



Sociedad Interamericana de Psicología, Inc.

Interamerican Society of Psychology, Inc.

Sociedade Interamericana de Psicologia

Société Interaméricaine de Psychologie

Protocol of Action and Mental Health Recommendations for Facing the Coronavirus Pandemic*

Responsibility, empathy, solidarity and tranquility

The Interamerican Society of Psychology calls for acting with Responsibility, Empathy, Solidarity and Tranquility in the face of the Coronavirus pandemic (COVID-19), declared days ago by the World Health Organization. In accordance with this call, it offers a series of recommendations for dealing with the mental health impact of the epidemic itself and social distancing and hygienic measures that are being implemented and/or may be implemented in the coming days to contain it.

It is important to keep in mind that important measures are currently being carried out to contain the pandemic, but an increase in the rate of contagion is also estimated, which means we must act responsibly, implement and reinforce self-care behaviors, and adapt our habits of socialization behavior immediately and for the foreseeable future. To achieve this it will be necessary to prepare ourselves emotionally and psychosocially, in addition to acting in accordance with recommended measures.

It is known that the virus is highly contagious, so it is important to follow the sanitary measures that are being implemented, without further perpetuating the irresponsible consumption of health goods and services. Otherwise, saturation of the healthcare system and the exhaustion of medical resources will occur, which could lead to a more grave health situation than the one we have today.

It is likely that people will experience certain psychosocial and emotional impacts which may affect the mental health of the population, due to the fear generated by the international pandemic situation, the interruption of daily behavior patterns, and the possible effects of quarantine, isolation and social distancing. For this reason, the Interamerican Society of Psychology suggests this series of actions and recommendations, based on the experience of its members, consultation with experts, and the guidelines offered by various national and international organizations.

ACTIONS

* This is a preliminary document [Version 1.1 03/18/2020] that will be expanded upon and adjusted as the needs and requirements of the international public health problem raised by COVID-19 unfold. The suggested recommendations were prepared based on ideal situations, which do not always fit reality. Overall, it is about putting forth a set of tools that serve to guide psychological practices. www.sipsych.org

Action 1: Follow the official recommendations issued by national health organizations, including special measures for collective health care.

Action 2: Only follow official information from national health organizations (who have scientific and evidence-based information) and avoid information of doubtful origin. The infodemic (excessive amount of information that does not allow a solution to the problem) can confuse people and reduce the probability of following the correct recommendations.

Action 3: Practice the social responsibility, community solidarity and calmness in response that the current pandemic situation requires. Discourage behaviors that put other individuals, family and the collective community at risk and promote behaviors that increase personal, family and social well-being.

Action 4: Urge professional psychological institutions to develop Technical Teams for Psychological Care through virtual means (online, telephone, testing) through which to channel emerging consultations and the development of psychoprophylactic strategies (i.e., prevention of disease through promotion of health and well-being through psychological means). The Interamerican Society of Psychology will also be convening its members and coordinating such teams. It is essential that mental health professionals be able to continue psychological care to help mitigate the emotional impacts caused by the spread of the pandemic and the subsequent measures of social isolation. The fundamental principles of human rights and ethical guidelines and principles of national psychological associations must also be followed.

Action 5: Encourage governmental bodies to draw upon the disciplinary and professional resources that psychology provides to comprehensively address the current situation of international health crisis. Psychology has tools to carry out preventive measures, implementation of self-care behaviors and containment measures, as well as to diagnose, counsel and provide psychological care. Psychology also has expertise in risk communication and the development of community participation strategies necessary to face this pandemic. Individual and collective health must be addressed comprehensively: including physically, biologically, psychologically and socially.

RECOMMENDATIONS

How to act in the face of the new situation

It is important not to deny the situation or to take unnecessary measures (for example, through excessive collection of personal and/or household hygiene elements). Fear is likely to lead us to impulsive behaviors of rejection or discrimination of people, even imagining unreal sources

of danger or eventual competitors for certain hygiene products. In such situations it is important to keep in mind that other people are going through the same situation and to share and collaborate with other community members.

