疫情中的心理健康

蕭道生醫生

5/1/2021

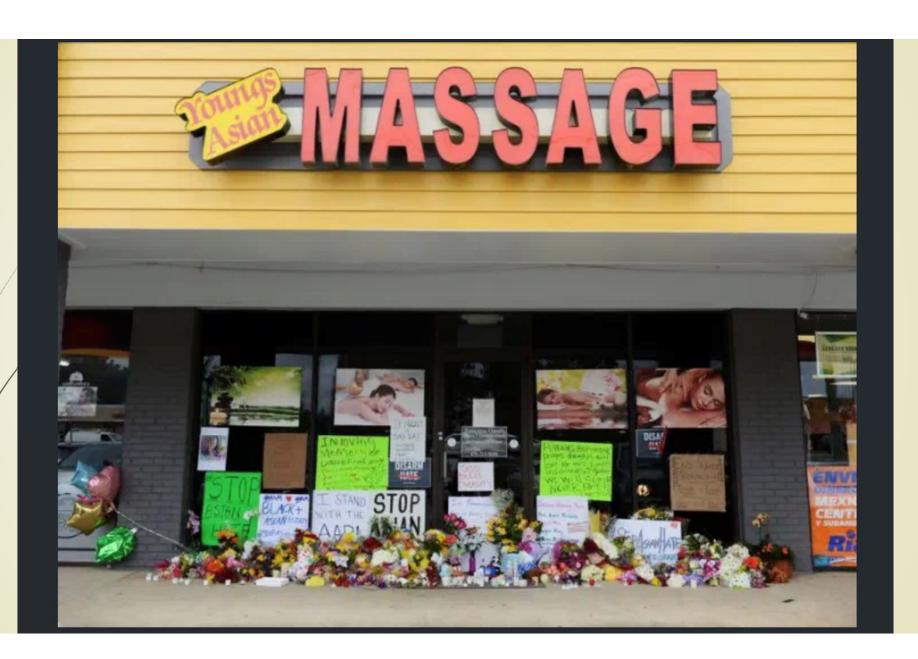
2020 年是多事之秋...

2021年Texas 州大停電

- 2021年德克薩斯州大停電是指美國德克薩斯州在 2021年2月中因為極端天氣而出現的大規模停電事件。高峰時德州有450萬戶家庭和企業停電,州内供水設施、食物供應鏈和網絡通訊設施也受到影響
- ■2月11日到3月5日之間至少**57人死亡**,大部分是失温致死,部分為交通意外、一氧化碳中毒、停電引起的醫療設備故障、墜落和火災

2021年Atlanta 亚特兰大按摩中心枪击案

- ■2021年3月16日,Atlanta Georgia,亚特兰大地区的三家按摩中心发生了連環槍擊事件,造成八人死亡,其中六人为亚裔,两人为白人。七名罹难者为女性。另有一人受伤。犯罪嫌疑人为21岁的Robert Aaron Long。
- ■槍擊事件中有8人死亡,另一人受伤。其中有6 名亞裔女性罹難,至少兩名為華裔。有四人为韩裔。
- ▶美國、加拿大、德國多地出現游行,抗議種族仇恨並反對歧視亞裔。

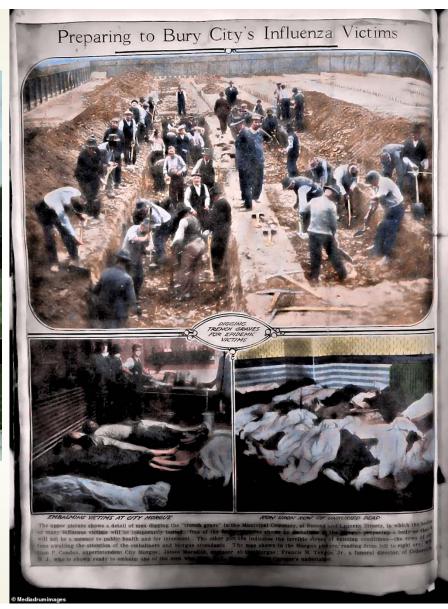


一百年前...

