

# A fatal virus and frightening uncertainty or maybe an opportunity to find new experiences?

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The unknown and aggressive virus has spread around the world in a matter of months, unusually hitting humanity that was not ready to face it. It touched even those who hopelessly unbelievably or ignored the fact of the disease and its consequences. The virus was named Coronavirus Disease, otherwise known as COVID-19. It is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) [1]. This unexpected life-threatening event has had a profound impact on people's lives on a global scale, changing economic, social and psychological habits.

Due to the spread of the airborne virus, the support of communication in people's daily lives has been limited to the maximum. This unexpectedly imposed physical isolation has disrupted the daily order and habits of all mankind. In such chaos people may experience and have experienced a shock that has made them feel insecure and anxious as people have undergone outbreaks of infectious disease whose causes, progression and results are still not well known. Study by Brook et al. (2020) [2] has shown that people in quarantine may experience symptoms of mood instability, depression and anxiety, irritability, insomnia, and post-traumatic stress disorder. After all during the acute period of the disease, symptoms such as shortness of breath, fever, headache, even heart problems may occur. These are symptoms that can make people feel more anxious or stressed.

These days we are facing an unprecedented global situation with many unique factors. People's emotional well-being is effected in various aspects as well as physical and psychological state too. Moreover, their socio-economic problems are disturbed in a lot of ways to boost. Unfortunately, there are not so many researched articles yet about people with cognitive impairment and how COVID-19 could have affected lives. Hampshire et al. (2020) study [3] analysed people with cognitive deficits, having been ill with COVID-19 and their experiences. It is a cross sectional study that analysed 84285 participants, who completed a questionnaire regarding suspected and biologically confirmed COVID-19 infection. The main outcome reveals a long term changes of health past acute symptoms, termed 'long COVID'. The worse performance of suspected or confirmed COVID-19 individuals is noticeable in cognitive tests in multiple domains than would be expected given their detailed age and demographic profiles. Cognitive functions impairment is associated with individual functioning. Hampshire et al. (2020) study depicts that people with lower rates of cognitive ability are at a higher risk of catching the virus. Meaning that cognitive functioning impairment is associated with quality of life and mortality. Although, exact mechanism of COVID-19 and cognitive functioning impairment is not known. That is why specific cognitive testing evaluating attention, memory, planning and other executive functions over a longer period should be recommended for individuals with confirmed COVID-19.

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## Conflict of Interests

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