

Vademecum bibliografico

Pandemia e salute mentale: bibliografia e sitografia

*La salute fisica ha un
profondo legame di
reciprocità con la
salute mentale*



CORONAVIRUS

Task force psicologica Covid-19

La realtà che si è imposta con la pandemia ha sollecitato diversi approcci e sguardi, per comprenderla, per gestirla, per ricavarne elementi di riflessione e orientare soprattutto la presa a carico del disagio conseguente l'impatto del virus. A livello internazionale si è constatato ancora una volta come la salute fisica non possa prescindere dalla salute mentale e le due sono intimamente connesse e legate. La comunità scientifica, le associazioni specialistiche e i media sono stati reattivi durante l'emergenza sanitaria. Nella fase acuta della pandemia le crescenti risorse di informazioni sono state oggetto di una *veglia* bibliografica ragionata, una selezione è presentata nelle pagine seguenti.

Per approfondire i temi di attualità sono a disposizione diverse risorse sul territorio, a partire dalla Biblioteca dell'Organizzazione sociopsichiatrica cantonale (OSC) così come le Biblioteche SUPSI, in particolare del Dipartimento economia aziendale, sanità e sociale (DEASS), aperte ai professionisti e al pubblico interessato. La maggior parte degli articoli scientifici sul COVID-19 sono di libero accesso.

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Articoli scientifici

Salute mentale e popolazione generale

Adhanom Ghebreyesus T. *Addressing mental health needs: an integral part of COVID-19 response – Editorial*. *World Psychiatry* 2020;19(2):129-130. <https://onlinelibrary.wiley.com/doi/epdf/10.1002/wps.20768>

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Shevlin M, Nolan E, Owczarek M et al. *COVID-19-related anxiety predicts somatic symptoms in the UK population*. *PsyArXiv*, 30 April 2020. <https://psyarxiv.com/ydvc7>

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Salute mentale e salute pubblica

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Salute mentale e operatori sanitari

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7112608/>

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<https://www.bmj.com/content/369/bmj.m1541>

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*Salute mentale e
pazienti Covid-19*

Liu JJ, Bao Y, Huang X, Shi J, Lu L. *Mental health considerations for children quarantined because of COVID-19*. *Lancet Child and Adolescent Health* 2020; 4(5):347-349.

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7102525/>

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[https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30165-X/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30165-X/fulltext)

Publicazioni e risorse

Raccomandazioni

Standard di qualità interventi online

Federazione Svizzera delle psicologhe e degli psicologi (FSP)

<https://www.psychologie.ch/it/diritto-e-qualita/deontologia-e-qualita/standard-di-qualita-interventi-online>

Mental health and psychosocial considerations during the COVID-19 outbreak

Organizzazione Mondiale della Sanità (OMS)

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf> (en)

<https://apps.who.int/iris/rest/bitstreams/1273266/retrieve> (fr)

EFPA Psychologists' Support Hub about COVID-19 crisis

European Federation of Psychologists' Associations

https://efpa.magzmaker.com/covid_19

Solidarietà e lavoro gratuito: la professione ha bisogno di chiarezza.

Consiglio Nazionale Ordine Psicologi (I)

<https://www.psy.it/solidarieta-e-lavoro-gratuito-la-professione-ha-bisogno-di-chiarezza.html>

The psychological needs of healthcare staff as a result of the Coronavirus pandemic. Guidance

British Psychological Society

<https://www.bps.org.uk/sites/www.bps.org.uk/files/News/News%20-%20Files/Psychological%20needs%20of%20healthcare%20staff.pdf>

Practice Guidance for Covid-19

American Psychiatric Association

<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus/practice-guidance-for-covid-19>

Gestire la salute mentale e gli aspetti psicosociali dell'epidemia di Covid-19.

