



## Substance Abuse and Third Wave of COVID 19 Pandemic-one to worry about

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### Abstract

In December of 2019, an epidemic with severe acute respiratory syndrome coronavirus 2 (SARS-Cov-2) has spread from China to the other parts of the world, causing a global pandemic. Abuse, dependence of multiple substances due to this is very common in the world mostly in developing nations. Due to the stress and quarantine measures such cases are rising. In the context of the impending third wave of the pandemic, efficient interventions aimed at preventing such should be a vital aspect of implementation measures which will go a long way to reducing nationwide burden in future.

**Keywords:** Abuse, Coronavirus, Pandemic.

### INTRODUCTION

An epidemic of SARS-Cov-2 that started in China has spread to other parts of the world, causing a worldwide pandemic (Coronavirus Disease 19, COVID-19 pandemic). [1]. COVID-19 outbreak has resulted in implementation of social distancing measures to stop the viral disease from spreading which has changed lifestyle of people. People are going through anxious preoccupations regarding this and are bound to live an unfamiliar lifestyle where they are deprived social relationships [1]. The number of cases of polysubstance abuse has increased considerably in the context of the pandemic.[1] This needs to be addressed effectively to reduce the burden on society and nations specially when we might be standing at the doorsteps of the dreaded third wave.

### DISCUSSION

People with psychological troubles have deteriorations in their conditions during the pandemic due to the unconscious mirroring of others feelings. [2]

For people who consumed alcohol or recreational drugs before the pandemic, consumption has gone up markedly. Surveys indicate increases in the consumption of alcohol, cannabis and other drugs in many countries.[3] Substance abuse is correlated with: (1) Excessive worry [4], (2) threats to socioeconomic status [5], (3) xenophobia in general [6], (4) symptoms of trauma following stress[7], and (5) compulsive checking [8]. The link among specific nodes of the COVID Stress Syndrome and substance abuse remains to be properly investigated.

Along with the Syndrome, proof of a set of interconnected nodes ("syndrome") consisting of disregard or denial of the threat of the disease is also present [9]. This COVID Disregard Syndrome includes 3 nodes: (1) Idea of having strong physical health against the disease, (2) belief that threat of the disease has aggravated, and (3) no regard for distancing measures. The link between the nodes of this syndrome and substance abuse is vitally important

in public health implications concerning the way that government agencies regulate the use of substances, mainly alcohol.

For those who consumed recreational drugs before the pandemic, substance use increased considerably at the time of the pandemic. The syndromes were both related to substance abuse. Traumatic stress symptoms and disregard for social distancing had strong connection to alcohol and drug abuse.[6]

Such cases of multiple substance abuse are rising at an alarming rate and more interventional measures directed towards these is the mainstay to reduce burden on the nation.

## CONCLUSION

Abuse of recreational substances and eventual dependence on these is not uncommon in the world mostly in developing nations. Due to the COVID 19 pandemic related stress, quarantine measures such cases are rising. In the context of the impending third wave of the pandemic efficient measures and interventions aimed at preventing such should be a vital aspect of implementation measures being applied throughout the world. It will go a long way to preventing nationwide burden in future.

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