Psychologically, people like to have the feeling that we live in a safe environment that we can control. Insecurity and uncertainty can emerge in this type of situation, where there is no clarity about the current phenomenon. Such feelings can lead to anxious behaviors and even selfish behaviors such as an individual search for solutions to problems that are actually collective. For this reason, it is important to be understanding of others, and realize that others could even become our only help and support.

Disorientation, feelings of what to believe, and social disorganization are likely to arise in the face of an outpouring of information that is not consistent. This includes unclear and changing recommendations, which can lead to equally contradictory or disorganized behavior.

People may act differently than usual, trying to channel their fears and concerns through different and irrational behaviors. Though normal, these types of reactions are not helpful psychological responses to face the situation, and therefore psychosocial coping and prosocial behavior strategies must be implemented.

It is important to be cautious and not generate unnecessary alarm: neither magnify the risk nor dismiss its danger to avoid the feeling of fear. The proper handling of official, pertinent and evidence-based information is crucial for deactivating “false alarms,” as well as to calm anxieties and promote more adaptive behaviors.

Fear is a natural response to a situation of uncertainty and bewilderment, and actually also contains an adaptive advantage in that it makes us alert in decision-making. However, you want to avoid letting fear paralyze you.

It is important to keep in mind that not all people will react to crises in the same way; some will present unusual behaviors and even be surprised by their own reactions, some will have greater adaptability to new circumstances while others fail to adapt. It is important that those who cope better with crisis situations become a reference for consultation and help and that they are able to model objectivity, calmness and optimism.

Handling Psychological Symptoms

It is important that when a person presents symptoms of anxiety (continuous nervousness, sustained tension, feelings of imminent danger, excessive worry, difficulty getting interested in other matters, trouble falling asleep, increased heart rate, sweating, rapid breathing, tremors without justified cause, or symptoms of panic), that you try to identify those thoughts or ideas that are causing your discomfort, note and accept them rather than fighting against them, and regain your calm. It can be helpful to name and express the associated emotions. For example,

it could be beneficial to share them with someone in your immediate environment or virtually with a trusted family member, friend or neighbor.

You can also engage in an exercise of questioning the situation that frightens you by searching for qualified information, contrasting empirical evidence and reliable data (but not to excess as this can lead to more anxiety). It can also be very helpful to break away and find alternative activities or topics of conversation. If you are alone it will be important to report your status to a trusted family member, friend or neighbor (i.e. have a “flu buddy”). It is important to communicate with people who can generate peace of mind and avoid alarmists. Other alternatives for symptom management include writing or journaling your thoughts, doing stretching exercises, walking, singing, dancing, slow breathing, and engaging in relaxation or meditation exercises.

Try to recall how you have dealt with stressful situations and gotten through them in the past. People have a certain capacity for resilience that they can use to their advantage in this new situation. When none of this works and the symptoms persist or worsen, specialized help should be sought through a counselor or psychologist. One way to assess the need to resort to a professional is when the anguish becomes unbearable, when you experience thoughts of death, when it becomes difficult to discriminate between real and imaginary events, and when you begin to engage in risky behaviors for yourself or others.

Facing situations of quarantine and social distancing

The primary recommendation to mitigate the spread of the virus through social distancing will likely affect people’s moods and their family environments, not only because they will be confined to their homes, but also because their your daily lives will be interrupted. It is important to keep in mind that one of the most important human characteristics in the contemporary world is the need to establish links with others, and what we need to do to prevent contagion (i.e. social distancing) threatens that basic psychological need.

Fortunately, for many people, virtual social networks provide other interaction environments and through that connectivity we can better overcome physical and social distancing. We also have and multiple, virtual, at-home entertainment options today. However, it is important not to overexpose oneself to virtual media. People need to find creative ways (for example, virtual dinner together, watch same movie and discuss virtually) to spend time and be in communication with friends and coworkers, in the same way as with other members of the family, especially with children who are not in your same house.