西班牙流感

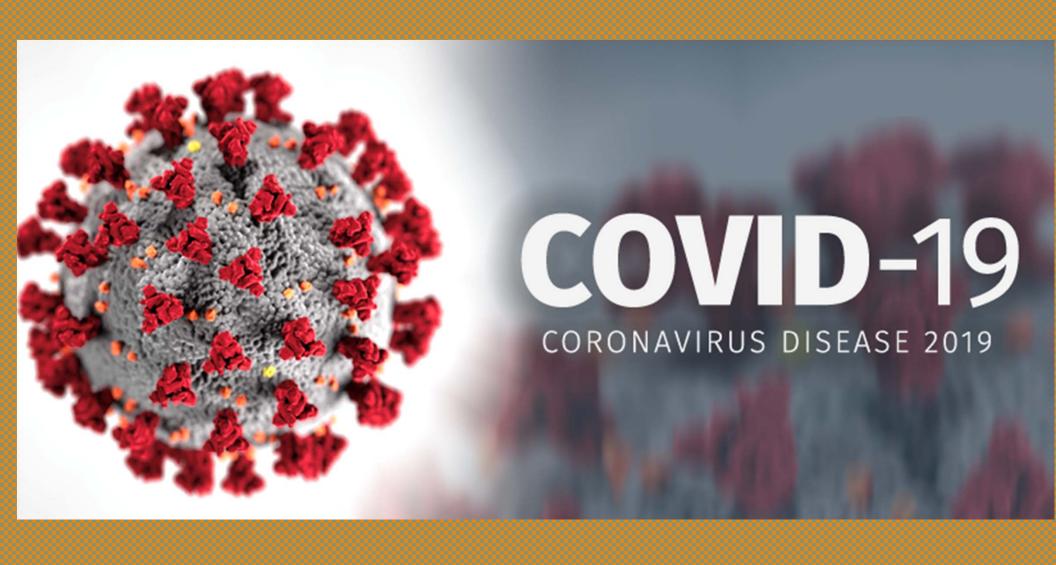


Citizens were ordered to wear masks, schools, theaters and businesses were shuttered and bodies piled up in makeshift morgues



1918年,西班牙流感

- ■1918年的西班牙流感(H1N1)世界上有 5 億人感染,是世界人口的 3分之一。
- ■2-5 千萬死亡,其中 675,000 美國人。
- ■當時沒藥,沒預防針。



住院,死亡率與年紀相關

Risk for COVID-19 Infection, Hospitalization, and Death By Age Group

Rate compared to 5–17-years ¹	0–4 years	5–17 years	18–29 years	30–39 years	40-49 years	50–64 years	65-74 years	75–84 years	85+ years
Cases ²	<1x	Reference group	3x	2x	2x	2x	2x	2x	2x
Hospitalization ³	2x	Reference group	7x	10x	15x	25x	35x	55x	80x
Death⁴	2x	Reference group	15x	45x	130x	400x	1100x	2800x	7900x

All rates are relative to the 5–17-year age category. Sample interpretation: Compared with 5–17-year-olds, the rate of death is 45 times higher in 30–39-year-olds and 7,900 times higher in 85+-year-olds. Compared with 18–29-year-olds, the rate of hospitalization is 8 times higher in 75–84-year-olds (55 divided by 7 equals 7.9).

