

[4] Efforts to maintain mental health in the general population under the COVID-19 pandemic

The COVID-19 pandemic has caused a variety of changes in daily life around the world. The changes in daily life include legally based restrictions such as locking down cities and limiting the number of people at gatherings, and not legally based changes such as recommendation of working from home and discouragement of dining out and traveling.

The mental health of individuals affected by these changes has been an important public health issue.

The initiatives to maintain the mental health of individuals under the COVID-19 pandemic seem to include,

1. public support measures led by government agencies (e.g., mental health awareness, hotlines, and focused abuse prevention campaigns)
2. support measures led by the private sector and NGOs
3. individual self-coping (e.g., yoga).

In this symposium, we want to gain knowledge on effective supports for mental health in the general population so that we can prepare better for future pandemics and other emergencies.

Applicants are required to submit an abstract responding to the following questions.

- (1) Give an overview of the COVID-19 pandemic in your country (region).
- (2) Describe concerns regarding the mental health of the general population in your country (region) under the COVID-19 pandemic and psychosocial problems such as suicide, child abuse, domestic violence, etc.
- (3) Describe what kind of large-scale measures were taken to address these concerns for the general population and by what agencies and when under the COVID-19 pandemic. The entity can be any public or non-public organization.
 - What efforts have been made to increase the effectiveness of support measures?
 - If effectiveness and operational performance have been assessed, what were the results?
- (4) Describe the individual-level stress-coping methods that were characteristically used under the COVID-19 pandemic.