

Uncovering the Invisible Burden: A Narrative Review of the Psychological Impact of COVID-19 on Families

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Abstract. The psychological issues that have emerged because of the ongoing pandemic do not manifest solely at the individual level; they also have ramifications at the familial level. The potential consequences of this pandemic include mortality, the disruption of physical contact with family members and social networks, job loss and other associated risks. A comprehensive literature search was conducted, and articles were collected from five database sources: ScienceDirect, Scopus, PubMed, EBSCOhost, and Sage Publications. The articles were published between 2020 and 2021. The findings of the research articles seek to describe systematically based on themes that have been minimally addressed by other studies, including (a) patterns of relationships between family members, (b) conflict, domestic violence, and divorce, (c) racism in the family, and (d) the impact of the death of a family member.

Keywords: covid-19, families

1 Introduction

The global pandemic caused by the SARS-CoV-2 virus, which began in early 2020, has had a profound impact on numerous aspects of life, including the mental health of individuals. The introduction of social distancing and lockdown measures by the government to control the spread of the virus has resulted in a significant alteration to the established pattern of life and daily activities, thereby triggering a considerable degree of stress and anxiety within the community. The emergence of new variants of the SARS-CoV-2 virus, including B.1.1.7 in the UK and 501Y.V2 in South Africa in December 2020 and P1 in Brazil in January 2021, has prompted concern within the scientific community (Hafee (Din, Zia, Ali, & Shinwari, 2021). [1], Furthermore, several countries have reintroduced lockdown measures, including England, Scotland, Northern Ireland, Wales, Ukraine, France, Belgium, Canada, Germany, Poland, and Italy [2].

The policy decision to impose a lockdown and isolation has resulted in the relocation of all activities to the domestic sphere, including the pursuit of studies, religious observance, and the performance of work. The implementation of these

measures is intended to reduce social interaction and the potential for the transmission of the virus within the community [3]. A study conducted in India revealed that over two-fifths of the population had experienced mental health issues as a consequence of the lockdowns implemented in response to the ongoing pandemic [4]. In addition to India, studies have identified a range of psychological issues, including anxiety, depression, post-traumatic stress disorder (PTSD), psychological distress, and stress, among the general public in other countries affected by the pandemic, including China, Spain, Italy, Iran, the USA, Turkey, Nepal, and Denmark [5].

These psychological problems manifest not only at the individual level but also have an impact on the family. Despite parents feeling close and showing warmth to their children, the circumstances of the ongoing pandemic have led to a rise in instances of parental aggression, with 61% of parents reported to have yelled or shouted at their children and 20% having hit or slapped them [6]. Additionally, 27% of parents in the United States were found to experience mental health problems [7], while in Italy, 17% of mothers reported the most severe significant impact related to parenting [8]. The elevated stress levels among parents due to the ongoing pandemic can also elevate the probability of adopting harsh parenting strategies [9]. Furthermore, it can increase the likelihood of parental burnout, which is a significant risk factor for parents engaging in child abuse and neglect [10].

The global pandemic of the novel coronavirus, SARS-CoV-2, is an external stressor that has had a profound impact on families [11]. Furthermore, the ongoing pandemic represents a significant risk to the well-being of children and families [12]. The pandemic has posed a series of threats to families, including the loss of life, the disruption of physical contact with family members and social networks, the loss of employment, and the erosion of future hopes and dreams [13]. This has led to an increase in the rate of divorces during the period of lockdown [14]. Furthermore, the risk of violence, conflict and other forms of relational difficulties, as well as the potential dependence on external assistance, represent additional risks for couples and families facing the challenges of the pandemic [15].

Previous studies have demonstrated a range of risk factors that may influence family mental health during the pandemic, including age, gender, economic status and a history of mental illness. Nevertheless, there is a paucity of comprehensive evidence concerning the psychological impact of the Coronavirus Disease 2019 (Covid-19) pandemic on family mental health. The objective of this study is to conduct a comprehensive review of the existing literature on the psychological impact of the Coronavirus Disease 2019 (Covid-19) pandemic on family mental health, with a view to identifying the key influencing factors. It is anticipated that the findings of this review will facilitate a more comprehensive understanding of this subject matter and assist in the development of suitable interventions and strategies to promote family mental health during the pandemic.