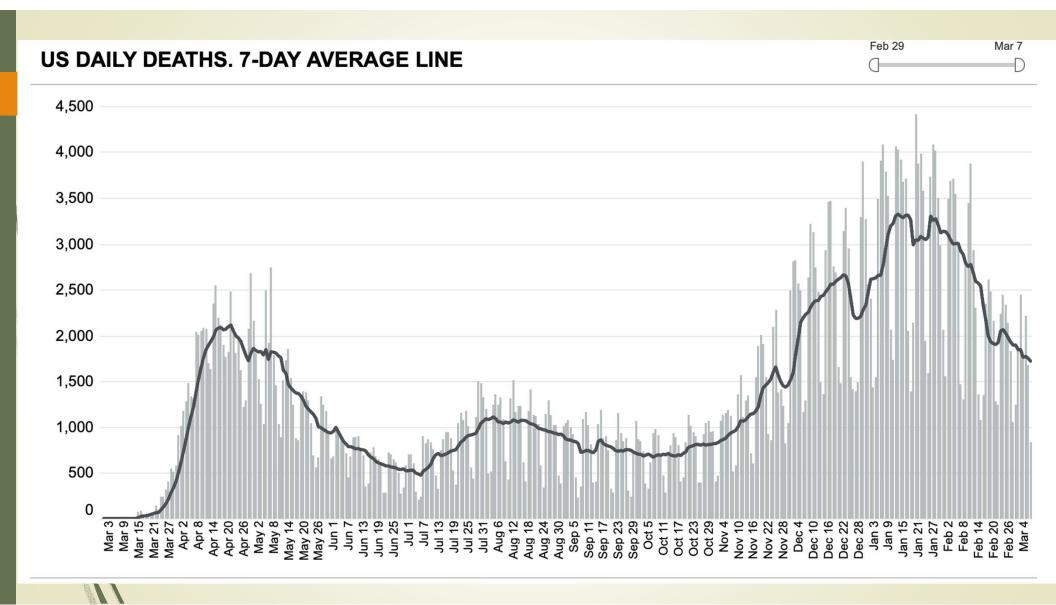
	#	Country, Other	Total Cases ↓	New Cases ↓↑	Total Deaths 🌓	New Deaths ↓↑	Tot Cases/ 1M pop ↓↑	Deaths/	Population ↓↑	1 Case every X ppl	1 Death every X ppl 1
		World	149,349,138	+29,971	3,148,934	+789	19,160	404.0			
	1	USA	32,927,091		587,384		99,000	1,766	332,595,570	10	566
	2	<u>India</u>	17,997,267	+8,630	201,187	+22	12,937	145	1,391,123,637	77	6,915
	3	<u>Brazil</u>	14,446,541		395,324		67,571	1,849	213,798,900	15	541
	4	France	5,534,313		103,603		84,633	1,584	65,392,188	12	631
	5	Russia	4,779,425		108,980		32,739	747	145,985,907	31	1,340
	6	<u>Turkey</u>	4,710,582		39,057		55,365	459	85,082,577	18	2,178
	7	<u>UK</u>	4,409,631		127,451		64,678	1,869	68,178,729	15	535
	95	China	90,622	+12	4,636		63	3	1,439,323,776	15,883	310,467
1	104	<u>Singapore</u>	61,063		30		10,371	5	5,888,076	96	196,269
1	144	Hong Kong	11,749		209		1,557	28	7,546,858	642	36,109
1	192	<u>Taiwan</u>	1,110		12		47	0.5	23,852,199	21,488	1,987,683

Single Day COVID-19 Death in USA

January 6, 2021: 3,768

January 7, 2021 : 3,865

January 8, 2021: 4,085





3 currently approved COVID-19 Vaccines

Pfizer-BioNTech COVID-19 Vaccine	Moderna COVID-19 Vaccine	J & J Vaccine
EUA 12/11/2020	EUA 12/18/2020	EUA 2/26/2021
2 doses 21 days apart	2 doses 28 days apart	One dose
16 years old and up EUA requested on April 9 for adolescents ages 12- 15	18 years old and up	18 years old and up
mRNA	mRNA	Viral vector (Adenovirus)

COVID-19 Vaccinations in the United States

Overall US COVID-19 Vaccine | Deliveries and Administration; Maps, charts, and data provided by CDC, updates daily by 8 pm ET^{\dagger}

Represents all vaccine partners including jurisdictional partner clinics, retail pharmacies, long-term care facilities, dialysis centers, Federal Emergency Management Agency and Health Resources and Services Administration partner sites, and federal entity facilities.

Total Vaccine Doses

Delivered 297,543,635

Administered 232,407,669

Learn more about the distribution of vaccines.

People Vaccinated	At Least One Dose	Fully Vaccinated
Total	141,751,857	96,747,454
% of Total Population	42.7%	29.1%
Population ≥ 18 Years of Age	139,902,174	96,247,756
% of Population ≥ 18 Years of Age	54.2%	37.3%
Population ≥ 65 Years of Age	44,754,293	37,149,968
% of Population ≥ 65 Years of Age	81.8%	67.9%

動盪之秋,遍及全球!

- ■2020年1月23日中國大陸因著 冠狀病毒 封鎖疫區:包括 湖北省武漢市 和省内其他城市。
- ■2020年4月,世界人口一半開始冠狀病毒 (COVID-19)處「居家令」下:超過 90個國 家或地區,39億人口被當地政府下令居家 (locked down)。
- ■被稱為Š中國病毒õ也引發了不同程度的對亞 裔的仇恨 罪案,特別對中國人。

「社交隔離、孤獨」有害嗎?

