

## Long-Term Psychosocial Issues Among COVID-19 Survivors in Kathmandu Valley

**Authors :** Nabin Prasad Joshi, Samiksha Neupane

**Abstract :** Since its emergence in December 2019, Corona Virus disease has impacted several countries, affecting many people. The first cases were recorded in Wuhan, China, between December 2019 and January 2020. Italy is one of the affected countries in Europe. The relations between India and Nepal have reverted to the pre-pandemic period as both countries have open borders. The study focused on the overall psychosocial impact among covid-19 survivors in their life what are the changes they are facing after covid also how are their relations with friends and relatives after they have covid in different municipalities of Kathmandu valley, where people from different regions are living in rent and have their own houses. Support from friends and family during a pandemic can prevent it if it is strong enough. Nonetheless, there were risk factors for psychosocial damage, including a lack of or insufficient family and social support, psychiatric assistance, and inadequate insurance or compensation. Poorer mental health outcomes were inversely correlated with social rejection or isolation.

**Keywords :** stress, anxiety, depression, Kathmandu

**Conference Title :** ICPC 2023 : International Conference on Psychology and Counseling

**Conference Location :** Tokyo, Japan

**Conference Dates :** March 20-21, 2023