Einsamkeit
in Zeiten der Coronakrise

Manfred Spitzer

SARS-CoV-2 und Covid-19

Virus

Krankheit

COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)

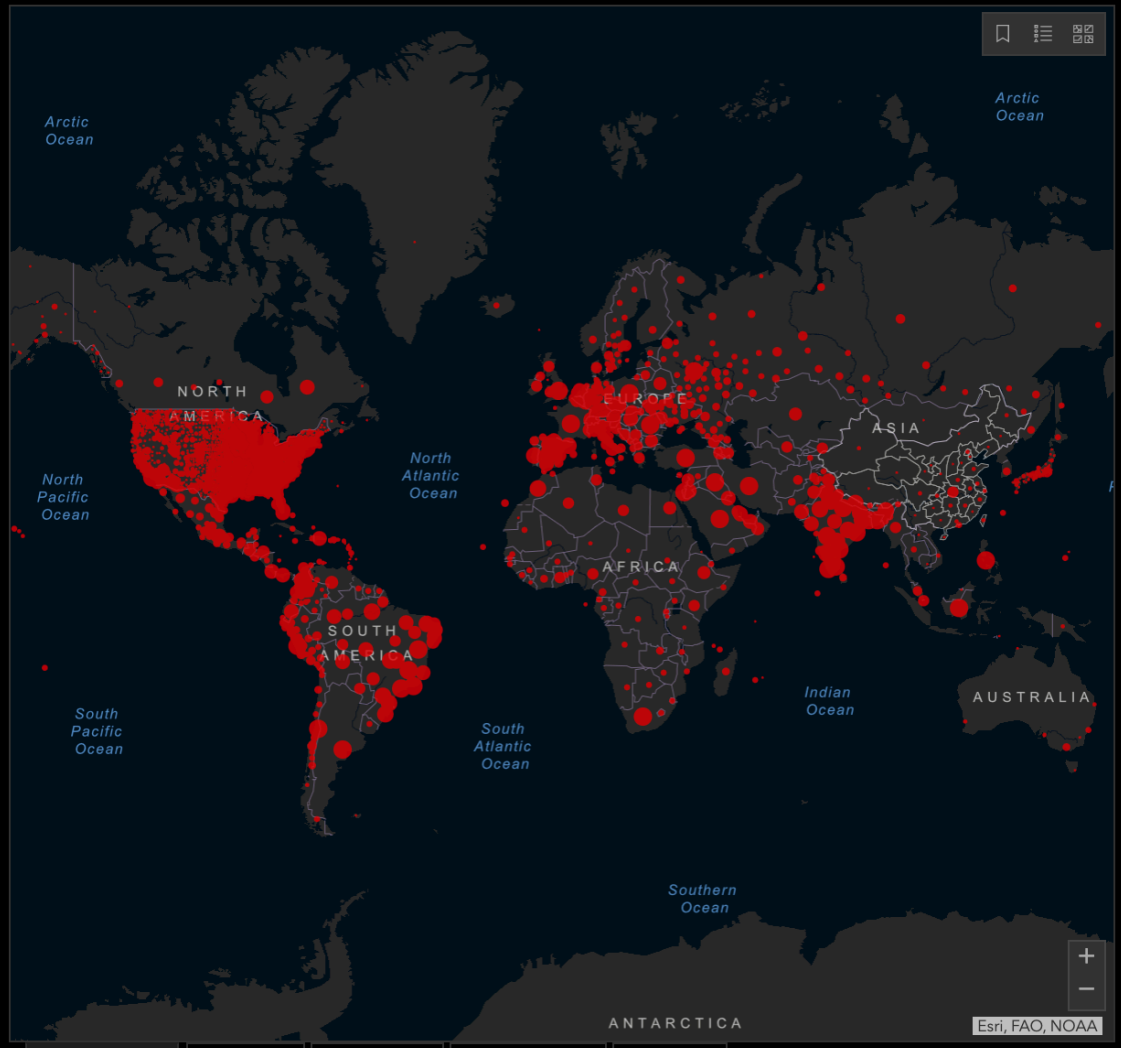
Global Cases
53.319.463

Cases by Country/Region/Sovereignty

10.736.082	US
8.728.795	India
5.810.652	Brazil
1.915.677	France
1.865.395	Russia
1.458.591	Spain
1.321.031	United Kingdom
1.296.378	Argentina
1.182.697	Colombia
1.107.303	Italy
997.393	Mexico
930.237	Peru
785.093	Germany
746.945	South Africa
738.322	Iran
665.547	Poland
528.030	Chile
527.808	Ukraine
525.012	Belgium
514.496	Iraq
457.735	Indonesia

Admin0 | Admin1 | Admin2

Last Updated at (M/D/YYYY)
11/14/2020, 5:29 vorm.



Cumulative Cases | Active Cases | Incidence Rate | Case-Fatality Ratio | Testing Rate

191
countries/regions

Lancet Inf Dis Article: Here. Mobile Version: Here. Data sources: Full list. Downloadable database: GitHub, Feature Layer.
Lead by JHU CSSE. Technical Support: Esri Living Atlas team and JHU APL. Financial Support: JHU, NSF, Bloomberg Philanthropies and Stavros Niarchos Foundation. Resource support: Slack, Github and AWS. Click *here* to **donate** to the CSSE dashboard team, and other JHU COVID-19 Research Efforts. FAQ. Read more in this blog. Contact US.

Global Deaths
1.302.008

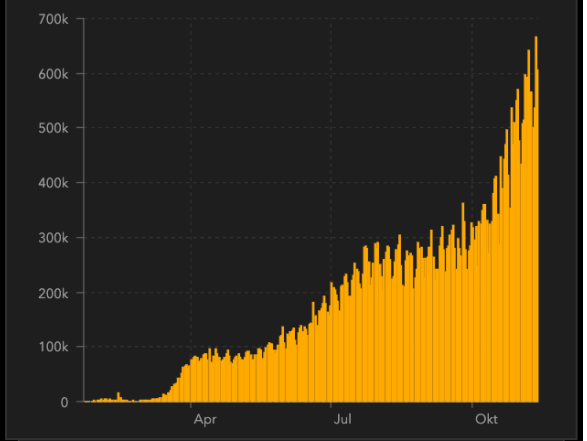
244.304 deaths	US
164.737 deaths	Brazil
128.668 deaths	India
97.624 deaths	Mexico
51.396 deaths	United Kingdom
44.139 deaths	Italy
42.600 deaths	France
40.769 deaths	Spain
40.582 deaths	Iran
35.067 deaths	Peru