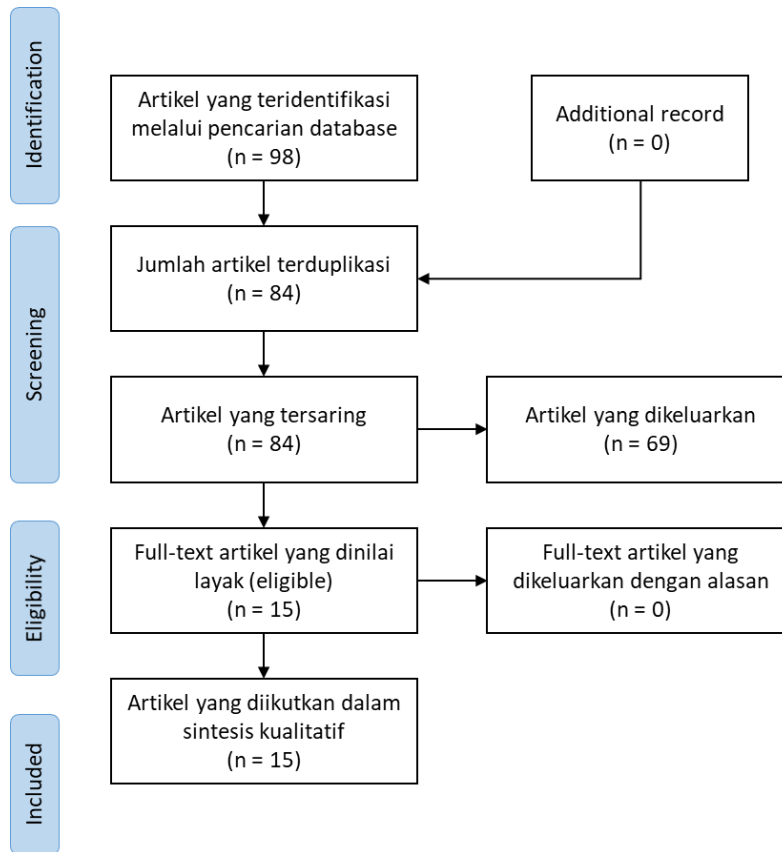
2 Method

This research is a narrative review, the objective of which was to collate and analyse scientific articles and published literature pertaining to the impact of the pandemic on family mental health during the global pandemic caused by the SARS-CoV-2 virus. Rother [16] defines a narrative review as a publication that provides a comprehensive account of the current state of a topic, accompanied by a detailed description and analysis. The objective is to identify several studies that address specific issues related to a particular topic. In this case, the topic is the psychological impact of the covid-19 pandemic on family mental health. The process of compiling a narrative literature review involves four key steps: (1) conducting a literature search, (2) identifying keywords or key phrases, (3) reading and reviewing abstracts and articles, and (4) documenting the results [17]

In conducting the literature search, articles were collected from five database sources, namely ScienceDirect, Scopus, PubMed, EBSCOhost, and Sage Publications, published between 2020 and 2021. Moreover, the following keywords were employed: '(family and) COIVD-19 effects', 'psychological effects of COIVD-19 on family', 'effects of COIVD-19 on family', 'psychological effects of COIVD-19', and 'psychological effects of COIVD-19 on family'. The subsequent phase of the process entailed the identification of analogous articles, with the objective of eliminating redundancies and ensuring the exclusion of any articles that were not pertinent to the research question. This was followed by a review of the remaining articles' abstracts to ascertain their relevance to the research question. The final stage of the process was to synthesise and integrate the findings from the selected articles into a coherent narrative that aligns with the research objectives.

3 Results

The results of the database search are presented in the flowchart (Figure 1) and in Table 1. A total of 98 research articles were identified through the research database search, which was conducted using five different database sources: ScienceDirect, Scopus, PubMed, EBSCOhost, and Sage Publications. In accordance with the results of the duplication process, 84 articles were identified as duplicates and 69 were excluded on the grounds that they did not meet the requisite criteria. Of the results obtained, 15 articles were deemed eligible for qualitative synthesis analysis, resulting in a total of 25 articles.