Nota informativa

Inter-Agency Standing Committee

<https://interagencystandingcommittee.org/system/files/2020-03/IASC%20Interim%20Briefing%20Note%20on%20COVID-19%20Outbreak%20Readiness%20and%20Response%20Operations%20-%20MHPSS.%20%28Italian%29.pdf>

Strumenti di lavoro

BPS advises meeting the psychological needs of people recovering from severe Coronavirus is important to promoting recovery

The British Psychological Society (21 April 2020)

<https://www.bps.org.uk/news-and-policy/bps-advises-meeting-psychological-needs-people-recovering-severe-coronavirus>

Coping with stress

CDC USA, Centers for disease control and prevention

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Disaster mental health services: a guidebook for clinicians and administrators

Young BH, Ford JD, Ruzek JI, et al. National Center for Post-Traumatic Stress Disorder (USA.), 1998. <https://www.hsdl.org/?view&did=441325>

Io resto a casa! Consigli e attività per mantenersi attivi

Servizio di psicologia dell'invecchiamento, Università degli studi di Padova

http://labi.psy.unipd.it/sites/default/files/opuscolo_.pdf

Parenting and caregiving: advice and guidance on caring for, educating and supporting loved ones during COVID-19

American Psychological Association

<https://www.apa.org/topics/covid-19/parenting-caregiving/>

Protecting the psychological wellbeing of healthcare staff during the coronavirus pandemic

The British Psychological Society (31 March 2020)

<https://www.bps.org.uk/news-and-policy/protecting-psychological-wellbeing-healthcare-staff-during-coronavirus-pandemic>

Psychologist leads innovative approach to tackle psychological toll of Covid-19

Greenbaum Z, American Psychological Association (10 March 2020)

<https://www.apa.org/news/apa/2020/03/psychologist-covid-19>

Treating front-line workers: A step-by-step guide

Arnold KD, Skillings JL, 1 May 2020.

https://www.apaservices.org/practice/news/front-line-workers-covid-19?utm_source=twitter&utm_medium=social&utm_campaign=apa-pandemics&utm_content=treating-front-lines

*Pubblicazioni Task force
psicologica Covid-19*

Breve guida psicologica tascabile per tempi difficili

https://www4.ti.ch/fileadmin/DSS/DSP/UMC/malattie_infettive/Coronavirus/Vademecum_Covid19.pdf

Breve guida psicologica per la fase 2

https://www4.ti.ch/fileadmin/DSS/DSP/UMC/malattie_infettive/Coronavirus/PSI_Vademecum_Fase_2.pdf

Consigli pratici per i genitori

https://www4.ti.ch/fileadmin/DSS/DSP/UMC/malattie_infettive/Coronavirus/PSI_Guida_genitori.pdf

Consigli pratici per le/i docenti

https://www4.ti.ch/fileadmin/DSS/DSP/UMC/malattie_infettive/Coronavirus/PSI_Guida_docenti.pdf

Coronavirus e fragilità psichiche

https://www4.ti.ch/fileadmin/DSS/DSP/UMC/malattie_infettive/Coronavirus/PSI_Fragilita_psichiche.pdf

Elaborazione del lutto

https://www4.ti.ch/fileadmin/DSS/DSP/UMC/malattie_infettive/Coronavirus/Flyer_Lutto.pdf

*Articoli di giornale e
altre pubblicazioni*

Coronavirus tempesta perfetta per la nostra psiche

Silini C, Corriere del Ticino (14 marzo 2020)

<https://www.cdt.ch/ticino/coronavirus-tempesta-perfetta-per-la-nostra-psiche-CE2464567>

Come affrontare la quarantena in modo sereno

Ticinonews (19 marzo 2020)

<https://www.ticinonews.ch/ticino/498568/come-affrontare-la-quarantena-in-modo-sereno>

Keeping the Coronavirus from infecting health-care workers what Singapore's and Hong Kong's success is teaching us about the pandemic

Gawande A, The New Yorker (21 March 2020)

<https://www.newyorker.com/news/news-desk/keeping-the-coronavirus-from-infecting-health-care-workers>

L'estremo saluto: il rito "inutile" (ma necessario).

Savagnone G, Giustizia insieme (29 marzo 2020)

<https://www.giustiziainsieme.it/it/diritto-dell-emergenza-covid-19/939-funerali-il-rito-inutile-ma-necessario>

Cosa ci sta insegnando la pandemia da COVID-19 sulle disuguaglianze e sulla sostenibilità dei nostri sistemi sanitari?

