Behavioral alterations due to coronavirus disease 2019

Alteraciones conductuales por la enfermedad por coronavirus 2019

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Dear Editor,

With great interest we have read the research by Galindo et al., in which a study was carried out through an online survey in the general population with the purpose to determine behavioral alterations due to coronavirus disease 2019 (COVID-19). For this reason, we consider relevant to propose three therapeutic support measures in different populations:

- CONVIDA Line: it is a mobile psychological help line that allowed a marked reduction, of 60%, of symptoms of anxiety and depression in the Cuban population; therefore, implementing it in Peru could be highly useful.¹
- Cognitive-behavioral techniques: based mainly on “thought stopping” for avoiding negative ideas that only cause considerable damage at the emotional level.²

- Social networks: pages of updated information via social networks on preventive measures specifically addressing problems of anxiety and depression, in order to help coping with COVID-2019 in a more realistic form.²

In conclusion, psychological counseling by duly trained professionals is vital for being able to help with the treatment of the emotional imbalance caused by COVID-19 in different populations.

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