- ■耶和華神說: 「那人獨居不好, 我要為他造一個配偶幫助他。」(創世記 2:18)
- ▶獨居不是神造人的本意。
- ■26 神說: 「我們要照著**我們的形象**, 按著我們的樣式造人(創 1:26): 三位一體的神也是在永恆裡相通的。父與子(耶穌)永不隔離(十架以外)
- 太習慣線上聚會,教會重開回應不冷不熱
- ■請多照顧附近單身的肢體。經常約他們吃飯。

人的回應...

- 負面性去看新聞: "doom surfing": 專門在網上追中哀痛的; 悲惨的消息 (searching the internet to read items about tragic or disastrous events.)
- ■對疫苗包者懷疑,專門看疫苗負面反應的新聞。 (biased perspective on the risk of vaccination: concern re: possibility of infertility but not realizing that infertility from COVID illness has been report, but infertility from COVID vaccine is only a speculation)
- ▶ 不出門,不見人,不上學。

如果不信神的應許...

人不再用信心看世界, 正如以色列人不敢進迦南地

- 25 他們窺探那地才回來。 見<u>摩西、亞倫並以色列的全會眾,回報摩西、亞倫</u>並全會眾,告訴<u>摩西</u>說: 「我們到了你所打發我們去的那地,果然是流奶與蜜之地。 28 然而住那地的民強壯,城邑也堅固寬大,30 <u>迦勒在摩西</u>面前安撫百姓,說: 「我們立刻上去得那地吧,我們足能得勝!」 31 但那些和他同去的人說: 「我們不能上去攻擊那民,因為他們比我們強壯。」 33 我們在那裡看見亞衲族人,就是偉人,他們是偉人的後裔。據我們看,自己就如蚱蜢一樣;據他們看,我們也是如此。」(民 213: 25-33)
- ► 十個探子所表現的焦慮和憂鬱,是源於對神應許的懷疑和不信。 「神真的應許流奶與蜜之地給我們嗎?」

Professor Rory O'Connor (University of Glasgow) 2020年4月17日

- ■「更多的社交隔離、孤獨、對健康的焦慮、壓力以及經濟下行,這是一個傷害人們心理健康和幸福感的完美風暴(perfect storm)」
- ●什麼都不做的話,風險可能是焦慮症和憂鬱症的增加, 以及更多的人開始酗酒、使用毒品或者賭博,並帶來其 他後果,比如令無家可歸者增多等。當務之急是監察焦 慮、抑鬱、自殘、自殺以及其他心理健康問題的發生率。

隔離、孤獨使人分散

■創世紀記載人類首次被逼『<mark>社交隔離</mark>』。神變亂天下人的 言語,使眾人分散,首次隔離於<u>巴別塔</u>。

4他們說:「來吧!我們要建造一座城和一座塔,塔頂通天,為要傳 揚我們的名,8於是,耶和華使他們從那裡分散在全地上,他們就 停工不造那城了。9因為耶和華在那裡變亂天下人的言語,使眾人 分散在全地上,所以那城名叫<u>巴別</u>。(創 11: 4, 8)

■直到人被聖靈充滿,言語再同一: 『4 他們就都被聖靈充滿,按著聖靈所賜的口才說起別國的話來。』 (徒2: 4)

隔離、孤獨使人分散

- ■多動症 (hyperactive), 集中力缺乏(inattentiveness) 顯明
- ■眼目釘著屏幕,門關上,心封閉 (eyes glued to screens, stay in rooms with door closed)
- ■退出, 不交流, 沉默寡言; 孤僻 (withdrawal)
- ➡恐懼,焦慮,憂鬱 (fear, anxiety, and depression)

COVID-19 終止了正常學習, 社交生活

社交隔離成現實,小孩成人學獨處

只有虛擬中社交,極少實體能見面

兒童多半上網課,父母也要陪身旁

學校集體運動少,課後集體活動稀

網上遊戲多上廳,缺少運動變肥胖

多動患者難集中,焦慮憂鬱成常見

COVID-19疫情帶出焦慮,憂鬱

- Teenagers are struggling to cope with pandemic isolation for over one year
- Some 46% of parents say they've observed "a new or worsening mental health condition" in their teen since the pandemic began, according to Michigan Medicine's C.S. Mott Children's Hospital National Poll on Children's Health.
- Teen girls' parents were more likely than teen boys' parents to note heightened anxiety (36% vs. 19%) and depression (31% vs. 18%) symptoms in their kids. The parents of teen boys and teen girls were similarly likely to report sleep issues, withdrawal from family, and aggressive behavior.
- Nearly three in four parents said the pandemic, which forced many kids' schools online and limited in-person social interaction, had had a negative impact on their teen's ability to interact with friends.
- "At just the age when they are biologically primed to seek independence from their families, restrictions to control the COVID-19 pandemic have kept teens at home."