Global Deaths

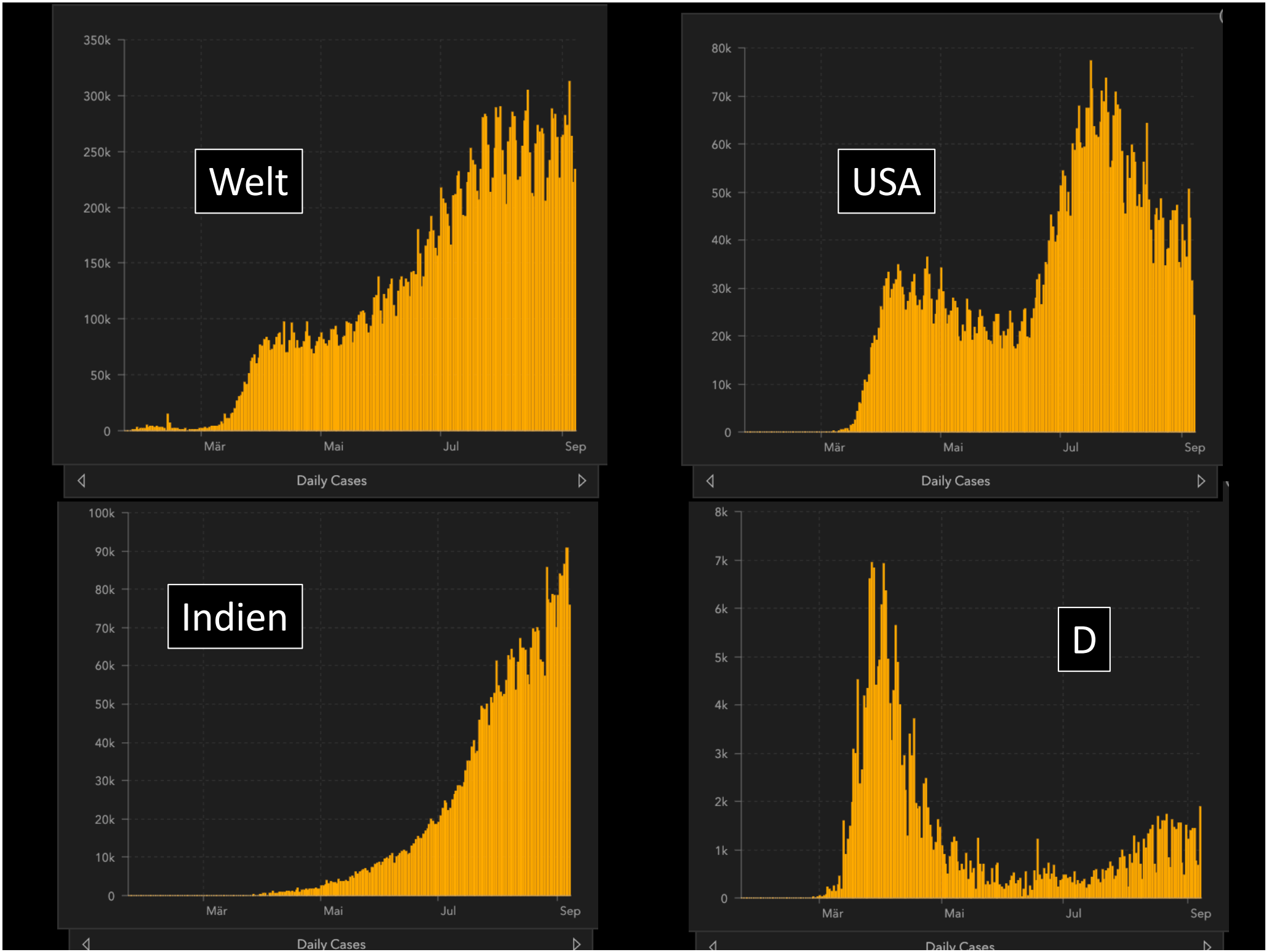
US State Level
Deaths, Recovered

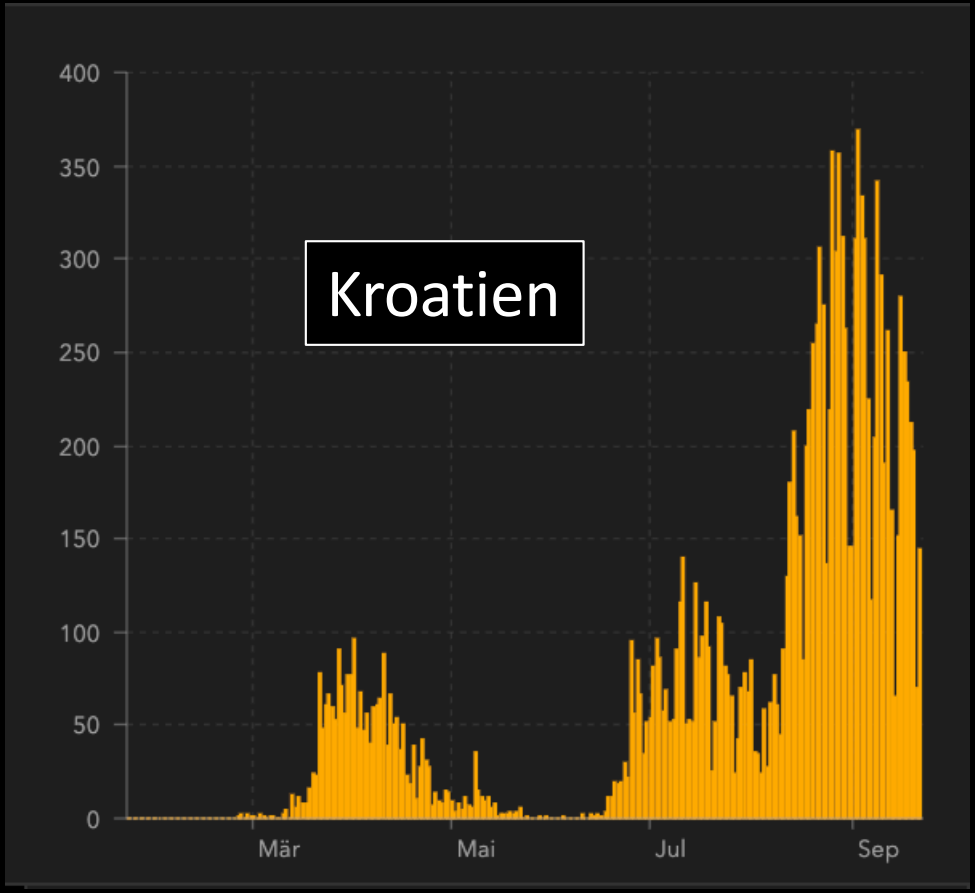
33.993 deaths, 81.390 recovered	New York US
19.785 deaths, 850.648 recovered	Texas US
18.205 deaths, recovered	California US
17.445 deaths, recovered	Florida US
16.522 deaths, 39.052 recovered	New Jersey US
10.891 deaths, recovered	Illinois US
10.265 deaths, 137.422 recovered	Massachusetts US
9.210 deaths, 178.070 recovered	Pennsylvania US

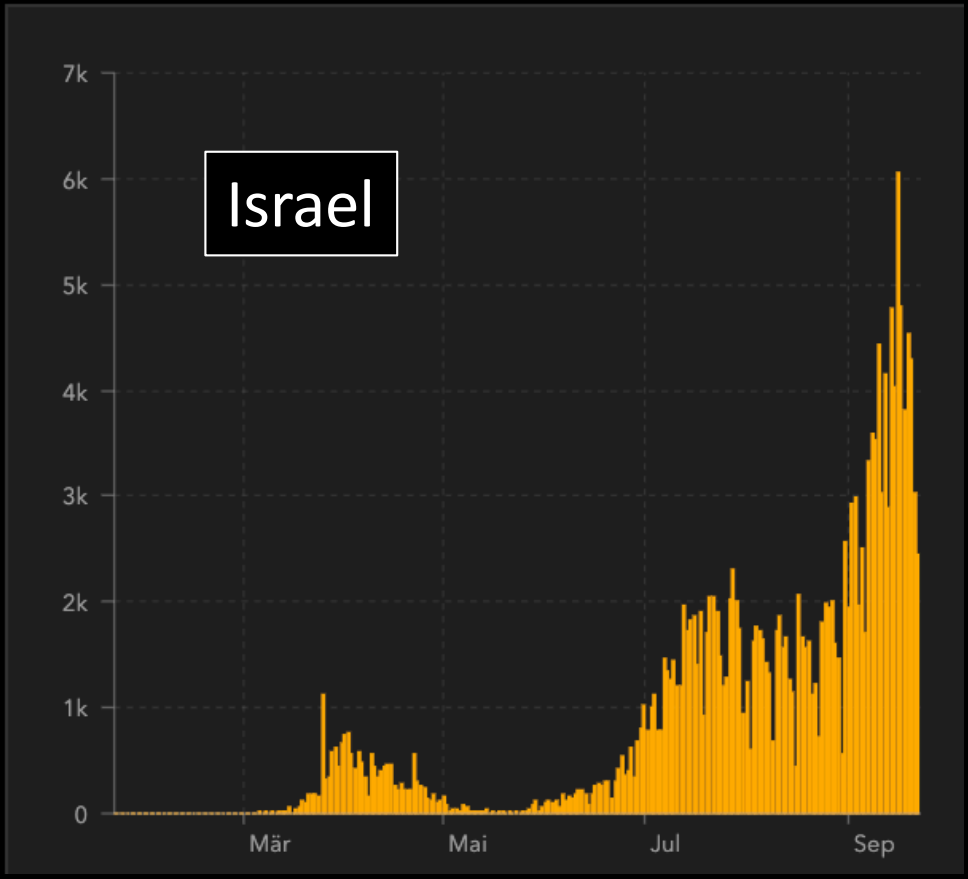
US Deaths, Recovered

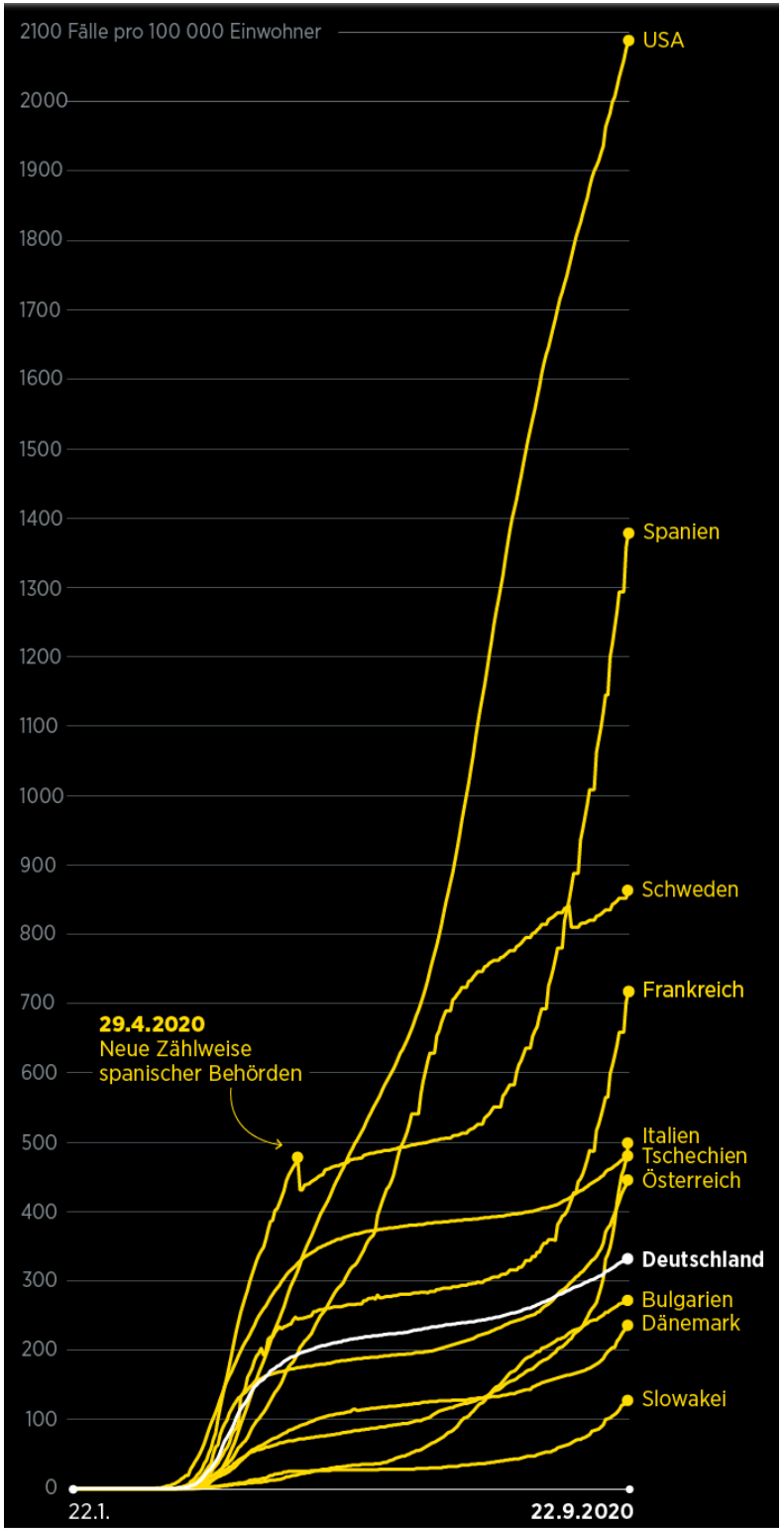


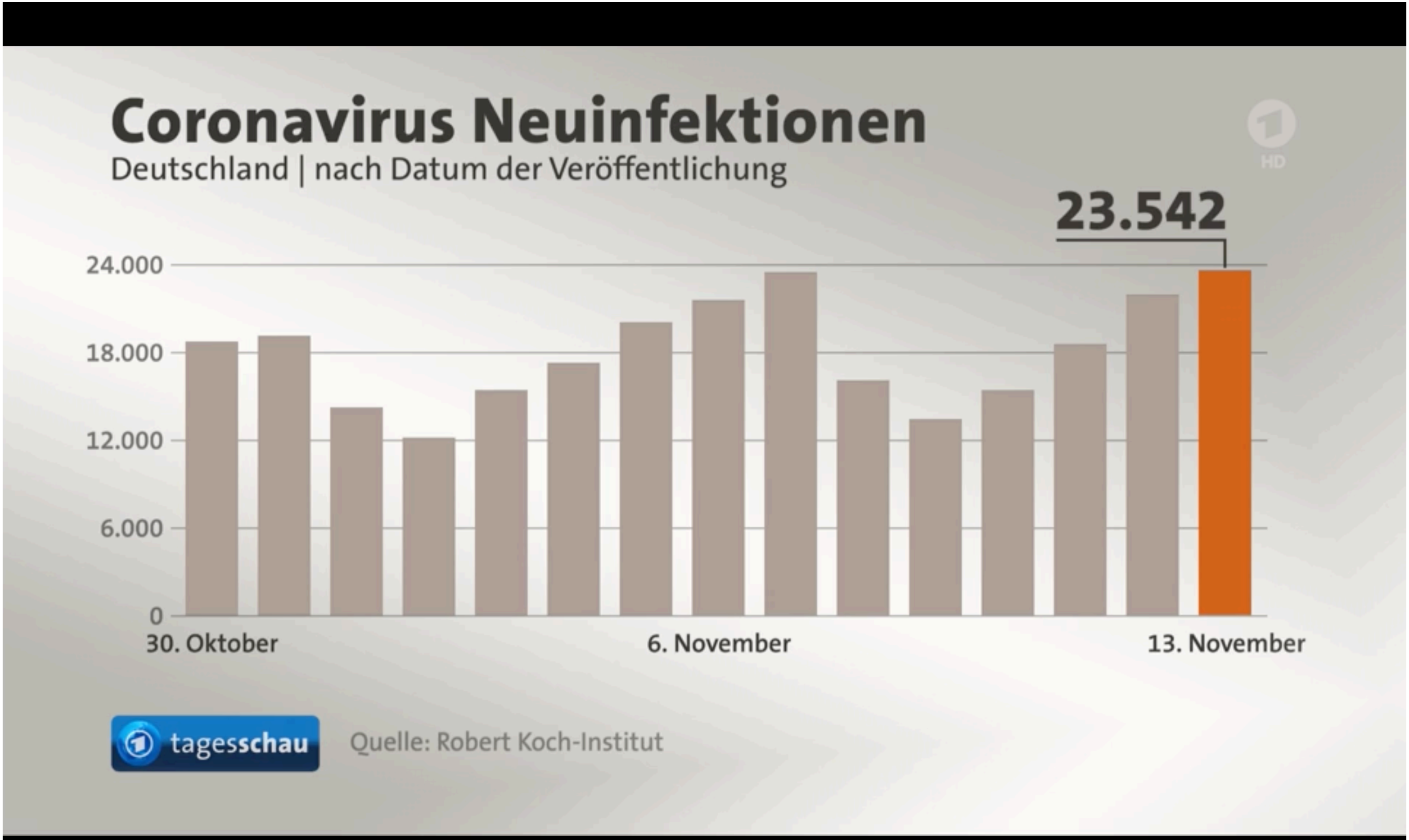
Daily Cases


Welt
350k
300k
250k
200k
150k
100k
50k
0
Mär
Mai
Jul
Sep
Daily Cases
USA
80k
70k
60k
50k
40k
30k
20k
10k
0
Mär
Mai
Jul
Sep
Daily Cases
Indien
100k
90k
80k
70k
60k
50k
40k
30k
20k
10k
0
Mär
Mai
Jul
Sep
Daily Cases
D
8k
7k
6k
5k
4k
3k
2k
1k
0
Mär
Mai
Jul
Sep
Daily Cases


Kroatien
400
350
300
250
200
150
100
50
0
Mär
Mai
Jul
Sep


Israel
7k
6k
5k
4k
3k
2k
1k
0
Mär
Mai
Jul
Sep


2100 Fälle pro 100 000 Einwohner
2000
1900
1800
1700
1600
1500
1400
1300
1200
1100
1000
900
800
700
600
500
400
300
200
100
0
22.1.
22.9.2020
USA
Spanien
Schweden
Frankreich
Italien
Tschechien
Österreich
Deutschland
Bulgarien
Dänemark
Slowakei
29.4.2020
Neue Zählweise
spanischer Behörden


Coronavirus Neuinfektionen
Deutschland | nach Datum der Veröffentlichung
23.542
24.000
18.000
12.000
6.000
0
30. Oktober
6. November
13. November
tagesschau
Quelle: Robert Koch-Institut

14.11.2020.