Author/year	Title	Highlight issue
Ahmed, Buheji [18]	Re-emphasising the future family role in “care economy” because of covid-19 pandemic spillovers	The global pandemic of the novel coronavirus, SARS-CoV-2, has had a positive impact on familial relationships in general. It has been observed that the virus has significantly strengthened family caregiving relationships, especially between nuclear family members.
Every-Palmer, Jenkins [19]	Psychological distress, anxiety, family violence, suicidality, and wellbeing	Although the psychological impact of lockdown can be

	in New Zealand during the COVID-19 lockdown: A cross-sectional study.	significant, the overall consequences are not always detrimental. A significant proportion of respondents (62%) expressed gratitude for the opportunity to work from home, citing the benefits of spending more time with family, enjoying a quieter environment, and avoiding pollution.
Steinberg, Liu [20]	Musical Engagement and Parent-Child Attachment in Families with Young Children During the Covid-19 Pandemic.	The utilisation of music can serve as an efficacious instrument for the establishment and sustenance of parent-child relationships, particularly during periods of ambiguity and transformation.
Lee, Chin [21]	How has COVID-19 changed family life and well-being in Korea?	The implementation of remote working policies has resulted in the creation of ambiguous boundaries between the domains of work and family, particularly for working mothers, given the closure of childcare facilities and schools during the ongoing pandemic. Although the current situation offers an opportunity to strengthen emotional connections within the family unit, many families who are confined to their homes are facing challenges in

		maintaining positive relationships.
Daks, Peltz [22]	Psychological flexibility and inflexibility as sources of resiliency and risk during a pandemic: Modeling the cascade of COVID-19 stress on family systems with a contextual behavioral science lens	The psychological effects of parental inflexibility can be observed in various forms of family stress, including family discord, parenting problems and suffering between parents and the wider child. Furthermore, the psychological state of family members can influence a number of different aspects of the family system.
Amakiri, Chude [23]	Psychological effect of pandemic COVID-19 on families of health care professionals	A total of 324 respondents from a range of countries participated in the study. The prevalence of adverse mental health outcomes was as follows: 54.9% of respondents experienced panic, 49.7% exhibited depressive symptoms, 44.4% demonstrated anxiety, 13.9% reported suicidal thoughts, and 18.2% indicated that they had experienced divorce.
Gassman-Pines, Ananat [24]	COVID-19 and parent-child psychological well-being.	A crisis can precipitate a series of challenges for families, including job loss, income reduction, caregiving responsibilities and illness. The well-being of parents and children in the post-crisis period is significantly correlated with the number of crisis-related

		challenges that families encounter.
Cheah, Wang [25]	COVID-19 racism and mental health in Chinese	In a survey of parents and adolescents, nearly half of respondents indicated that they had experienced direct racial discrimination related to the Coronavirus Disease 2019 (Covid-19) pandemic, whether online or in person. The level of perceived racism and racial discrimination was found to be associated with poorer mental health outcomes among parents and adolescents. Chinese American families were more likely to experience racial discrimination during the course of the pandemic, which appeared to have a detrimental impact on their mental health.
Endomba, Wafeu [26]	Support for families of isolated or deceased COVID-19 patients in sub-Saharan Africa.	The provision of assistance to families of patients diagnosed with coronavirus disease 2019 (Covid-19) is a crucial aspect of the healthcare response. This assistance should be provided both before and after the patient's death. Prior to death, families should be offered regular audio or video calls to facilitate social interaction and enable them to provide

		<p>care and support to their loved ones. Additionally, psychological support should be made available to families on a systematic basis, tailored to their specific needs. Furthermore, clear communication from healthcare professionals about the prognosis and potential outcomes for patients in critical care units is essential. In the period following the death of a family member, the provision of streaming services for distant family members, the involvement of a specialised and trained team in funeral arrangements, the availability of psychological support to prevent complex grief reactions, and the cooperation with local leaders to prevent disinterment of the body are all important considerations.</p>
<p>Marchetti, Fontanesi [8]</p>	<p>Parenting-related exhaustion during the Italian COVID-19 lockdown.</p>	<p>Seventeen percent of participants exhibited substantial caregiving-related burnout, with mothers displaying more pronounced symptoms. The occurrence of caregiver burnout was predicted by a number of factors, including</p>

