

Psycho-Neuro-Endocrino-Immunology, a Solution to the Epidemic of Covid-19

Shokouh Rezaei¹, Yahya Sefidbakht^{*1}, Maedeh Soltani¹ and Narges Tavana²

The prevalence of COVID-19 in the world has caused stress among individuals due to fear of infection and economic and social harm. Research has shown that patients and even healthy people experience some neuropsychiatric symptoms, and changes in the endocrine and immune systems suggest a link between SARS-CoV-2 and changes in the brain and behavior. The interaction of these factors on the mental health of patients. Therefore, people are required to define the boundaries of their relationships and must define some boundaries in order to protect themselves and their mental health. Therefore, controlling this crisis requires medical, ethical and psychiatric care. In this article, considering the effects of Covid-19 on the psychological dimension, the therapeutic effect of science entitled "Psychoneuroimmunoendocrinology", which shows the interaction between mind and body, is described. There are also solutions to have a healthy mind and modulate the immune system. Finally, in order to get acquainted with this scientific field and its importance, research centers and scientific journals that work in this field are introduced.

Keywords: Covid-19, Psychoneuroimmunoendocrinology, SARS-CoV-2, Psychoneuroimmunology, Mental Health, Immune System, Centres of Psychoneuroimmunology

* Author for Correspondence, Assistant Professor, Tel: +98 21 229905021, E-mail: y_sefidbakht@sbu.ac.ir

¹ Faculty of Biological Sciences, Shahid Behesti University, Tehran, Iran

² Faculty of Chemistry and Petroleum, Shahid Beheshti University, Tehran, Iran