Confinement of families in their respective homes will call for adaptation of the normal rules of coexistence and interaction, particularly if only one or just some members are under quarantine. It is normal that conflicts will arise. Remember that people have differing needs for “alone time” and space and respect this. Whenever possible, it’s helpful to maintain regular family habits, online work routines, scheduled study and rest times, play, exercise and

leisure. Personal and family hygiene is of paramount importance, as is following a balanced and nutritious diet and drinking lots of water. Manual activities and physical exercise can play a big role in control of anxiety and can serve as a distraction. Given limited outdoor access, online workout videos or livestreams may be helpful. In short, it will be important to restructure family planning to take into account these variables.

Social distancing can cause widespread discomfort, stress, irritability, anxiety, discouragement, anger, frustration, boredom, fear, and hopelessness. Sleep disturbances may occur, which may even cause you to feel your days and nights run together. It's important not to self-medicate. Try various strategies of distraction; such as keeping busy, physical exercise, reading, music, and movies. You might experience this not only during the restrictions, but it could possibly resurface later, even after the restoration of normal social habits. Finding creative ways to address the impacts of social distancing is as important as following the distancing guidelines.

Overall, it is important to face this critical period with optimism, and to think of it as something temporary as a necessary safeguard for our individual, family and collective health. It could even be a good time to rethink personal and family goals. People can take advantage of seclusion to allocate time to those activities or projects that they otherwise never get to, perhaps even reconnecting or deepening ties with family members and friends.

Information and Communication Management

How to properly inform yourself

As discussed above, a lot of false and contradictory information circulates, so it is vital to go to official agencies for updates. Being properly informed can help to combat fear. At the same time, it is important to avoid information overexposure and not to re-circulate unnecessary information. The best things to recirculate are memes, jokes and humor that aim to de-dramatize the situation, while not perpetuating false information. Humor is always a good resource for dealing with traumatic situations.

How to communicate with children

It is important to keep in mind that the best way to protect and care for children is for adults to attend to their own health, manage exposing children to only pertinent information, and convey the need for hygiene standards and prevention of contagion in simple, matter of fact terms. If adults continually check their cell phones or television for the latest updates on the coronavirus, children have most likely become aware of such behavior. Even young children clearly perceive when adults are concerned; therefore it is necessary to speak calmly and transmit calmness to the best of your ability.

It is not recommended that talking about the subject be prohibited, however. On the contrary, it is recommended that the situation be discussed whenever necessary without exposing

children to an unnecessary saturation of information. You can even take advantage of this health event to teach and practice hygiene, personal, residential and community hygiene guidelines with your child.

Deliberately choose an appropriate time to talk to children about coronavirus, especially a time of day when they can concentrate and are not about to be away from you or go to sleep. Talking just before bedtime, for example, can cause rumination about the information provided and disrupt sleep.

It is very useful to explain the information through pictures, whether predesigned or prepared together with your children. Transmitting information through play with young children is always a good way to transmit ideas, information, behaviors and appropriate actions, in addition to being a pleasant activity which can be relaxing and reinforcing of positive emotions.

It is important to speak to children honestly, not to hide vital information, to correct erroneous ideas, and to respond to doubts, fears and any behavioral manifestations. You should convey security and confidence that the health problem is being adequately addressed and that it will be resolved promptly with effective prevention. In addition, you can convey that the problem won't entail greater health risks if the health regulations are properly followed.

If children ask questions to which you don't know the answer, clear and truthful information should be sought. The use of official and reliable sources of information is again recommended. At the end of this document we offer a series of specially developed teaching resources to explain to children the coronavirus problem as well as other specialized sources of information.

It is also important to provide the necessary time for children to share their own fears. One way to mitigate those fears is by giving children some degree of control over the situation. For example, talking about certain patterns of behavior that the current situation demands, such as washing your hands, not touching your eyes with your hands, and sleeping at the right time, among others. In general, parents are the role models that children usually adopt for themselves, so parental behavior is quite important as described above.

Children tend to care more about their family and friends than about themselves. If they repeatedly hear that their grandparents are more likely to become seriously ill, they may become frightened, so frequent telephone communication with grandparents or elder friends or relatives is recommended to alleviate possible fear.

