

## Depression, COVID, and migrants

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### Abstract

Mental pain is more dramatic and painful than physical pain, it is more common and hardest to bear as we know its easier to complain my leg is paining in spite of “my head feels like hammered or poked”. The aim of this study on migrant laborers working in Kazakhstan was conducted aiming to discover their suffering due to the COVID outbreak. We interviewed Indian migrant workers associated with our university were selected, questioned, and physically examined and discovered. Almost 60% were depressed since they suffer hopelessness, loss of interest, sadness, lack of knowledge about the pandemic. 20% suffer excess sleepiness, and around 20% suffer fatigue, loss of appetite, all suffer weight gains, job insecurity. No one was observed as healthy as before due to depression. We conclude by this study demonstrates that urgent need for health and mental health care for migrant laborers needs to be provided and knowledge related to pandemic shall also be provided by the personalized conference, especially for central Asian laborers.



### Biography:

Ryan Zia Arslaan is student of 3rd year general medicine Karaganda Medical University, Kazakhstan. He worked on publications related to coronavirus and aimed to continue it.

### Speaker Publications:

1) Christensen H, AE. Age differences and interindividual variation in cognition in community-dwelling elderly. *Psychol Aging*. 1994;9:381–390.

2) Christensen H, Dispersion in cognitive ability as a function of age: a longitudinal study of an elderly community sample. *Aging Neuropsychol Cognition*. 1999;6:214–228.

3) Harris JR, Age differences in genetic and environmental influences for health from the Swedish Adoption/Twin Study of Aging. *J Gerontol*. 1992;47:P213–P220.

4) Hultsch DF, Variability in reaction time performance of younger and older adults. *J Gerontol Psychol Sci*. 2002;57:P101–P115.

5) Karasik D, Genetic contribution to biological aging: the Framingham Study. *J Gerontol A Biol Sci Med Sci*. 2004;59:218–226.

[International Summit on Depression, Anxiety and Stress Management](#): August 10-11, 2020 Webinar.

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