- **Neuinfektionen**: Die Gesundheitsämter meldeten nach Angaben des Robert Koch-Instituts (RKI) **22.461** Neuinfektionen. Das sind 1081 Fälle weniger als am Freitag

14.11.2020.

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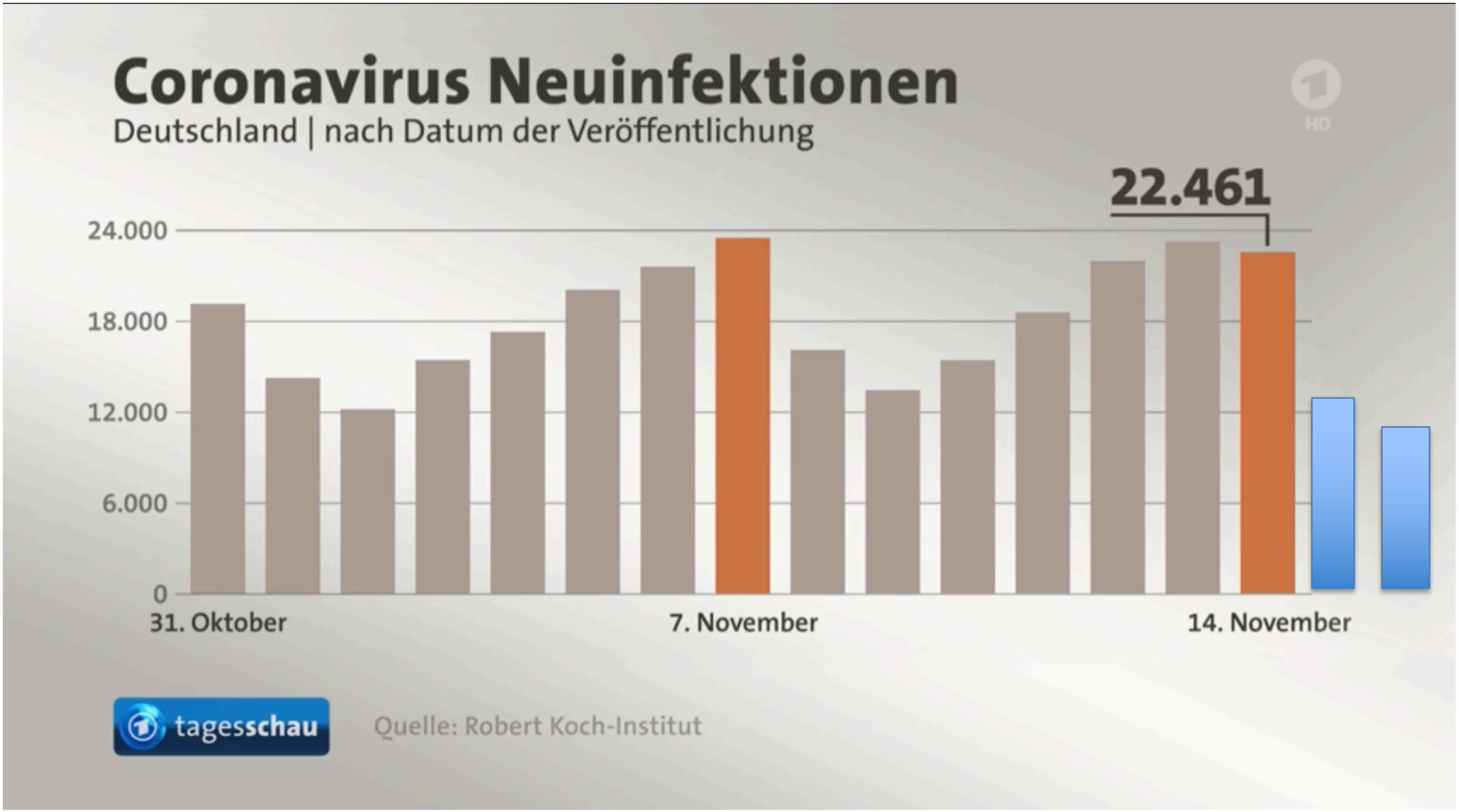
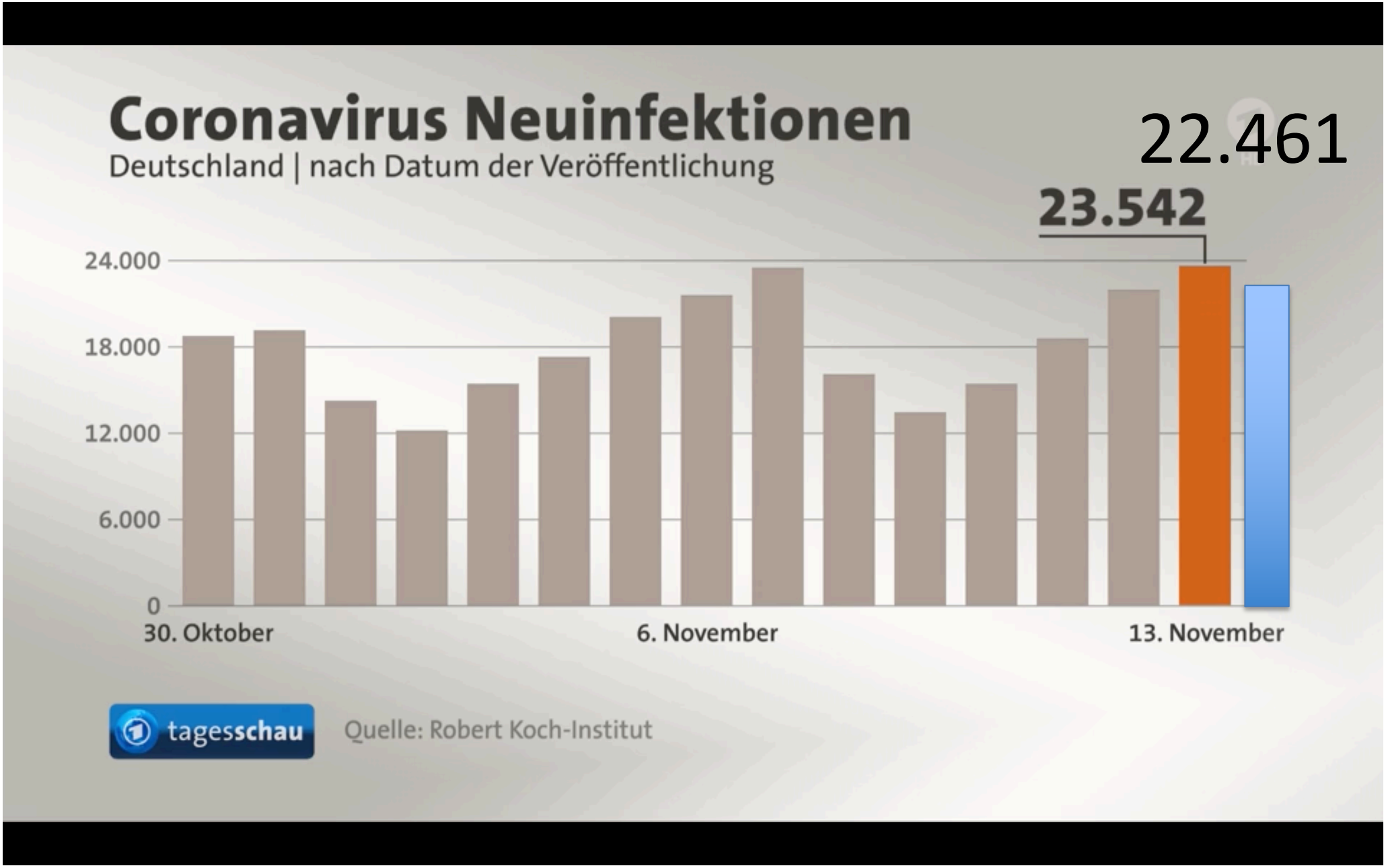
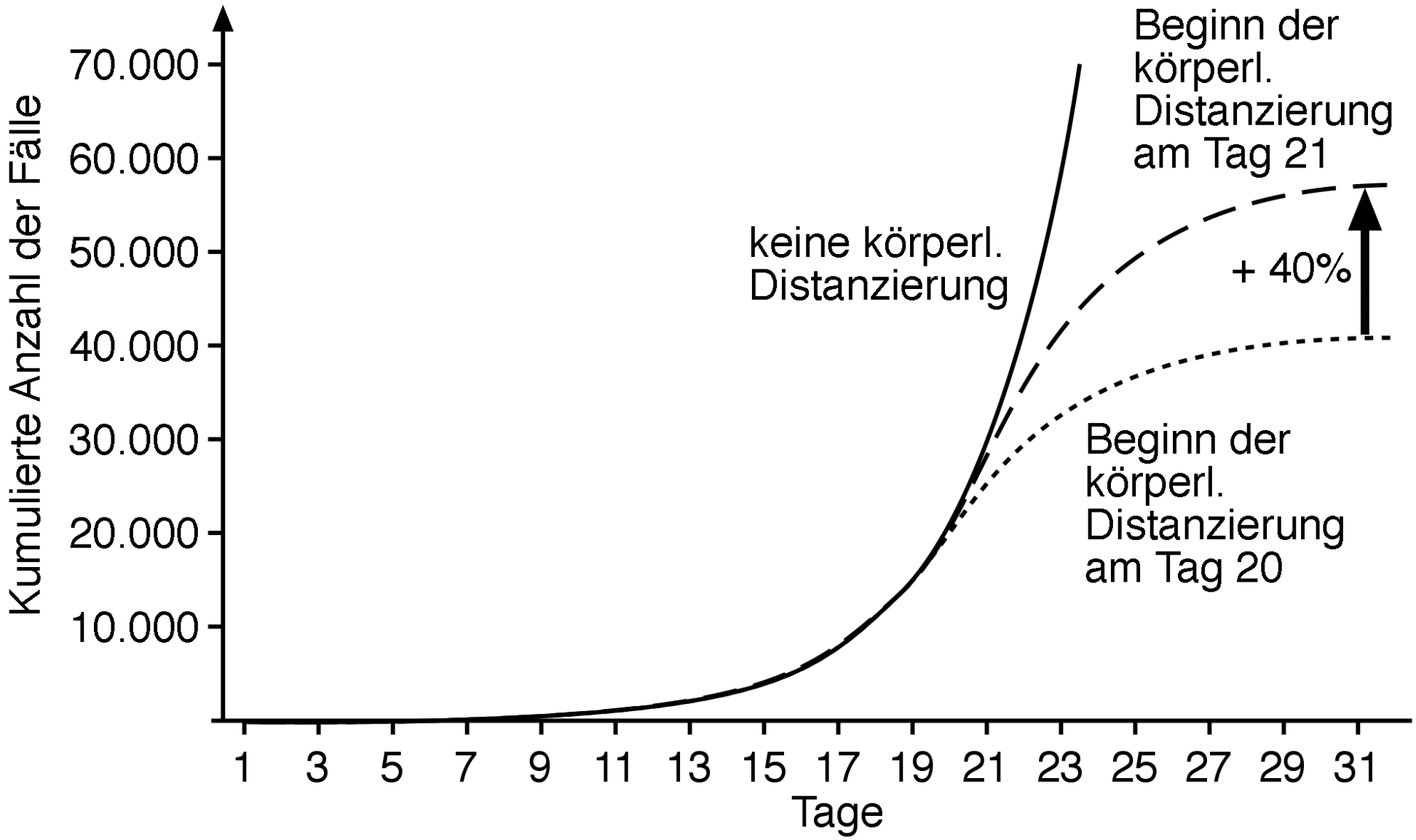
15.11.: 12.547
16.11.: 10.824

