

Social Consequences of COVID-19 Pandemic in Iran

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For the first time, Corona Virus Disease 2019 (COVID-19) was reported in Wuhan, China. In Iran, on February 19, 2020, two positive cases of the disease were reported in Qom province and then spread to other neighboring provinces (1,2). The World Health Organization (WHO) has declared that COVID-19 is a global health threat. It is spread from person to person and resulting in death worldwide (3,4). Due to the rapid spread and lack of specific treatment for COVID-19, preventive measures such as personal hygiene and using personal protective equipment (PPE), travel restrictions, and maintaining physical distance are essential to control it (5). Following COVID-19, social anxiety has affected people around the world, and it affects all community groups, especially vulnerable social groups such as the poor, the elderly, and the disabled (6,7). The COVID-19 pandemic and the need to follow health recommendations to prevent the disease have led people to face a number of social restrictions, which have had different effects on different aspects of their social life. Some of these social consequences may include the following:

- According to health recommendations based on home quarantine and non-attendance in communities, interpersonal, family, and social communication has been reduced, and the amount of social interactions has been reduced.
- Families with COVID-19 suffer a lot because they are concerned about the deadly consequences of the disease in the infected person and the infection of other family members, and on the other hand, they are concerned about the changing attitude, perspective of the community, and the stigma of the disease.
- People have changed their lifestyles Because of the fear of COVID-19. Lifestyle is a combination of behavioral patterns and individual habits that include stress, nutrition, exercise, and alcohol and tobacco use (8). Fear of contracting the disease in oneself and

family members, future careers, socioeconomic conditions, and overall fear of what will happen in the future have increased stress. The closure of gyms and swimming pools and the ban on entering parks will increase inactivity and have their own problems and consequences. In terms of smoking, hookah, and alcohol consumption, although hookah smoking appears to have decreased due to fear of the disease, alcohol consumption has increased due to the misinterpretation of the role of alcohol disinfectant in eliminating the virus.

- Due to the lack of disinfectants such as alcohol, profiteers have resorted to counterfeit forms of alcohol, and its sale has caused many problems in this regard.
- People feel angry, confused, and disappointed about the future because the end time of this pandemic is not clear.
- Following home quarantine may reduce the attractiveness of staying at home over time. Therefore, the likelihood of psychological problems, violence, and family conflict increases.
- Most funerals are being delayed to a later date in response to limiting large-group gatherings to reduce the spread of COVID-19. That's having an impact on how people grieve.
- The exclusive focus of societies on COVID 19 increases the likelihood of not paying attention to people's problems in many sections, especially livelihoods, and could lead to social disintegration in the future.

Finally, it is concluded that COVID-19 Pandemics have negative and positive social consequences. Therefore, in addition to frequent public health recommendations in order to prevent the disease, health and social Authorities should pay attention to its negative social consequences and Consider special programs and strategies to prevent and reduce its occurrence.

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