EuroHealthNet (Aprile 2020) <https://eurohealthnet.eu/covid-19-it>

Il dolore invisibile dei medici in corsia contro il coronavirus

Camilli A, Internazionale (1 aprile 2020)

<https://www.internazionale.it/reportage/annalisa-camilli/2020/04/01/coronavirus-psicologi-medici-infermieri>

Ansia, insonnia e paura sono assolutamente normali

Ticinonews (4 aprile 2020)

<https://www.ticinonews.ch/ticino/499098/ansia-insonnia-e-paura-sono-assolutamente-normali>

Covid-19, le emozioni dei bambini

Grignoli V, Azione (6 aprile 2020)

<https://www.azione.ch/societa/dettaglio/articolo/covid-19-le-emozioni-dei-bambini.html>

La pandemia nella testa di chi soffre di una malattia psichiatrica

Rizzo G, Internazionale (21 aprile 2020)

https://www.internazionale.it/reportage/giuseppe-rizzo/2020/04/21/pandemia-malattia-psichiatrica?fbclid=IwAR242fHp2Shm5Zt2hZCagUJkar8b_xzNN7t1TIDcmt9Eu8qinTxUnhMwFgc

Le sfide del coronavirus: le risorse dentro di noi

Gehring F, SEV, Giornale del sindacato del personale dei trasporti (21 aprile 2020)

<https://sev-online.ch/it/aktuell/kontakt.sev/2020/le-sfide-del-coronavirus-le-risorse-dentro-di-noi-2020042105-1/>

La santé psychique des patients atteints du Covid-19 est mise à mal

Scuderi F, Le Temps (27 avril 2020)

<https://www.letemps.ch/sciences/sante-psychique-patients-atteints-covid19-mise-mal>

Lorenzo Pezzoli: “Un tempo di sosta per riuscire a ripartire”

Silini C, Corriere del Ticino (5 maggio 2020)

<https://www.cdt.ch/cultura-e-societa/lorenzo-pezzoli-un-tempo-di-sosta-per-riuscire-a-ripartire-XX2642022>

Diversi contributi su desiderio, adolescenti in relazione al coronavirus

Minotauro. Istituto di analisi dei codici affettivi

<https://minotauro.it/category/cultura-e-societa/>

Risultati dello studio su stress e sintomi depressivi durante il lockdown del coronavirus

De Quervain D, Università di Basilea

https://535c69ec-628d-4bdc-a00b-ce231570ca17.filesusr.com/ugd/217def_b9df06f99208456ebdb831dfb5b776ed.pdf

Speciale Covid-19

Babele. Rivista di medicina, psicologia e pedagogia. Numero monografico, 2020

http://www.ortofonologia.it/wp-content/uploads/2020/04/babele_vol_covid19.pdf

Vademecum psicologico coronavirus per i cittadini

Perché le paure possono diventare panico e come proteggersi con comportamenti adeguati, con pensieri corretti e emozioni fondate

Consiglio Nazionale Ordine Psicologi (I)

<https://www.psy.it/vademecum-psicologico-coronavirus-per-i-cittadini-perche-le-paure-possono-diventare-panico-e-come-proteggersi-con-comportamenti-adequati-con-pensieri-corretti-e-emozioni-fondate>

Umberto Galimberti sul Coronavirus

Galimberti U, Feltrinelli Editore (28 febbraio 2020). <https://youtu.be/-OMKYw-XaGg>

Effets psychologiques, méditation et vie de couple au temps du Covid-19

Ospiti: Schneider A, André C, Guéret C, Rebeih A, Inter France (24 mars 2020).

<https://www.franceinter.fr/emissions/grand-bien-vous-fasse/grand-bien-vous-fasse-24-mars-2020-0>

Il lutto ai tempi del coronavirus

Gelati P, Ordine degli psicologi (25 marzo 2020).

<https://www.youtube.com/watch?v=FRP1O6lfJEw&feature=youtu.be>

Le coronavirus, perspectives historiques, avec Guillaume Lachenal

Lachenal G, Paroles d'histoire (25 mars 2020).

<https://parolesdhistoire.fr/index.php/2020/03/25/100-le-coronavirus-perspectives-historiques-avec-guillaume-lachenal/>

Psicologia dell'emergenza

Ospite: Fernandez I, Stella Dini V, Pagani M, RSI – Laser (26 marzo 2020).