It is not necessary to absolutely neutralize all feelings of fear in your children, however, since it is normal to feel afraid at certain moments in life. It is important to be able to recognize these feelings, however, and give them proper attention, knowing that this is a transitory

situation, and that at some point life will return to normal, all of which will contribute to developing the ability to face adverse situations (resilience).

Children who are living in facilities away from home may constitute a vulnerable group, and may need to be assisted in a specialized way. Even though the suggestions expressed above can be applied to this group, actions for emotional containment, adequate transmission of information, special hygiene care, should also be planned for them.

How to communicate with adolescents

It is important to keep in mind that adolescents have their own social networks and means of socialization and communication, in which the information disclosed may not always be accurate. Therefore, it's important to talk to adolescents about what they (think they) know and to keep channels of communication open. Perhaps it is a good time to reconnect with your adolescents in a way that is not always possible in modern, daily life.

Although we would hope for a collaborative attitude and a greater commitment to compliance with the existing regulations, it is also possible that an adolescent will exhibit behaviors of rebellion, transgression, annoyance, bad humor, or aggressiveness. Remember that feelings of omnipotence and invulnerability in the face of threats can be characteristic of adolescents in general and can lead to resistance and/or disobeying of the regulations of isolation and confinement at home. While this can be frustrating, it helps to understand such actions as prototypical characteristics of their developmental period, and also in the context of the changes going on around them and the consequent restrictions imposed on them (i.e. not leaving home, not seeing friends face-to-face, etc.).

In the face of these likely behaviors, it is important to point out that it is necessary to take responsibility for your own health, as well as that of your family and friends. It's also important to understand social problems and follow certain agreements on tasks, roles, activities, etc. Individual needs should also be respected to the extent possible as well.

How to communicate with older adults

Older adults represent the most vulnerable population and are themselves aware of this situation, so it is very important to provide psychological assistance that aims to calm anxieties and logical fears. It is also important to provide them with information spaces where they can ask questions about the disease and its possible complications.

It is important to keep in mind that elders are a highly heterogeneous population in terms of health conditions, housing situations and possibilities of self-care, therefore different strategies must be developed for different circumstances.

Prevention and hygiene measures should be very strictly followed with this population. It is likely that many elders will require the assistance of family or neighbors, so the support and solidarity of the community is crucial. Ideally neighborhoods/communities could

develop strategies to help meet specific needs of elders in their area, designating certain neighbors to assist those who require it (for example, picking up groceries or medicines and delivering).

How to communicate with people with severe disabilities

The population of differently abled people may present, at times, a greater need for assistance. This may include accommodations and assistance for individuals at home, or work. Individuals in this group may be more vulnerable and in many cases have special needs to be addressed when it comes to establishing adequate task planning and the new rules of coexistence within the family.

It is important to be alert to possible feelings of bewilderment and anguish that may arise due to the loss of routines and the changes that are introduced in living environments. Restriction of certain daily habits can give rise to various feelings and behaviors: including general discomfort and possibly more aggressive or irritable behaviors, for which strategies of awareness and preparation should be devised whenever possible.

Special care must be taken with regard to those who will face this period of isolation in public or private institutions, so that their rights, the necessary conditions of care, and fulfillment of hygienic and emotional needs, can be guaranteed. It will be important to promote equal and non-discriminatory treatment in terms of access to information and the availability of health resources.

People affected by mental health problems

Another potentially vulnerable group is people who are experiencing mental illness. They may be particularly sensitive to the measures of isolation and seclusion, aggravating their conditions. Consequently, the families and institutions that are charged with the protection of these people must plan specific assistance and monitoring for each of them.

Homeless individuals

This group of people are highly vulnerable to all kinds of discrimination, mistreatment, and lack of consideration even under normal circumstances. During this time, it may be particularly difficult for them to meet the basic hygiene conditions that are being recommended as preventive contagion measures. Therefore, it will be important for state agencies to implement specific actions to ensure their care and guarantee dignified treatment.