焦慮症 Generalized anxiety disorder (GAD)

病狀 Symptoms :

- excessive, uncontrollable and often irrational worry about events or activities.
- Worry often interferes with daily functioning, overly concerned about everyday matters such as health, finances, death, family, relationship
- excessive worry, restlessness, insomnia, irritability, sweating, and sometime trembling, for at least six months.

合并症 Co-morbidities:

depression, substance use disorder, obesity.

評估 Screening tools:

GAD-7 and GAD-2 questionnaires followed by formal evaluation for the disorder.

焦慮症 Generalized anxiety disorder (GAD)

治療 Treatment:

Psychotherapy (e.g., cognitive-behavioral therapy (CBT)) and SSRI (selective serotonin reuptake inhibitors) such as citalopram (Celexa), escitalopram (Lexapro), sertraline (Zoloft), duloxetine (Cymbalta), and venlafaxine(Effexor).

其他 Others:

- Twice as frequent in women.
- a hereditary or genetic basis 30-40%. Often has family member with GAD.
- Life time risk of GAD estimated at **9.0%**. Most people experience it repeatedly over the course of their lives as a chronic condition.



Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
Add the score for each column	+	+	+	
Total Score (add your column scores) =				50

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	
Somewhat difficult	
Very difficult	
Extremely difficult	

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Inern Med.* 2006;166:1092-1097.

憂鬱症 Depression

- ►長期悲傷,沒動力 (persistent feeling of sadness and loss of interest)
- ■影響感受,思想,行為 (affects how you feel, think and behave).
- 不想活下去 (may have trouble doing normal day-to-day activities, may feel as if life isn't worth living)
- ─長期,復發 (chronic and recurrent)
- ■藥物,心理治療能幫助病患(medication, psychotherapy or both helps)



PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Several all days	More than half the days	Nearly every day
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3
1	2	3
	_+	1 2 + + + + = Total Score

If you checked off <u>any</u> problems, how <u>difficult</u> have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
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多動症

- Attention-deficit/hyperactivity disorder (ADHD) is a chronic condition
- ADHD individuals have difficulty sustaining attention 難於集中, and has hyperactivity and impulsive behaviors 多動,衝動.
- Children with ADHD may also struggle with 自卑 low self-esteem, poor organization, poor performance in school 成績欠佳.
- Symptoms sometimes lessen with age.
- However some people never completely outgrow their ADHD symptoms, others learn strategies to cope with it, which is why counseling is helpful.
- Treatment typically involves medications and behavioral interventions (counseling)
- Early diagnosis and treatment can make a difference in outcome.

多動症

Inattention and hyperactive-impulsive behavior

- symptoms start before age 12, and in some children, they're noticeable as early as 3 years of age.
- may continue into adulthood.
- ADHD occurs more often in males than in females. Boys may be more hyperactive and girls may tend to be quietly inattentive.

There are 3 subtypes of ADHD:

- Predominantly inattentive 不能集中. The majority of symptoms fall under inattention.
- Predominantly hyperactive/impulsive 多動, 衝動. The majority of symptoms are hyperactive and impulsive.
- Combined不能集中,多動都有: This is a mix of inattentive symptoms and hyperactive/impulsive symptoms.

合并症 Comorbidities

- Oppositional defiant disorder (ODD), generally defined as a pattern of negative, defiant and hostile behavior toward authority figures
- Conduct disorder, marked by antisocial behavior such as stealing, fighting, destroying property, and harming people or animals
- Disruptive mood dysregulation disorder, characterized by irritability and problems tolerating frustration
- Learning disabilities, 學習障礙 including problems with reading, writing, understanding and communicating
- Substance use disorders, including drugs, alcohol and smoking
- Anxiety disorders, 焦慮症 which may cause overwhelming worry and nervousness, and include obsessive compulsive disorder (OCD)
- Mood disorders, including depression and bipolar disorder, which includes depression as well as manic behavior
- Autism spectrum disorder, 自閉症 a condition related to brain development that impacts how a person perceives and socializes with others
- Tic disorder or Tourette syndrome, disorders that involve repetitive movements or unwanted sounds (tics) that can't be easily controlled