<https://www.rsi.ch/play/radio/laser/audio/psicologia-dellemergenza?id=12872030>

Il dono al tempo del contagio: la prospettiva psicologica (5./5)

Ospite: Pusterla C, Bianda E, RSI – Diderot (3 aprile 2020).

<https://www.rsi.ch/rete-due/programmi/cultura/diderot/Il-dono-al-tempo-del-contagio-12801687.html>

Non ci resta che attendere

Ospiti: Bigolin F, Paoletti F, Luraschi C, Pezzoli L, Sacchi N.

Tognola S, RSI – Liberamente (6 aprile 2020).

<https://www.rsi.ch/rete-uno/programmi/intrattenimento/liberamente/Non-ci-resta-che-attendere-12903587.html>

Disobbedienza

Ospiti: Dubey C, Spinedi C, Cortesi M, Giuffrida A, Pezzoli L, Sacchi N.

Tognola S, RSI – Liberamente (8 aprile 2020).

<https://www.rsi.ch/rete-uno/programmi/intrattenimento/liberamente/Disobbedienza-12903665.html>

Nessun grado di separazione

Ospiti: Killer S, Bacchetta E, Lang M, Pezzoli L.

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Il ritorno al lavoro tra difficoltà e incognite

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<https://www.rsi.ch/play/tv/il-quotidiano/video/il-ritorno-al-lavoro-tra-difficolta-e-incognite?id=13024277>

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Link

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Covid-19*

Ufficio del medico cantonale

<https://www4.ti.ch/dss/dsp/covid19/home/>

Ufficio federale della sanità pubblica

<https://www.bag.admin.ch/bag/it/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html>

Organizzazione mondiale della sanità – Europa

<http://www.euro.who.int/fr/health-topics/health-emergencies/coronavirus-covid-19>

*Siti web salute mentale e
Covid-19*

American Psychiatric Association

APA Coronavirus Resources

<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>

American Psychological Association

Covid-19 – Free articles from APA Journals

https://www.apa.org/pubs/highlights/covid-19-articles?utm_source=twitter&utm_medium=social&utm_campaign=apa-pandemics&utm_content=covid-free-articles

British psychological society

Coronavirus resources

<https://www.bps.org.uk/responding-coronavirus>

Federazione svizzera dei medici psichiatri-psicoterapeuti (FMPP)

Informations spécialisées du FMPP sur la pandémie actuelle de coronavirus

<https://www.psychiatrie.ch/fr/fmpp/prises-de-position-et-publications/informations-actuelles-sur-la-pandemie-de-coronavirus/#c8050>

Federazione svizzera delle psicologhe e degli psicologi (FSP)

Domande frequenti sul coronavirus

<https://www.psychologie.ch/it/le-domande-piu-frequenti-sul-coronavirus>

Mental Health Europe MHE

Coronavirus: 8 ways to look after your mental health

<https://www.mhe-sme.org/covid-19/>

Organizzazione mondiale della sanità – Europa

Mental health and Covid-19

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance-OLD/coronavirus-disease-covid-19-outbreak-technical-guidance-europe-OLD/mental-health-and-covid-19>

Salutepsi.ch

Salute mentale e Covid-19

<https://www.santepsy.ch/it/pages/sante-mentale-covid-19/salute-mentale-e-covid-19-910>

Société Suisse de Psychologie de la Santé (SSPSyS)

Covid-19: Informations du Comité sur la situation actuelle

<https://healthpsychology.ch/actualites/>

Society for health psychology

COVID-19 Resources for psychologists, patients & healthcare providers

<https://societyforhealthpsychology.org/resources/covid-19-resources-for-psychologists-patients-healthcare-providers/>

Arte

Cartoonists around the world take on a global pandemic

<https://www.politico.com/cartoons/2020/03/26/cartoonists-around-the-world-take-on-a-global-pandemic-000141>

<https://www.politico.com/tag/cartoon-carousel>

On learning from loss: rereading 'mourning and melancholia'

<https://www.ucl.ac.uk/psychoanalysis/learning-loss-rereading-mourning-and-melancholia>

King Lear under COVID-19 lockdown

Sinha A, JAMA Network 2020; 323(18):1758-1759.

<https://jamanetwork.com/journals/jama/fullarticle/2764654>

Mendrisio, 15 maggio 2020