How to act as parents

It is important that the parents or adults in the home can maintain, together with others in the household, a routine of activities, tasks and role assignments while the isolation lasts, as this can help promote better adaptation to the new situation. Using teamwork is

recommended, along with acceptance of the situation and a commitment to comply with the established standards.

It is recommended that consistent times be scheduled for each activity, such as cleaning the home, internet connectivity time, physical activity, school or university tasks, among others. In general, it can be helpful to take advantage of this transitional time, as noted above, to connect to family members and perhaps even strengthen family ties. It is important to keep in mind that parents or caretakers will set the example in the home, and the maintenance of daily life activities will depend on them.

When conflict (inevitably) occurs during this time of distancing, as during other times, it is recommended not to be authoritarian with your children or to ignore it, but rather to talk it through with your children and hear everyone's feelings. When this is not possible, or if you find your own emotions too elevated, take a deep breath and perhaps distance yourself for a while and resume the discussion at a later time. As stated above, it will be very important to respect the privacy needs of each family member, as well as their moods, discouragement or helpless feelings. Such feelings can affect any family member, so be aware of this as well.

How to adapt professional psychological practice

In general, avoid face-to-face activity and continue practice through virtual means, whether in individual or group therapy. If this is not possible, apply hygienic recommendations as in any other field of social interaction: use social distancing, avoid physical contact, use face masks if appropriate, wash hands, use hand sanitizer, frequently clean and disinfect the common space, and limit any contacts between patients (in waiting rooms, etc.).

How to collaborate professionally in this situation

It is important that psychologists, as well as the professional institutions that bring them together, engage in informing the public utilizing our expertise, and attend to mental health situations that are occurring or that may eventually arise. For this reason, we call upon the professional community and respective psychological institutions to contribute with their best available resources to face this transnational, public health problem. The presence of trained psychologists in the mass media will be very crucial to put forth a message of calmness and to correct any information being put forth that is not based on well-founded knowledge.

We do not know how long this health event will last, nor can we foresee its multiple effects and repercussions on the mental health of the population. For this reason it is important to prepare adequately, through specific training, the formation of technical teams to address this situation, and attend to the mental health of the agents and professionals involved in field tasks.

It is also necessary to monitor, observe and investigate the individual and social behavior in this specific situation, to inform ourselves in ways that then allows us to make better decisions. Knowledge and research exist in general on facing crises, but it is essential to implement observation strategies and follow-up on specific cases that occur during this period to establish a map of the overall mental health of the population specific to this situation. Then, it will be more possible to support actions to address psychological and psychosocial needs that may arise.

How to collaborate professionally with the government

Psychology is a profession that has a lot to contribute in this critical situation that intersects with public health, not only at the individual, group and social levels, but through design and implementation of policies, programs and actions. For this reason, the government is called upon to consult with relevant psychology professionals and representative institutions to devise actions that also address peoples' mental health needs (emotional, psychological, psychosocial), in addition to physical and/or biological health.

Finally, it is important to recognize that the current crisis situation will not only require the implementation of specific mental health promotion and care strategies during the current pandemic, but also after the normalization of activities due to post-traumatic effects that may arise.

The following are a set of specifically written and designed resources, from a psychological perspective, on facing the emerging, international, public health problem raised by COVID-19.

RESOURCES

- American Psychological Association (2020). *General Resources*. Link: <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>
- Brooks, S. et al. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The Lancet*, 395, 912-920. Link: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)
- CDC (2020). *Coronavirus (COVID-19)*. Link: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ¡Achú! Libro didáctico para explicar a chicos el coronavirus. Link: <https://prsciencetrust.org/wp-content/uploads/prpht/Activity-book-coronavirus-5.pdf>
- Colegio Oficial de la Psicología de Madrid (2020). *Recomendaciones dirigidas a la población para un afrontamiento eficaz ante el malestar psicológico generado por el coronavirus-Covid19*.