不能集中 Inattention

- Fail to pay close attention to details or make careless mistakes in schoolwork
- Have trouble staying focused in tasks or play
- Appear not to listen, even when spoken to directly
- Have difficulty following through on instructions and fail to finish schoolwork or chores
- Disorganized
- Avoid or dislike tasks that require focused mental effort, such as homework
- Be easily distracted
- Forget to do some daily activities, such as forgetting to do chores

多動 (Hyperactivity) and 衝動 (Impulsivity)

- Fidget with or tap his or her hands or feet, or squirm in the seat
- Have difficulty staying seated in the classroom or in other situations
- Be on the go, in constant motion
- Run around or climb in situations when it's not appropriate
- Have trouble playing or doing an activity quietly
- Talk too much
- Blurt out answers, interrupting the questioner
- Have difficulty waiting for his or her turn
- Interrupt or intrude on others' conversations, games or activities

疫情間的自我护理

- →睡眠足够, adequate sleep
- →有规律活动/运动 (后院, 隔离, 戴口罩) exercise
- ■健康进食, health diet
- →放松, 休息, relax, rest
- 免烟酒, quit smoking
- →少屏幕,关电脑, less screen time

心理健康

- 1. 保持生活习惯, 免空闲
- 2. 選擇性看新聞, 建議看 CDC, 世衛 (WHO)的資料
- 3. 建立彈商(Adversity Quotient)提高 反彈力(Resilience)

健康心態

神啊, 求祢:

賜給我平靜的心, 去接受我無法改變的事, 賜給我勇氣, 去做我能改變的事 賜給我智慧, 去分辨這兩者的不同

負責任地面對疫情,不懼怕,不草率。

智商,情商,心理健康

- ■智商, Intelligence Quotient
- ■情商, Emotional Quotient
- →彈商, Adversity Quotient

彈商AQ

增加反彈力 (resilience)--CORE

- ■Control—掌控:臨危不亂,泰山崩于前而色不变
- ■Ownership—負責:承認錯誤,不怨天尤人,推卸責任。
- ■Reach—氾濫:不讓一個破口使全軍覆滅
- ■Endurance—堅忍, (有耐力):保持樂觀, (Blessed are the flexible, they shall not be bent out of shape)

加強「彈商」

- ■頁邊空白 Keep Margin
- ■極限 Observe Boundary (Townsend & Cloud)
- 有目標, 常自省 Purpose driven, evaluate whether these purpose/goals can truly bring happiness to you
- ■洞察力,心得, 灵感,慧眼 Insight
- 提高彈商 enhance AQ, handle stress and fear
- 找導師輔導 seek mentor and counselor

Building Resilience in Children and Teens Ken Ginsburg M.D.

- ■加強复原力; 适应性 (build Resilience) is the capacity to rise above difficult circumstances, an ability to recover from setbacks, similar to buoyancy. 浮力
- Raise children who can cope with difficult challenges and bounce back
- We want them to develop deep, strong roots now so that their wings will carry them successfully and independently into the future
- 7 C's: competence, confidence, <u>connection</u>, character, contribution, coping, control.

相信神的主權盡人的責任

- 27 我留下平安給你們,我將我的平安賜給你們。我所賜的不像世人所賜的,你們心裡不要憂愁,也不要膽怯。(約 14:27)
- ■7神所賜出人意外的平安,必在基督耶穌裡保守你們的心懷意念。(腓 4:7)
- ■試煉顯露我們內心屬靈的真況 (Suffering such as the pandemic shows what is inside us)
- 一維護我們的心裡健康是人的責任,正如維護生理健康

憑「感覺」不憑「信心」...

- 1. Feelings of and isolation as manifestation of anxiety and depression, examples:
 - 18 year old young man with Marijuana addiction experiencing unexplained pain needed antianxiety medication to "calm his nerves"
 - 15 year old teenage girl with dropping grades and extreme withdrawal needed help to manage her anxiety and depression, in order to come out of self lock-down, self cutting, and re-connect.
- 2. 疫苗允許我們從社交隔離中走出來。
- 3. 打過疫苗的人,可以從社交隔離中出來。
- 4. 勇敢開飯局。重新線下聚會。

青少年:三面轉機

青少年缺乏安全感:

- Teens constantly ask the question, "Who am I? Do you love me?"
- An opportunity to bring God into their world and help them define their worth biblically
- 幫助青少年以聖經的教導來自我定位—不要看自己過於所當看的·要照著 神所分給各人信心的大小、看得合乎中道。(羅馬書12:3)

青少年的反叛:

- Exertion of independence, a sign of teens wanting to establish themselves in their world
- Filling their emotional tank with unconditional love, then apply loving discipline
- Pointing out to teens that rebellion is a sin.