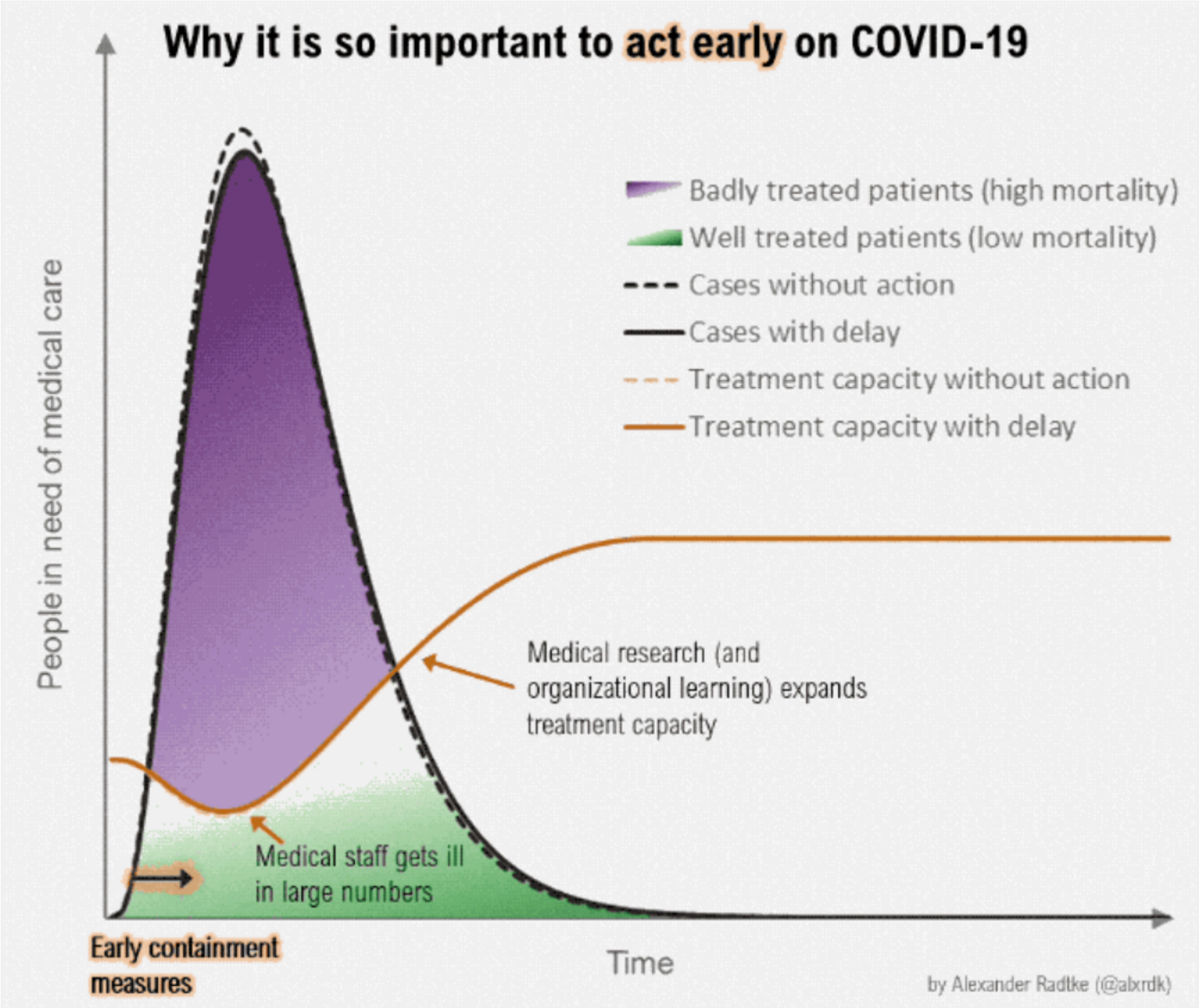

Coronavirus Neuinfektionen
Deutschland | nach Datum der Veröffentlichung
22.461
24.000
18.000
12.000
6.000
0
31. Oktober
7. November
14. November
tagesschau
Quelle: Robert Koch-Institut

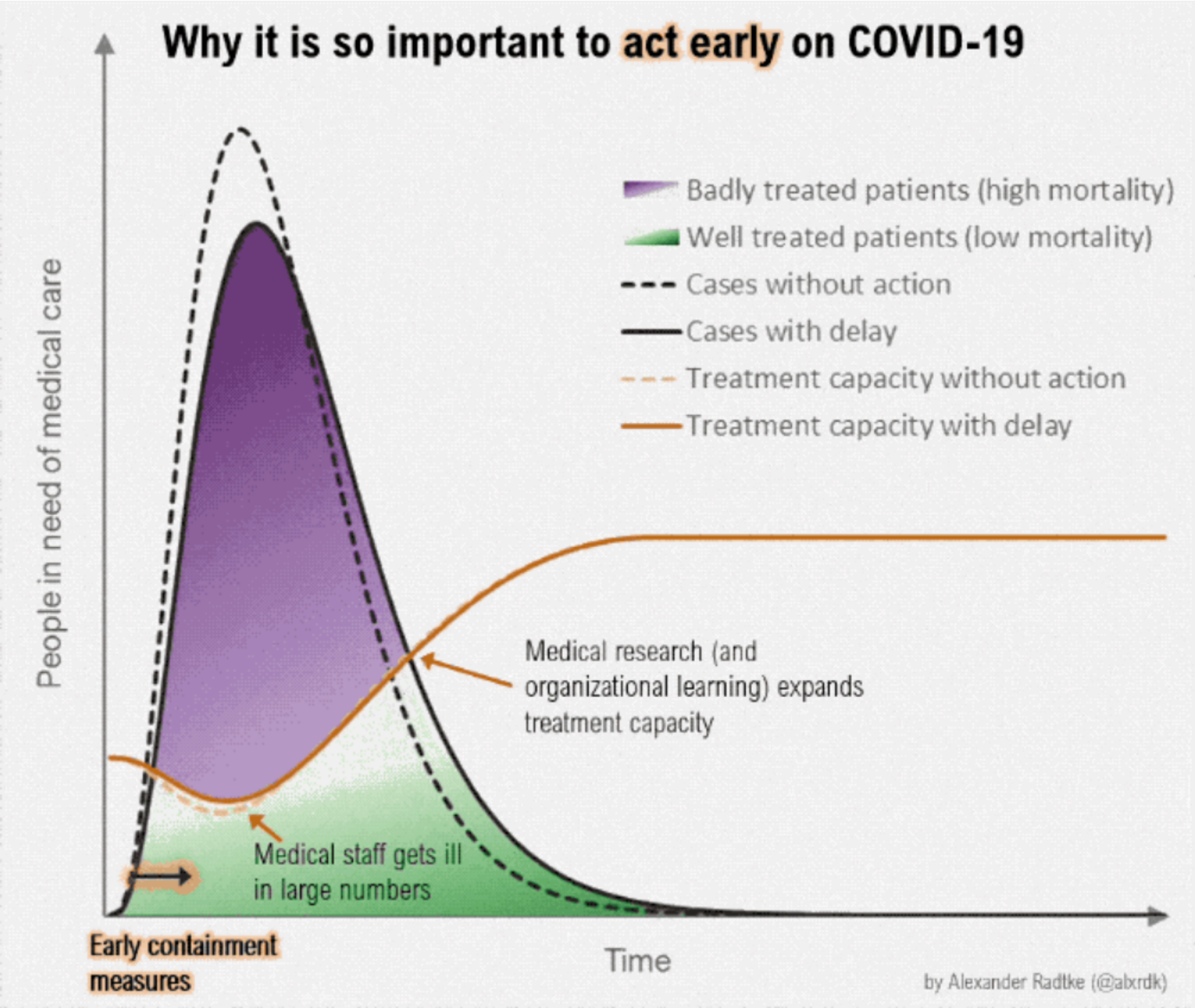

Coronavirus Neuinfektionen
Deutschland | nach Datum der Veröffentlichung
22.461
23.542
24.000
18.000
12.000
6.000
0
30. Oktober
6. November
13. November
tagesschau
Quelle: Robert Koch-Institut

A
B
C
D
E
F
G
H
8
7
6
5
4


Kumulierte Anzahl der Fälle
70.000
60.000
50.000
40.000
30.000
20.000
10.000
1
3
5
7
9
11
13
15
17
19
21
23
25
27
29
31
Tage
keine körperl. Distanzierung
Beginn der körperl. Distanzierung am Tag 21
+ 40%
Beginn der körperl. Distanzierung am Tag 20

