful of the deadly coronavirus have been slammed for defying medical advice and banning healthy kids who recently visited China from returning to school. At least 15 schools and kindergartens have ordered families who holidayed in the outbreak city of Wuhan, or anywhere in China and even Hong Kong and Taiwan, to keep children at home. But the nation's chief medical officers and infectious disease experts unanimously thought that only those who had been in contact with someone who had been in Wuhan posed a threat. Education Minister James Merlino said: "Any advice that contradicts this clear and expert medical advice creates confusion and frustration."  
 CONTINUED PAGE 4  
 Force not

**DER SPIEGEL** Nr. 6 1.2.2020

**CORONA-VIRUS**  
**Made in China**  
 Wenn die Globalisierung zur tödlichen Gefahr wird

Der Ex und der Sex  
 Wie die beiden Päpste aneinandergerieten

Advokatin des Bösen  
 Die Frau, die Harvey Weinstein verteidigt

Crystal Meth  
 Der Siegeszug der Droge in Ostdeutschland

# Headlines in the U.S.

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OPINION | GLOBAL VIEW

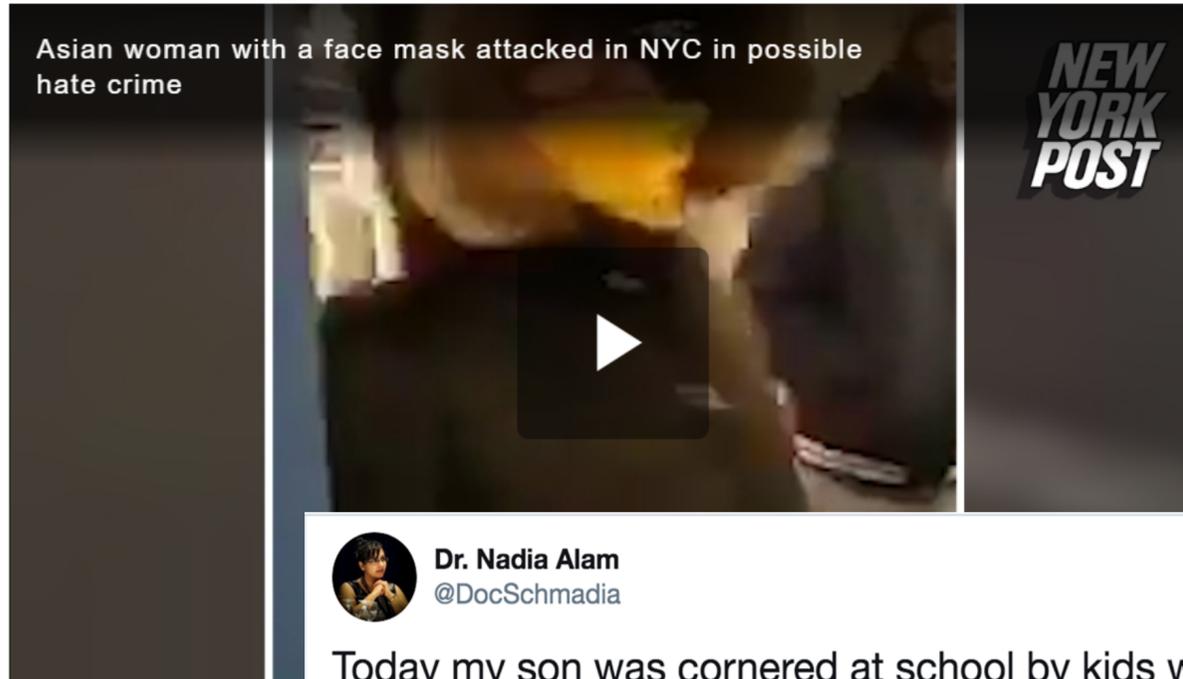
## *China Is the Real Sick Man of Asia*

Its financial markets may be even more dangerous than its wildlife markets.

# Woman wearing face mask attacked in possible coronavirus hate crime

By Anabel Sosa and Lee Brown

February 5, 2020 | 8:46am | Updated



Dr. Nadia Alam  
@DocSchmadia

Today my son was cornered at school by kids who wanted to "test" him for #Coronavirus just because he is half-Chinese. They chased him. Scared him. And made him cry.

I was the same age when I was bullied for being Pakistani.

It's 2020. I thought things had changed by now... 💔

9:21 PM · Jan 29, 2020 · Twitter for iPhone

6.4K Retweets 31.8K Likes

The Star

Leaks, Taps, Bathroom  
Blocked Drains & C

News > Crime

## Chinese student attacked in Sheffield over coronavirus

A community leader has urged greater understanding between groups after a Chinese student was attacked in Sheffield for wearing a mask to protect herself and others from the coronavirus.

EXPLORE People

PEOPLE.COM > HUMAN INTEREST

## Asian American Teen Assaulted in Los Angeles After Bullies Accused Him of Having Coronavirus

The student, whose identity has not been released, was reportedly taken to the emergency room

By Ashley Boucher | February 19, 2020 08:05 PM

e Jones

January 2020, 3:50 pm

hours ago

BZ

Berlin-Moabit

## Chinesin (23) von zwei Frauen rassistisch beleidigt, bespuckt und verprügelt



**bewellcal**  
UC Berkeley

## Common Reactions

Please recognize that experiencing any of these can be normal reactions and that over the next few days or weeks you may experience periods of:

- Anxiety, worry, panic
- Feeling helplessness
- Social withdrawal
- Difficulty concentrating and sleeping
- Hyper-vigilance to your health and body
- Anger
- Xenophobia: fears about interacting with those who might be from Asia and guilt about these feelings



Dustin R. Glasner, PhD  
@drglasner

Hey @UCBerkeley @cal @UCBerkeleySPH @TangCenterCal - as a proud Cal alum (PhD Infectious Diseases '18) and Asian-American, this is really, truly unacceptable. Stop normalizing racism. It is not normal, and racist reactions to the current coronavirus outbreak are NOT OKAY.