- Link: https://www.copmadrid.org/web/files/comunicacion/Comunicado_recomendaciones_para_la_poblacion.pdf
- Colegio Oficial de la Psicología de Madrid (2020). *Orientaciones para la gestión psicológica de la cuarentena por el coronavirus*. Link: https://www.copmadrid.org/web/files/comunicacion/Orientaciones_para_la_gestion_psicologica_de_la_cuarentena_por_el_Coronavirus.pdf
- Colegio Oficial de la Psicología de Madrid (2020). *Recomendaciones para el ejercicio de la Psicología durante la alerta por el Coronavirus*. Link: https://www.copmadrid.org/web/comunicacion/noticias/1460/recomendaciones-el-ejercicio-la-psicologia-la-alerta-el-coronavirus?fbclid=IwAR35vyx_i6p_sCdXCTz7Xd5vXeizCnN5ZFOCmmL19MqDCqS0H82PKqWpeDc
- Colegio Oficial de la Psicología de Madrid (2020). *Recomendaciones psicológicas para explicar a niños y niñas el brote de coronavirus-Covid 19*. Link: http://www.infocop.es/view_article.asp?id=8626&cat=8
- Cómo evitar que los niños sufran con el coronavirus. Link: <https://www.lavanguardia.com/vivo/mamas-y-papas/20200314/474101478562/evitar-ninos-sufran-coronavirus.html>
- Consejo General de la Psicología de España (2017). *Guía para la práctica de la telepsicología*. Link: https://www.copmadrid.org/web/img_db/publicaciones/guia-para-la-practica-telepsicologia-pdf-5ab8b5703d120.pdf
- Coronavirus: Cómo gestionar la angustia que provoca. Link: <https://www.lavanguardia.com/vivo/psicologia/20200307/473975331789/coronavirus-recomendaciones.html>
- Coronavirus: How to protect your mental health. Link: <https://www.bbc.com/news/health-51873799>
- COVID-19 y salud mental: cómo actuar durante el brote. Link: <https://www.agenciasinc.es/Noticias/COVID-19-y-salud-mental-como-actuar-durante-el-brote>
- David Villareal [Perú]. Pandemia del COVID-19 también afecta la salud mental: Aquí recomendaciones para afrontarla. Link: <https://peru21.pe/peru/coronavirus-covid-19-peru-recomendaciones-para-afrontar-psicologicamente-la-pandemia-del-covid-19-noticia/?ref=p21r>
- Gustavo Rigoni [Argentina]. Reflexiones acerca de algunos requerimientos al COVID 19, desde una perspectiva de la Salud en lo Mental. Link: https://www.academia.edu/s/6dfc2709bf?source=ai_email
- Hola! Soy el Coronavirus. Un cuento para explicarles a los chicos sobre el coronavirus Link: <https://www.lavanguardia.com/cribeo/fast-news/20200311/474087214135/hola-soy-coronavirus-cuento-infantil-ninos-padres-manuela-molina-descarga-gratis-ayuda-prevencion.html>
- Hola! Soy el Coronavirus. Un cuento para explicarles a los chicos sobre el coronavirus Link: <https://www.youtube.com/watch?v=ah0U6xbm8po>
- ISAC. (2020). *Briefing note on addressing mental health and psychosocial aspects of COVID-*

19 Outbreak Version 1.1. Link: <https://interagencystandingcommittee.org/system/files/2020-03/MHPSS%20COVID19%20Briefing%20Note%202%20March%202020-English.pdf>

Jaime

Silva

Concha [Chile]. Efectos psicologicos de lacuarentena. Link: <https://psicologia.udd.cl/noticias/2020/03/opinionexperta-efectos-psicologicos-de-la-cuarentena-por-dr-jaime-silva/?fbclid=IwAR3JTKAeHuXxoBbsNMclqcfNSq1FxBQaJF7a9LC6OdHXL8rfmnYyMZI5KE>

José Britos [Paraguay]. Para experto, es errático pensar que normativa cambiará hábitos. Link: https://www.primerahora.com.py/nota/434877-para-experto-es-erratico-pensar-que-normativa-cambiara-habitos?fbclid=IwAR112cd3O2ZHsBn8iHNSWGO7No6JTSRndgDb0q7u1_T8kgy59_91lsC4xLg