Der erste Lockdown war richtig


Why it is so important to act early on COVID-19
Badly treated patients (high mortality)
Well treated patients (low mortality)
Cases without action
Cases with delay
Treatment capacity without action
Treatment capacity with delay
People in need of medical care
Medical research (and organizational learning) expands treatment capacity
Medical staff gets ill in large numbers
Early containment measures
Time
by Alexander Radtke (@alxrdk)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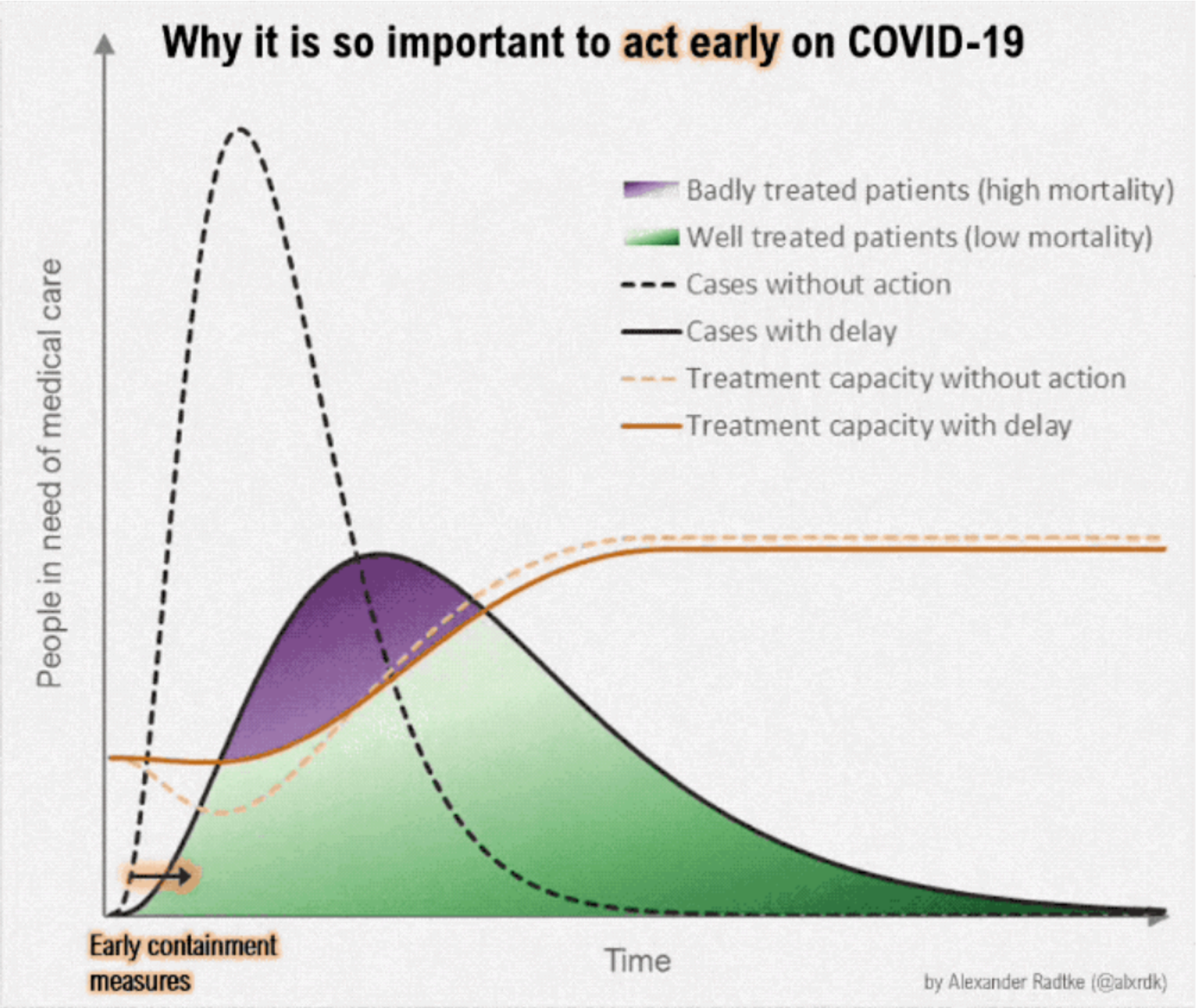
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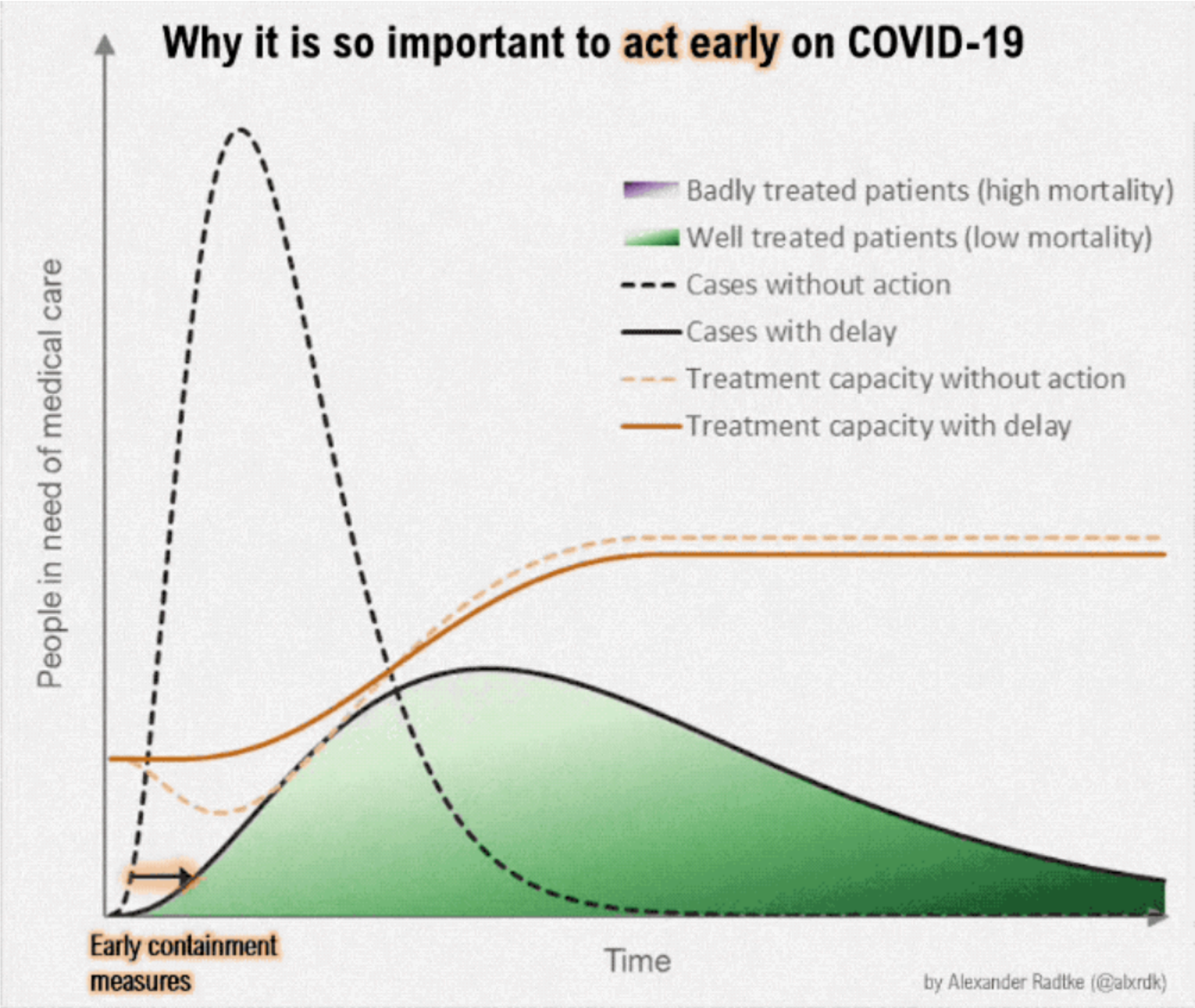
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CORONA-KRISE

VIRUS-RADAR
So sieht es in Ihrem Kreis aus

/e-Sendungen heute +++ 11 Uhr +++ 12 Uhr +++ 14 Uhr +++ 15 Uhr +++ 16 Uhr +++ 18 Uhr +++ 18.30 Uhr ++

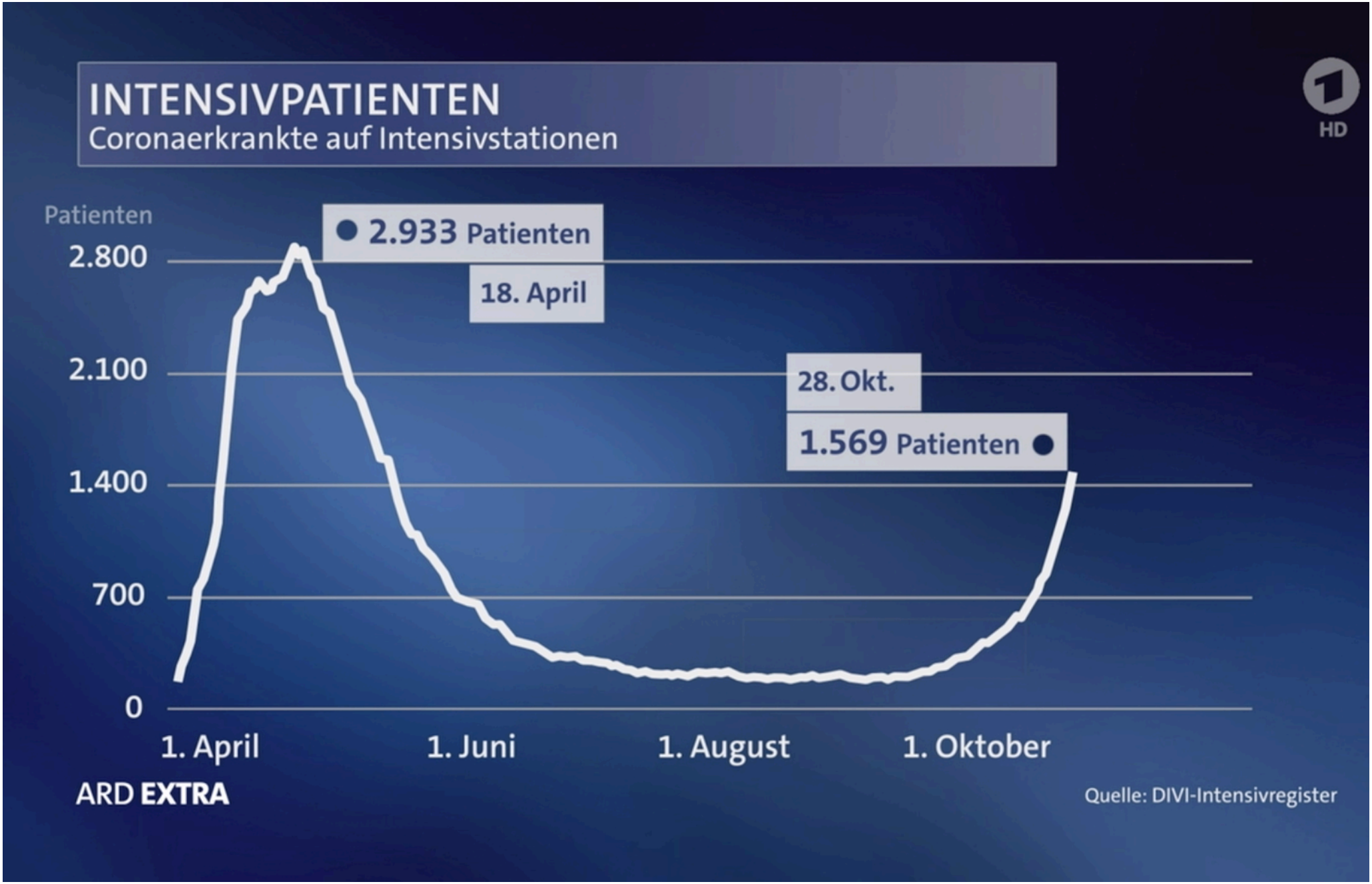
Corona-Lage in **New York** immer dramatischer

MIT VIDEO

Beatmungsgeräte reichen nur noch sechs Tage!