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# Stigma is not a black or white issue

- Japan - the hashtag
- Singapore
- Hong Kong, South Korea, Vietnam



South Korean protesters calling for a ban on Chinese visitors. Ahn Young-Joon/Associated Press



- Long history of racism in the U.S. against Chinese:

*New York Daily Tribune* in 1854 labelled Chinese people as “uncivilized, unclean, filthy beyond all conception.”

- History repeats itself:

“We are making the same mistakes that we did with **SARS, Ebola, Zika MERS**, and our many other global epidemics.”

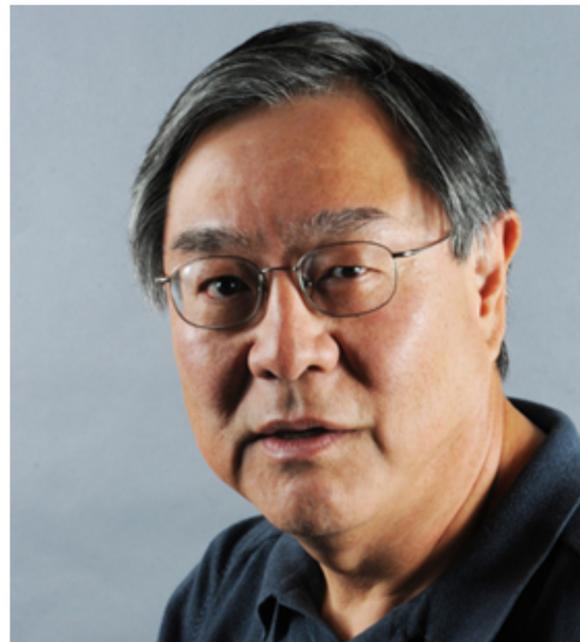
– Dr. Abraar Karan

Brigham and Women’s Hospital  
Harvard Medical School



“I think people are acting out their frustrations and their racism and their stereotypes and prejudices, [and] that the floodgates are lifted when situations like this arise.”

-Dr. Paul Watanabe



Political science professor

Director of the Institute for Asian American Studies  
at the University of Massachusetts Boston



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# Taking a stand

- With the recent news about the spread of a new coronavirus, we are concerned about the impact on many in our community at Cal. We are hearing about incidents in which the virus is referred to as the “Chinese” virus and those who appear to be of Asian descent are being stigmatized, receiving racist and/or xenophobic jokes and remarks, and excluded by those fearful of contracting the virus. Many of our international students and domestic students with loved ones abroad are concerned about family at home as well as the ability to return home due to travel bans. These developments are causing harm to many on our campus and add to the stress already present in this highly competitive academic environment.
- All of us at CAPS wanted to reach out to express our concern and to encourage you to reach out for support. We are here for you and anyone in your community who is struggling with or being the target of microaggressions and bias on campus. If you would like confidential support, please use our drop-in services available at the Tang Center and our satellite offices. We would also gladly lead conversations or facilitate discussions for those who want to talk during this difficult time. Please call us at (510) 642-9494 if you would like a counselor to come out to meet with your community.



# Taking a stand

- Cultivate empathy
- Resist generalizations
- Focus on helping
- Remind about values



## Caring for our community

We are especially concerned about members of our community who may have family members in the affected area, and have reached out to provide guidance and support. We have also contacted members of the community who we know traveled to the affected area during IAP, and from this outreach, we have identified no risk to the MIT community.

We are disheartened to share that Chinese individuals both here at MIT and at other universities have been targeted and excluded from campus activities due to fear and misinformation about the virus. This is unacceptable. MIT aspires to be a community where we treat one another with decency, respect, and kindness. It is essential that each of us uphold and demonstrate these core values.

We will continue to closely monitor this rapidly evolving situation, and ensure that our response keeps our community healthy and safe.

Sincerely,

Cynthia Barnhart, Chancellor

Martin A. Schmidt, Provost

[Home](#) / [UCI Public Seminar: "2019 Novel Coronavirus: Current State of Knowledge and Public Health Response"](#)

## UCI Public Seminar: "2019 Novel Coronavirus: Current State of Knowledge and Public Health Response"

Monday, February 10, 2020 - 6:00pm to 8:00pm

**Location:** UCI Student Center - Doheny Beach Meeting Rooms

Free and open to the public. Parking is available for \$13.00 in the Student Center Parking Structure.



Unfortunately, there have been media reports of prejudiced and even hostile behavior directed toward Chinese individuals and others of Asian descent, including at other universities and, in a few instances, at our campuses as well. It is critically important to our community that all are safe, and welcome. No one should feel targeted because of their heritage or homeland.

Our Chinese and Asian communities deserve – and have – our support. We send our deepest sympathies to those in our community who have family or friends suffering from this virus, or are facing the uncertainty of extended quarantines. We offer our heartfelt support to you during this most difficult time.



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