		psychological distress, low parental resilience, motherhood, limited social relationships, having a child with special needs, having multiple children, and having young children.
Arenas-Arroyo, Fernandez-Kranz [27]	Intimate partner violence under forced cohabitation and economic stress: Evidence from the COVID-19 pandemic.	The prevalence of intimate partner violence (IPV) against women increased by 23% during the period of lockdown, attributable to two independent factors: the lockdown itself and economic stress. The impact of the lockdown was limited to an increase in psychological abuse, whereas economic stress was associated with both an increase in sexual and psychological abuse. The impact of the economic consequences was found to be twice as large as that of the lockdown.
Zhang [28]	The influence of the ongoing COVID-19 pandemic on family violence in China.	The observed increase in family violence may be attributed to a number of factors, including the implementation of large-scale lockdowns, which have been shown to exacerbate existing family conflicts; the economic stress and strain that have been associated with the pandemic among family members; and the lack of

		adequate support for victims of family violence during the pandemic.
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4 Discussion

The objective of the research article is to provide a systematic description of themes that have been minimally addressed in previous studies. These include (a) patterns of relationships between family members, (b) conflict, domestic violence, and divorce, (c) racism in the family, and (d) the impact of the death of a family member.

Patterns of relationships between family members

The introduction of new routines in the context of the ongoing pandemic is likely to impact the mental health of parents, which in turn will affect the pattern of relationships between all family members. The policy of limiting activities outside the home has resulted in children being unable to attend school or engage in outdoor play, parents being unable to attend work on a regular basis, and the routine of gathering with neighbours becoming irregular. The advent of the pandemic has resulted in a greater proximity between family members, yet simultaneously, it has also led to a sense of distance between them.

The abrupt transition has a disparate impact on different families. The implementation of a work-from-home policy has the potential to create ambiguous boundaries between work and family responsibilities [29]. The challenge of balancing work and family responsibilities is particularly acute for working mothers with children under the age of five during the ongoing Coronavirus (Covid-19) pandemic [30]. In comparison to the period preceding the advent of the pandemic, parents' psychological well-being is observed to decline during periods of activity restrictions outside the home [24].

While the pandemic presented an opportunity for some families to strengthen emotional bonds, many Korean families encountered challenges in adjusting, spending quality time together, and dividing family responsibilities based on gender [21]. The advent of the Coronavirus Disease 2019 (Covid-19) pandemic has also occasioned a shift in the conceptualisation of the home in Korea. The home is now perceived as a multifunctional base camp, encompassing a range of activities pertaining to work, education, childcare, domestic tasks, shopping, leisure, and religious observance.

The consequences of lockdown are not always negative. In fact, 62% of families in New Zealand feel fortunate to be able to work from home, spend more time with their families, enjoy a quieter environment, and avoid pollution [19].). Furthermore, the impact of the pandemic on family relationships has been positive, with a notable enhancement in the quality of family caregiving relationships, particularly

between nuclear family members [18]. The findings of this study also indicate that during periods of restricted activity outside the home, families have the opportunity to develop and reinforce positive relationships through the provision of assistance with household tasks and engagement in enjoyable activities with other family members.

The primary factors that facilitate effective family functioning and equip families to navigate the ongoing challenges posed by the Coronavirus Disease 2019 (Covid-19) pandemic are psychological flexibility and parental inflexibility [22]. This is because parental inflexibility can have a detrimental impact on psychological well-being, precipitate family discord and give rise to parenting issues. A flexible approach to parenting is associated with several positive outcomes, including high levels of family cohesion, low levels of family discord and the use of more constructive parenting strategies. Inflexibility is typically associated with emotional regulation. Research conducted in the United States and Canada revealed that parents utilize music as a means of emotional management and the establishment of social connections with their children [20]. Furthermore, music can serve as an efficacious instrument in the construction and sustenance of relationships between parents and children during periods of uncertainty and transformation, because of the ongoing pandemic.

Conflict, domestic violence and divorce

The ongoing pandemic has resulted in a significant increase in domestic violence and divorce rates. Prolonged periods spent indoors have been identified as a potential contributing factor to the rise in interpersonal friction and conflict. While some individuals may perceive the proximity to their families as a benefit [18, 19], others may experience challenges in adapting [21]. The rise in domestic violence cases can be attributed to the heightened vulnerability of women, who bear an increased burden during the pandemic. This entails assuming dual roles, namely that of a caretaker for the household and a teacher for their children [31].