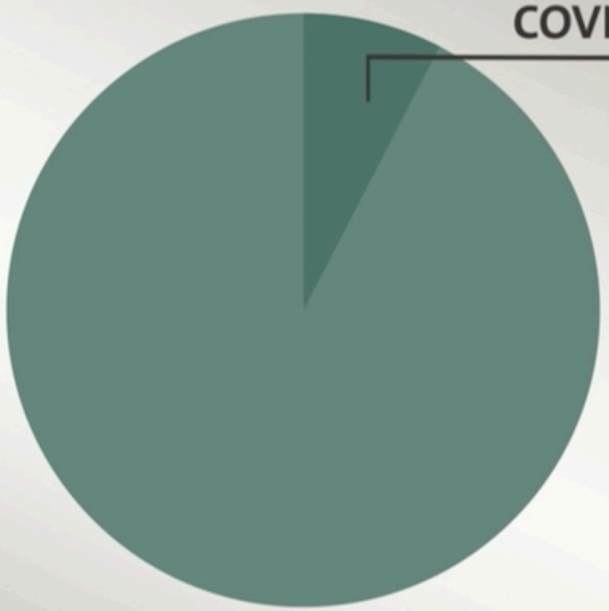
Bild+

Stadt funktioniert 45 Kühllastwagen als temporäre Leichenhalle um


INTENSIVPATIENTEN
Coronaerkrankte auf Intensivstationen
HD
Patienten
2.800
2.100
1.400
700
0
2.933 Patienten
18. April
28. Okt.
1.569 Patienten
1. April
1. Juni
1. August
1. Oktober
ARD EXTRA
Quelle: DIVI-Intensivregister