青少年不斷地擴展他們的世界觀

Grow with them, keep the lines of communication open, stay involved with their school, interests, and friends.

與青少年交通

隱藏的危險 Pitfalls

- ■精英?精兵? (教會在為神的過度興起精兵,還是訓練一群精英。 Is the church of Christ raising soldiers for the Kingdom or simply building a generation of social elite?)
- ►父母的限制成為孩子們的限制, ABC/OBC
- ▶夫婦關系不和表現在兒女的行為上
- ▶避免僅僅改變外表的行為,忽略了處理內心的態度

專心聆聽

- Giving full attention when they were speaking,
- allowing children to disagree and not becoming angry,
- creating an atmosphere of caring and acceptance that encourages children to share their ideas, and listening closely to their concerns
- The father who talks with and listens to his children gets the most satisfaction as a dad

(p. 167 K. Canfield, The 7 Secrets of Effective Fathers, Tyndale House Publishing, 1992)

看著他/她 Eye contact, physical contact

- ●多與你的青少年面對面交通
- ●他/她不願意交談不必強逼,只要隨時準備好談話 (don't force a conversation, but be available)
- ■青少年不看你,甚至「翻白眼」不要生氣 (Do not let occasional avoidance of eye contact irritate you)

R. Campbell, How to Really Love Your Teenager, Victor Books, 1988)

使人歸正 Correction the Godly way

(Paul Tripp, Age of Opportunity, P&R, 1997)

- ▶ 教訓、督責、使人歸正、教導人學義 (提後:3:16)
- Make wisdom appealing, make the taste of correction sweet
- 貶低的話不造就人: Demeaning words is correction make unnecessarily bitter (point out the behavior, and its roots to sin, insert the Gospel)
- 控制欲強的父母:沒必要的衝突 In the name of bring our children to submission, our desire to "control" our children may lead to unnecessary confrontation
- 讓他們自己說:不替他/她說。To encourage our children (and teenager) to talk, try not to speak for them. Let them practice public speaking, watch and listen affirmatively as they communicate with others.

常見錯誤

- 喋喋不休: Spontaneous problem discussion, nagging, insight transplants and arguing don't work (p. 38 T. Phelan, Surviving your adolescents, Child Management Inc. 1993)
- 交談時被打擾: avoid phone calls and distractions during important conversation with children
- 同时做多件事 (不專一,邊講邊做)non-focus—multi-tasking—doing other things simultaneous with conversation
- <mark>▶ 訓話:lecture</mark>, (insight transplant, if I were you…)
- 不要期望過高:只有99分嗎,剩下那一分在那裡?
- ► 不要同時改他所有的缺點 (work off their strength first, then pick the most ungodly traits to pray on and work through (ignore minor offenses
- 多聆聽,少辯護 (ask your teenager how they would like you to better communicate with them, as they give their answer, just listen, try not to offer justification)

Stephen Covey 7 Habits of highly effective people

	重要 Important	不重要 Not Important
緊急 Urgent	■最後期限 deadlines ■救災,救急	■電話,門鈴 ■不速之客
不緊急 Non-urgent	■長遠計劃 strategic planning ■建立關係	八卦新聞少浪費時間在這裡
	多花時間在這裡	

3 way out, A,B,C

- 1. Affirm Biblical principle, Christ the only way: 聖經為基礎
 "I am the way, and the truth, and the life. No one comes to the Father except through me." (John 14:6)
- 2. Bounce Back 反彈力, build Resilience in our children:
 4小子們哪, 你們是屬神的, 並且勝了他們;因為那在你們裡面的, 比那在世界上的更大。(約翰一書4: 4)
 - 3. Connection: 重建關係 reconnect 藉著基督, 對神, 對家庭, 對教會「重建關係」
 - 5 我是葡萄樹,你們是枝子。常在我裡面的,我也常在他裡面,這人就多結果子;因為離了我,你們就不能做什麼。(約 15: 5)

疫情中的心理健康

蕭道生醫生

5/1/2021

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