The rise in family violence can be attributed to a number of factors, including the implementation of extensive activity restrictions, economic pressures, and distress caused by the pandemic [28].). During the initial period of lockdown in Spain, there was a 23% increase in intimate partner violence (IPV) against women. The primary causes of this surge in violence cases were the lockdown and economic pressure [27]. Furthermore, the study indicates that the impact of economic pressure is approximately twice that of the impact of lockdown. While lockdown conditions have been shown to increase psychological abuse, economic pressure has been demonstrated to affect both sexual and psychological abuse. In instances where violence does occur, it is inevitable that the subsequent action will be divorce. Studies have demonstrated that instances of family violence have a significant impact on the likelihood of divorce [32].

Racism in the family

The advent of the global pandemic of the novel coronavirus, SARS-CoV-2, has precipitated the emergence of racist attitudes and behaviours within families, particularly among those belonging to Chinese or Chinese and Asian ethnic groups in various countries, including Vietnam, France, Japan, and Canada [33]. The recent emergence of racist discourse has led to the designation of the novel coronavirus as the 'Chinese virus' or 'Wuhan virus'. This has resulted in families belonging to the 'Chinese' or 'Asian' ethnic groups being identified as virus carriers, thereby increasing the risk of transmission to others. Discrimination, unfair treatment and racism directed towards Chinese and other Asian families may have a detrimental impact on mental health, particularly when compounded by stressors associated with the ongoing covid-19 pandemic [34].

A study of ethnic Chinese people living in the USA found that 50.9% of parents and 50.2% of adolescents had been subjected to direct racial discrimination related to the Coronavirus pandemic. Furthermore, nearly half of parents (31.7%) and adolescents (45.7%) had experienced the same actions online [34]. Furthermore, the study posits that Chinese people and culture are perceived as a threat to public health in the United States. This may be attributed to the use of pejorative terms, such as "Chinese virus" or "kung flu," by the American government [35]. The consequences of racial discrimination in this study manifest as anxiety and elevated depressive symptoms. This finding aligns with the conclusions of a meta-analysis study that asserts racism has a twofold impact on mental health compared to physical health. Previous research has demonstrated that individuals subjected to racism are more likely to experience depression, stress, anxiety, post-traumatic stress disorder (PTSD), and suicidal thoughts [36]

The psychological impact of the death of a family member

The loss of a family member due to covid-19 has been found to have a significant psychological impact on other family members. Some of those who have experienced the death of a family member have reported feelings of isolation from the social environment, a sense of being shunned by friends, and the experience of negative stigma [37]. The experience of loss due to the death of a family member as a result of covid-19 is undoubtedly distinct from the typical condition. This is due to the fact that patients who die as a result of covid-19 are required to adhere to rigorous protocols both prior to and throughout the funeral process. These protocols include the funeral process conducted by the medical team, the number of mourners permitted, and the manner of delivery of the body to the cemetery.

To mitigate the psychological impact of the ongoing pandemic on families who have lost a loved one, it is imperative that psychological and social support be made available to families of patients diagnosed with the virus. This will help to alleviate the overwhelming sadness that many families are experiencing. Endomba, Wafeu [26] put forth the proposition that this form of support can be extended to family members both prior to and following the patient's demise. Support for families of patients with coronavirus disease 2019 (Covid-19) prior to the patient's demise may include the following: (a) regular audio or video calls, (b) systematic psychological support tailored to the family's needs, and (c) clear communication from healthcare workers regarding the patient's prognosis and potential outcomes. In the period following the patient's demise, the provision of the following forms of support is recommended: (a) the offering of streaming services for distant family members during the funeral ceremony, (b) the establishment of a team of professionals with the requisite training and expertise in funeral arrangements, (c) the delivery of psychological assistance to prevent the onset of complex grief reactions, and (d) the collaboration with local leaders to ensure the proper handling and transportation of the body

5 Conclusion

Several studies have addressed the impact of the covid-19 pandemic, including its effect on families. The psychological impact on families, which is only briefly addressed in several studies, encompasses the loss of family members who died due to covid-19 and the prevalence of racism within the family unit. Racism is directed at Chinese and Asian ethnicities, with the narrative that emerges attributing the disease to a "Chinese virus," "Wuhan virus," or "kung flu." The impact of this racism is twofold, affecting mental health to a greater extent than physical health. The loss of family members due to covid-19 has its own psychological consequences. Some individuals who have experienced this loss have also faced exclusion from their social environment, been shunned by friends, and received negative stigma. Therefore, it is important to provide support for these individuals, both before and after the death of their family members.

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