Intensivbetten in Deutschland

Stand 5.11.2020

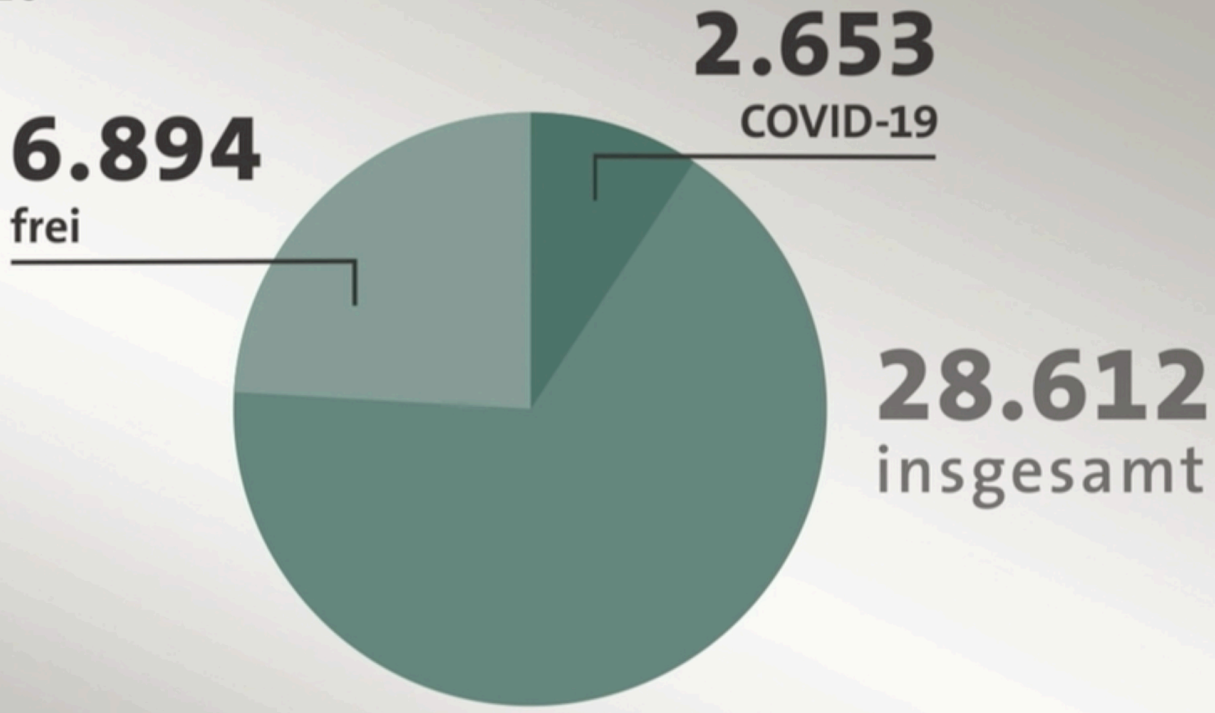


tagesschau

Quelle: DIVI/Intensivbettenregister

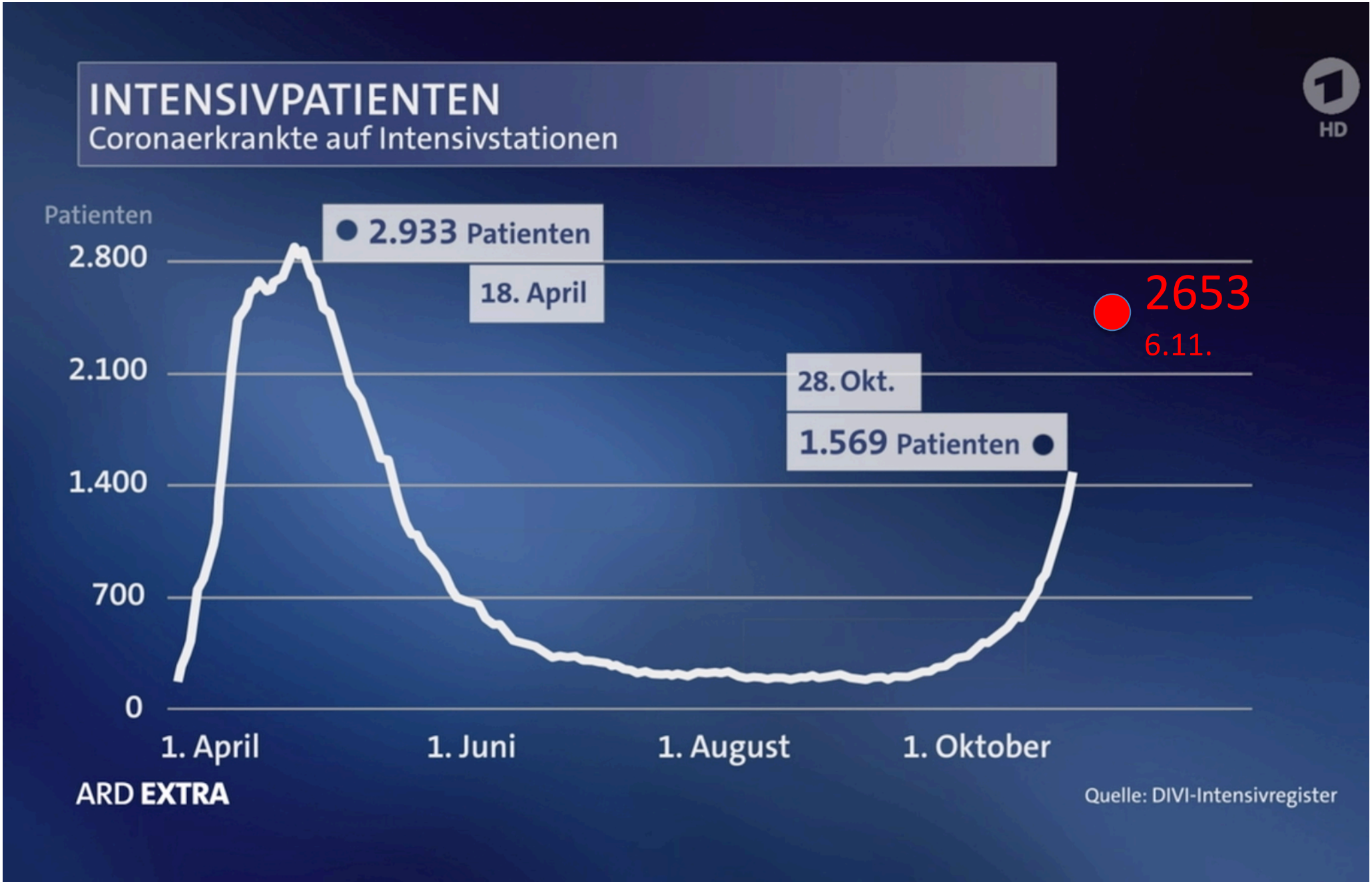
Intensivbetten in Deutschland

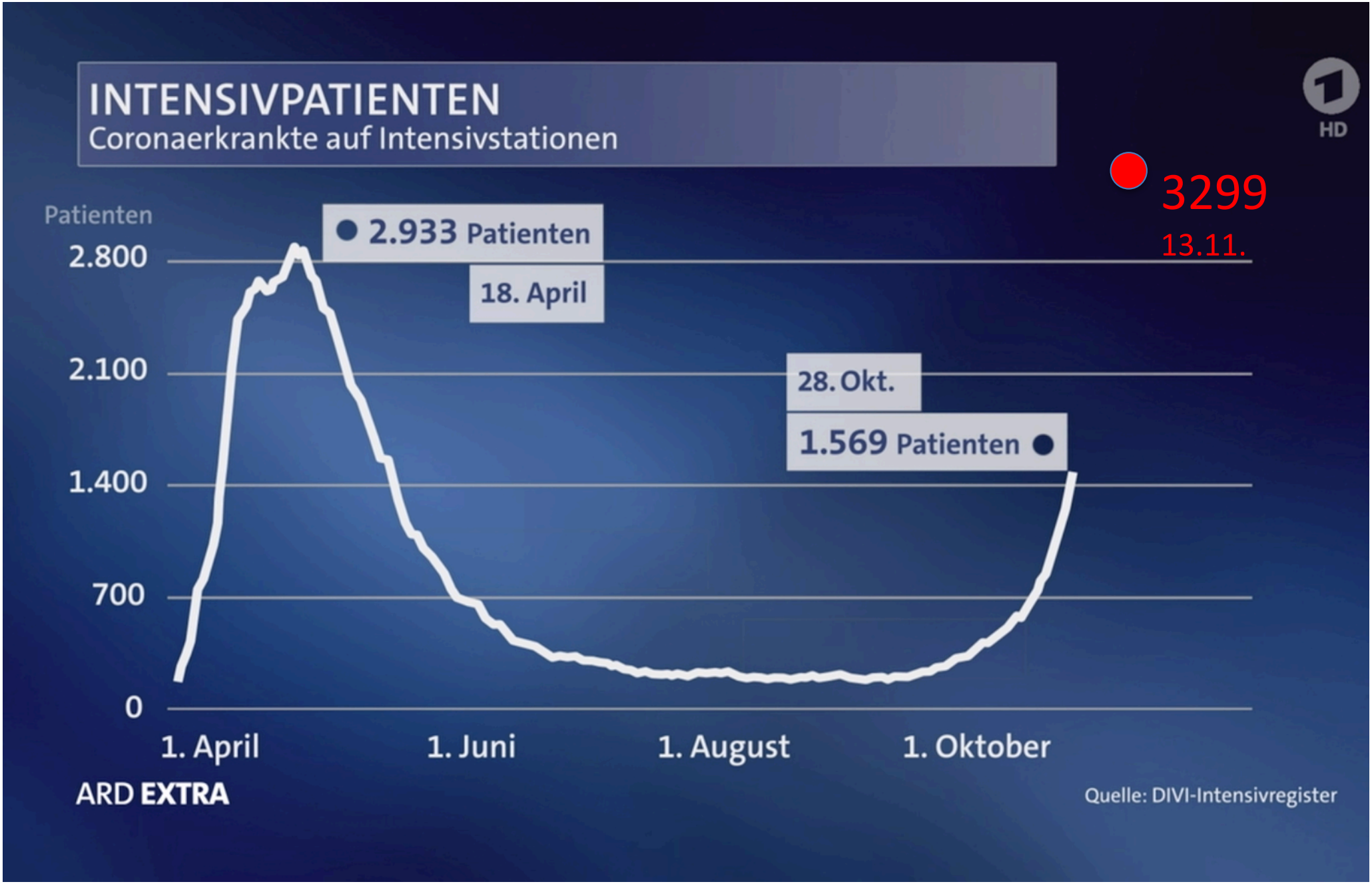
Stand 5.11.2020



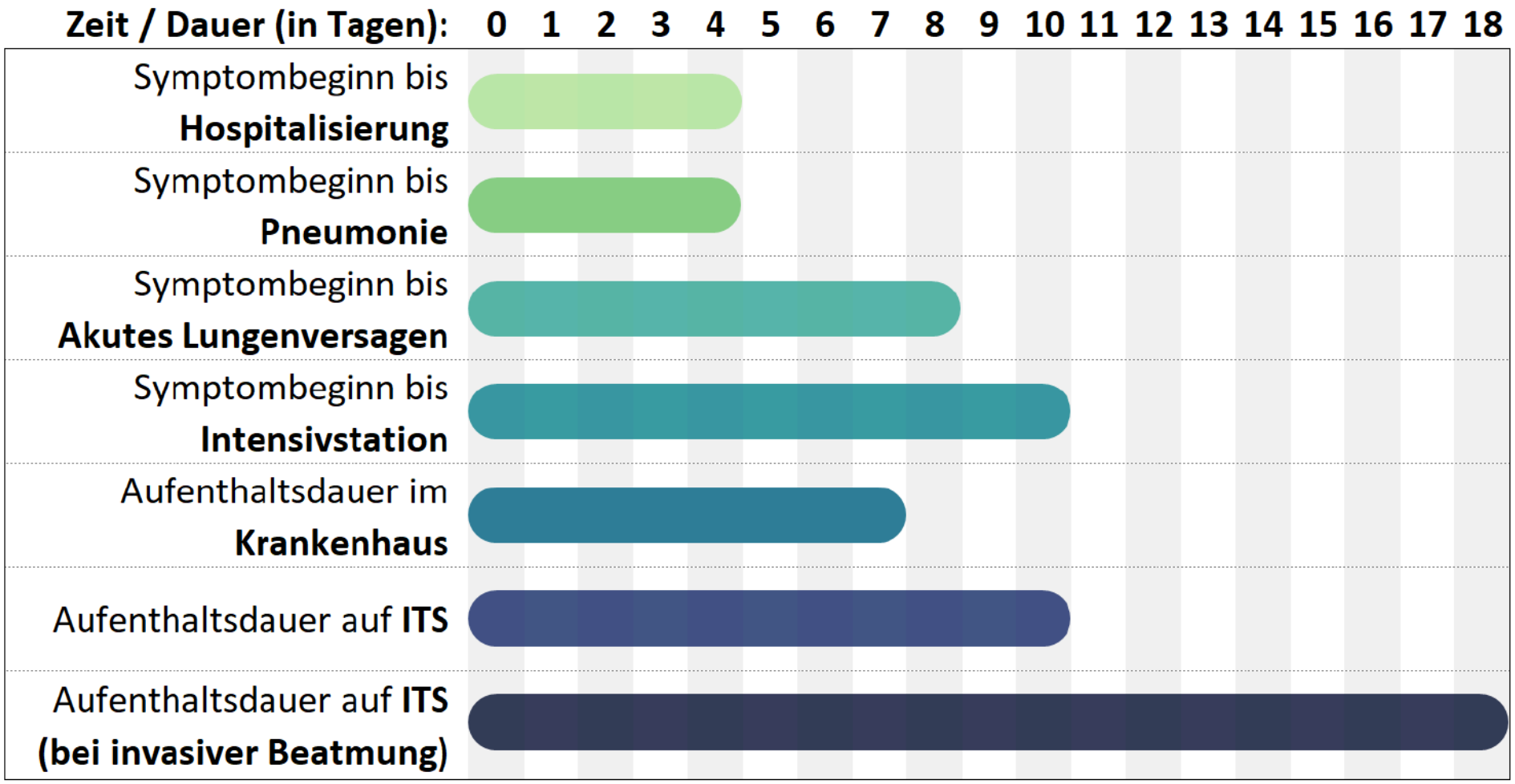
tagesschau

Quelle: DIVI/Intensivbettenregister

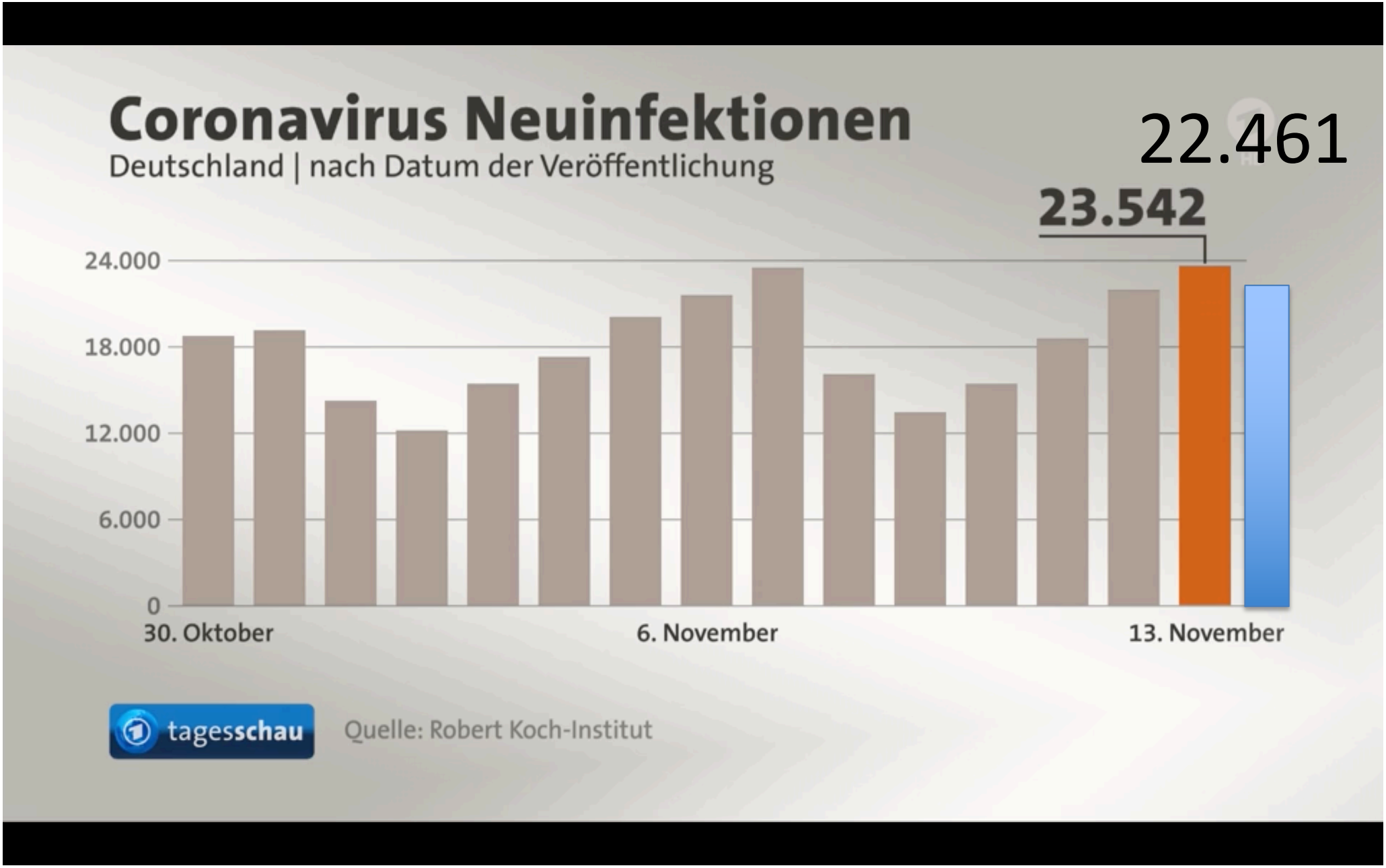

INTENSIVPATIENTEN
Coronaerkrankte auf Intensivstationen
HD
Patienten
2.800
2.100
1.400
700
0
2.933 Patienten
18. April
2653
6.11.
28. Okt.
1.569 Patienten
1. April
1. Juni
1. August
1. Oktober
ARD EXTRA
Quelle: DIVI-Intensivregister


INTENSIVPATIENTEN
Coronaerkrankte auf Intensivstationen
HD
3299
13.11.
Patienten
2.933 Patienten
18. April
28. Okt.
1.569 Patienten
2.800
2.100
1.400
700
0
1. April
1. Juni
1. August
1. Oktober
ARD EXTRA
Quelle: DIVI-Intensivregister

- Ist doch alles nicht so schlimm.
- Wir haben doch genug Intensivbetten.
- Warum der zweite Lockdown?



