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**Manuscript Type:** CASE REPORT

**Interpersonal psychotherapy-based psychological intervention for patient suffering from COVID-19: A case report**

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#### Abstract

##### BACKGROUND

Novel coronavirus disease 2019 (COVID-19) was first found in Wuhan, China, and it has rapidly spread worldwide since the end of 2019. There is an urgent need to treat the physical and psychological aspects of COVID-19. Interpersonal psychotherapy (IPT)-based psychological intervention is an evidence-based therapy for depression and post-traumatic stress disorder.

##### CASE SUMMARY

This report describes a case of COVID-19 in a patient who transmitted the disease to his entire family. The patient received four sessions of IPT-based psychological intervention. We used the Hamilton Rating Scale for Depression and Patient Health

#### Match Overview



**1** **Crossref** 15 words  
Jin-wen Huang, Xiao-yi Zhou, Shao-jia Lu, Yi Xu et al. "对围产期新冠肺炎患者开展辩证行为治疗为基础的心理治疗: 案例"

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IPT-based psychological intervention for patient suffering from COV



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<https://pubmed.ncbi.nlm.nih.gov/32425005>

Besides **physical pain**, COVID-19 also induces **psychological distress**, with **depression**, **anxiety**, and stress affecting the general population, quarantined population, medical staff, and **patients** at different levels (Kang et al., 2020; Xiang et al., 2020).

**Cited by:** 3**Author:** Jin wen Huang, Xiao yi Zhou, Shao jia Lu...**Publish Year:** 2020

## [Coronavirus Disease \(COVID-19\): Psychological, Behavioral ...](#)

<https://www.frontiersin.org/research-topics/13561/coronavirus-disease-covid-19...> ▼

While preventive and medical action is the most important at this stage, emergency **psychological crisis interventions** for people affected by **COVID-19** are also critical. This includes direct **interventions for patients**, and indirect for relatives, caregivers, and health care professionals.

## [Long after a Covid-19 infection, mental and neurological ...](#)

<https://www.statnews.com/2020/08/12/after-covid19-mental-neurological-effects-smolder> ▼

Aug 12, 2020 · As many as 1 in 3 **patients recovering from Covid-19** could **experience neurological** or **psychological** after-effects of their **infections**, experts told STAT, reflecting a growing consensus that the...

## [Psychological interventions for people affected by the ...](#)

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Feb 01, 2020 · Relevance to clinical practice Health professionals, especially clinical nurses, need to be aware of the **psychological** status of **COVID-19 patients** ...



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Feb 01, 2020 · During the early stages of the **Covid-19** epidemic, many researchers reported the need to provide **interventions** to support the mental health of people affected by the **Covid-19** crisis [15,16,19,87

## Covid-19: Supporting nurses' psychological and mental ...

<https://onlinelibrary.wiley.com/doi/full/10.1111/jocn.15307?af=R>

Nasrin Galehdar, Aziz Kamran, Tahereh Toulabi, Heshmatolah Heydari, Exploring nurses' experiences of **psychological** distress during care of **patients** with **COVID-19**: a qualitative study, BMC Psychiatry, 10.1186/s12888-020-02898-1, 20, 1, (2020).

Cited by: 12

Author: Jill Maben, Jill Maben, Jackie Bridges

Publish Year: 2020

## [PDF] Dialectical behavior therapy-based psychological ...

<https://link.springer.com/content/pdf/10.1631/jzus.B2010012.pdf>

The present report demonstrated the use of DBT- based psychological intervention for a patient with COVID-19 during late **pregna ncy** and **early postpartum**. The particular techniques adopted included **mindful- ness** and **relaxation exercise**, **distress tolerance skills**, and interpersonal relationship skills.

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Author: Jin wen Huang, Xiao yi Zhou, Shao jia Lu, Yi...

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**Author:** Jin wen Huang, Xiao yi Zhou, Shao jia Lu...

**Publish Year:** 2020

## Qualitative study of the psychological experience of COVID ...

<https://www.sciencedirect.com/science/article/pii/S0165032720326458>

The psychological experience of COVID-19 patients during **hospitalization** could be summarized into five themes. Firstly, attitudes toward the **disease** included **fear**, **denial**, and **stigma** during the early