Julio Santana [Puerto Rico]. ¿Por qué vaciamos las góndolas de papel de baño? Link: <https://www.elnuevodia.com/estilosdevida/saludyejercicios/nota/porquevaciamoslasgondolasdepapeldebano-2552651/>

Mercedes Bermejo [España]. Claves para el manejo emocional del medio al coronavirus. Link: <https://cuidateplus.marca.com/bienestar/2020/03/13/claves-manejo-emocional-miedo-coronavirus-172371.html>

Paola Zapata [Paraguay]. consejo para sobrellevar con calma la pandemia del COVID-19. Link: <https://www.5dias.com.py/2020/03/consejos-para-sobrellevar-con-calma-la-pandemia-del-covid-19/>

Qué podemos decir a los/as niños/as sobre el Coronavirus (COVID-19)? Link: <https://krisepsykologi.no/que-podemos-decir-a-los-as-ninos-as-sobre-el-coronavirus-covid-19/>

UFM. (2020). *Recomendaciones para el bienestar emocional ante la pandemia por COVID-19*. Departamento de Psicología. Universidad Francisco Marroquín. Guatemala.

Valentina Maltaneres [Argentina]. Coronavirus: acerca del miedo y de nuestros recursos. Link: <https://www.primeraedicion.com.ar/nota/100243776/coronavirus-acerca-del-miedo-y-de-nuestros-recursos/>

Wilson López López [Colombia]. La pandemia del coronavirus y las deficiencias de la comunicación científica global. Link: <https://jasolutions.com.co/calidad-editorial/coronavirus-deficiencias-comunicacion-cientifica-global/>

WHO (2020). *Mental Health Considerations during COVID-19 Outbreak*. Link: https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

Editors:

Dr. Miguel Gallegos

Universidad Nacional de Rosario, UNR, Argentina.

Pontificia Universidade Católica de Minas Gerais, PucMinas, Brasil.

Consejo Nacional de Investigaciones Científicas y Técnicas, CONICET, Argentina.

Contacto: maypsi@yahoo.com.ar

Dr. Carlos Zalaquett

The Pennsylvania State University, USA.

University Park, Pennsylvania, USA.

Contacto: cpz1@psu.edu

Dra. Sandra Elizabeth Luna Sánchez

Universidad Francisco Marroquín, Guatemala.

Contacto: sandraluna@ufm.edu

Dr. Rodrigo Mazo Zea

Universidad Pontificia Bolivariana, Medellín, Colombia.

Contacto: rodrigo.mazo@upb.edu.co

Dra. Blanca Ortiz

Universidad de Puerto Rico, Puerto Rico.

Contacto: b.ortiz@upr.edu

Dr. Julio Penagos-Corso

Universidad de las Américas Puebla, México.

Contacto: julioc.penagoscorso@udlap.mx

Dr. Nelson Portillo

Boston College, USA

Contacto: portilne@bc.edu

Dra. Ivelisse Torres Fernández

Universidad Carlos Albizu, Puerto Rico.

Contacto: itorres@albizu.edu

Dr. Alfonso Ursúa.

Universidad Católica del Norte, Chile.

Contacto: alfonso.urzua@sipsych.org

Dra. Melissa Morgan Consoli

University of California Santa Barbara.

Santa Barbara, California, USA.

Contacto: mmorga4@gmail.com

Dr. Fernando Andrés Polanco

Universidad Nacional de San Luis, UNSL, Argentina.

Consejo Nacional de Investigaciones Científicas y Técnicas, CONICET, Argentina.

Contacto: fernandoapolanco@gmail.com

Dra. Ana Maria Florez

Asociación Panameña de Psicólogos, Panamá.

Contacto: anaflorez@ulatina.edu.pa

English version

Dra. Melissa Morgan Consoli
University of California Santa Barbara
Santa Barbara, California, USA.
Contacto: mmorga4@gmail.com

Portuguese version

Dr. Rodrigo Lopes Miranda
Universidade Católica Dom Bosco, Brasil
Contacto: rlmiranda@ucdb.br