https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Steckbrief.html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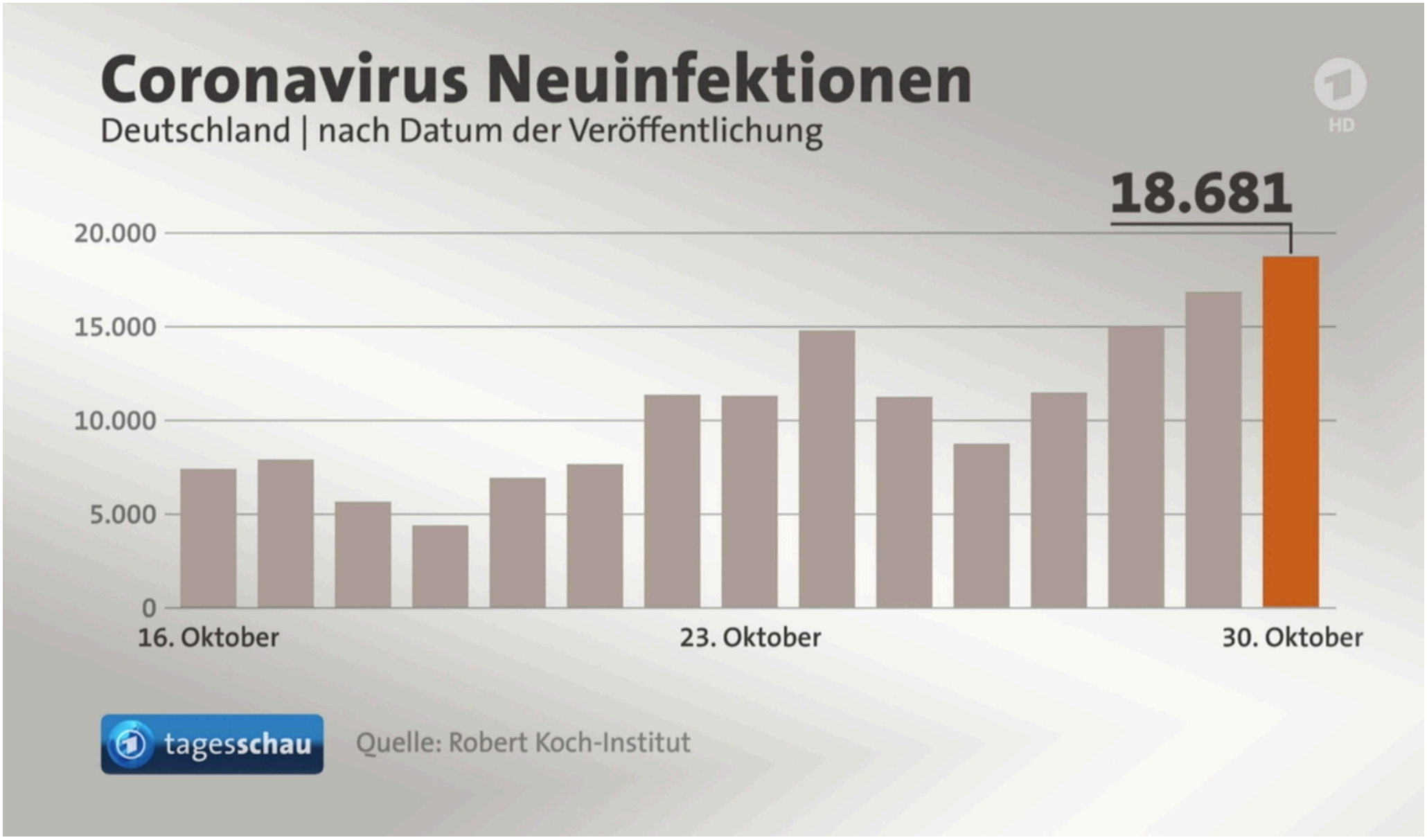
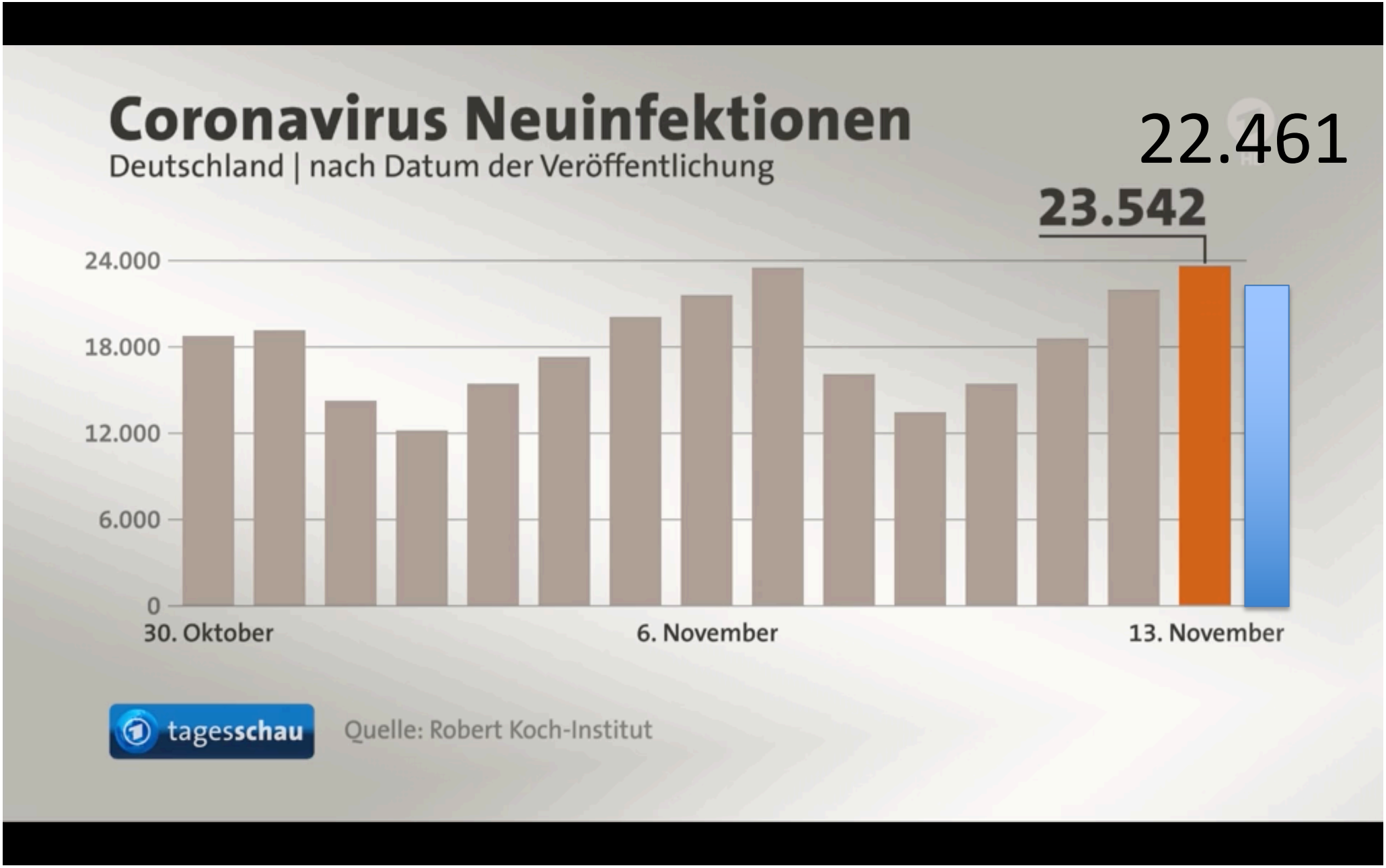

Coronavirus Neuinfektionen
Deutschland | nach Datum der Veröffentlichung
HD
18.681
20.000
15.000
10.000
5.000
0
16. Oktober
23. Oktober
30. Oktober
tagesschau
Quelle: Robert Koch-Institut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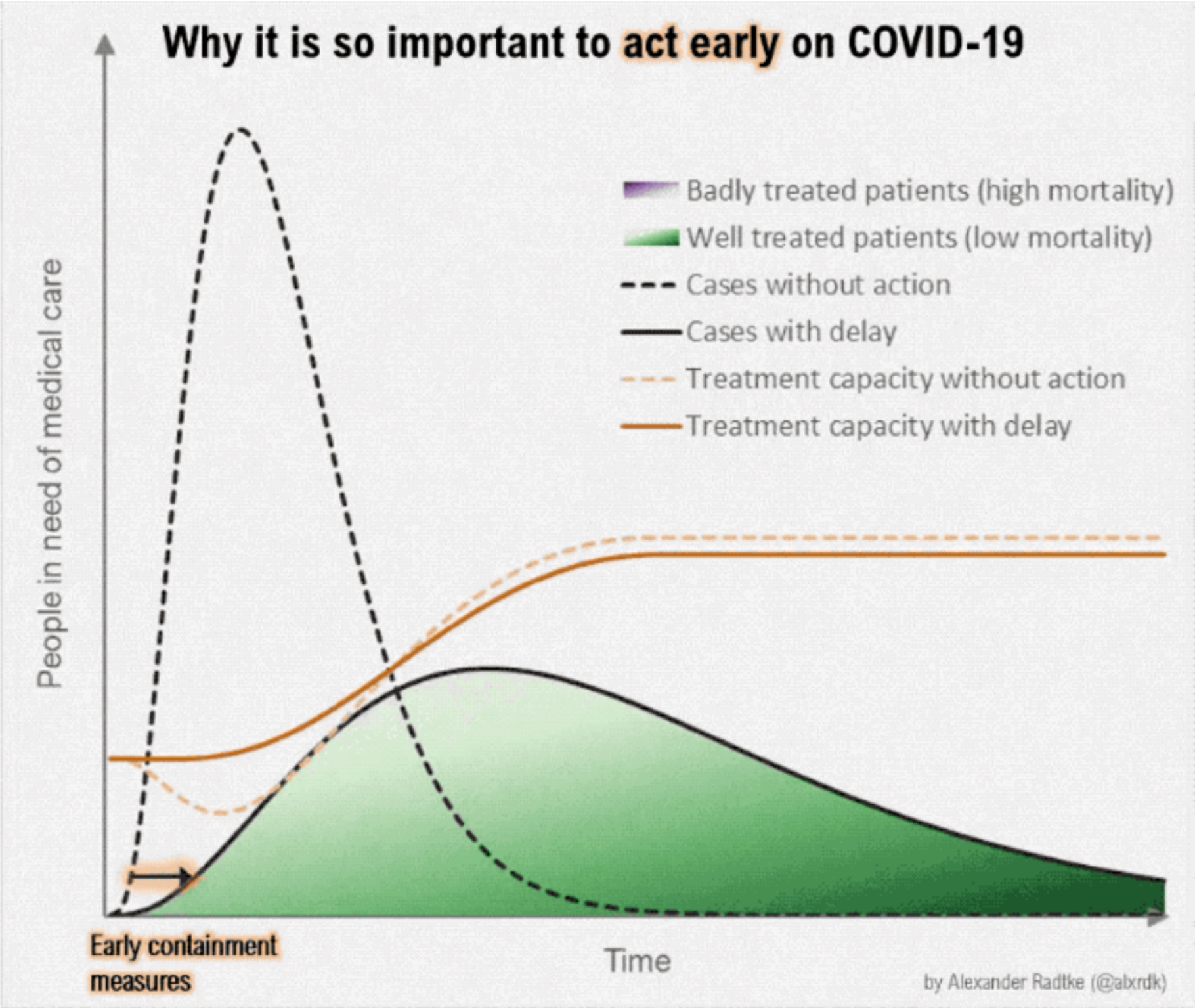
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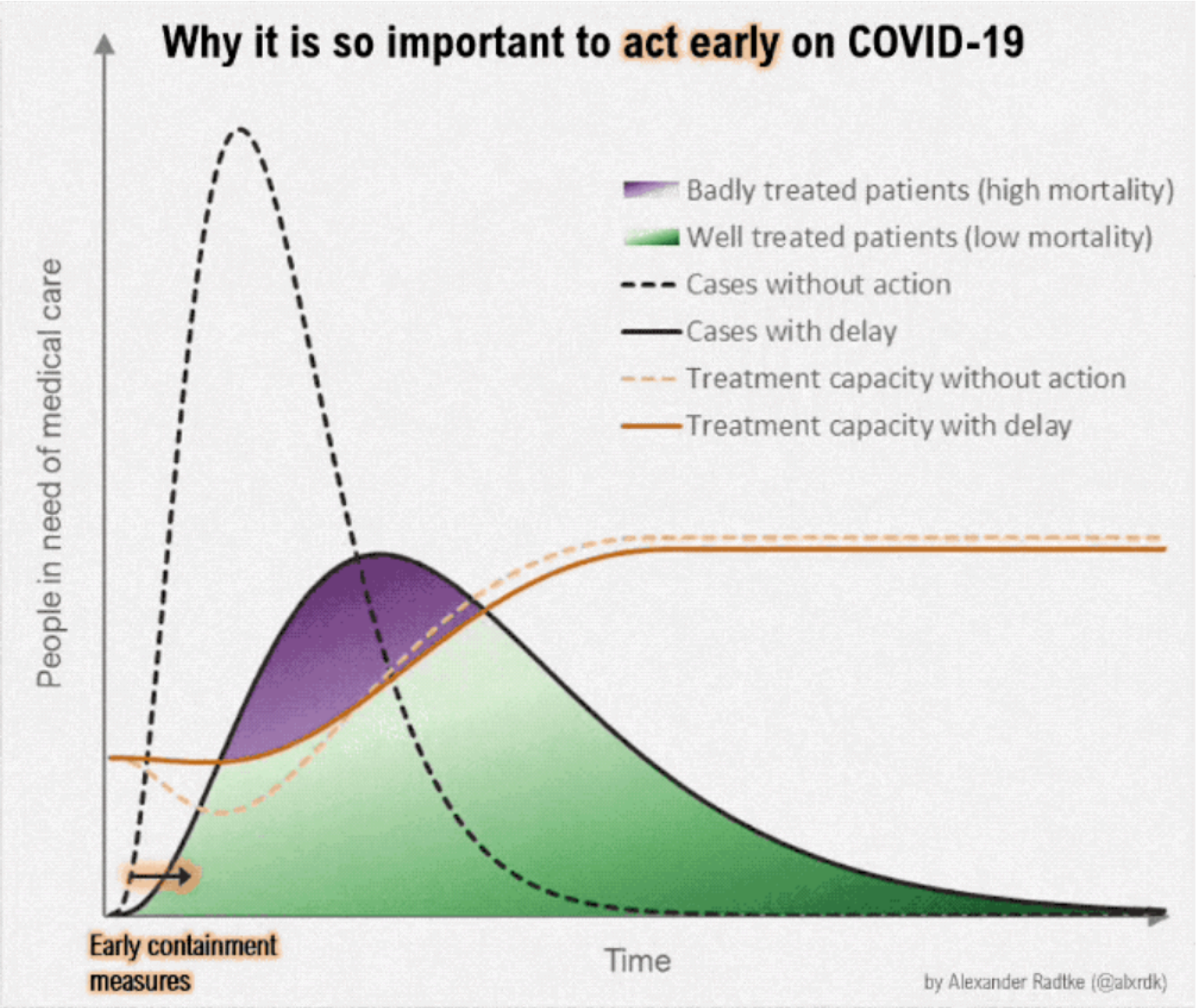
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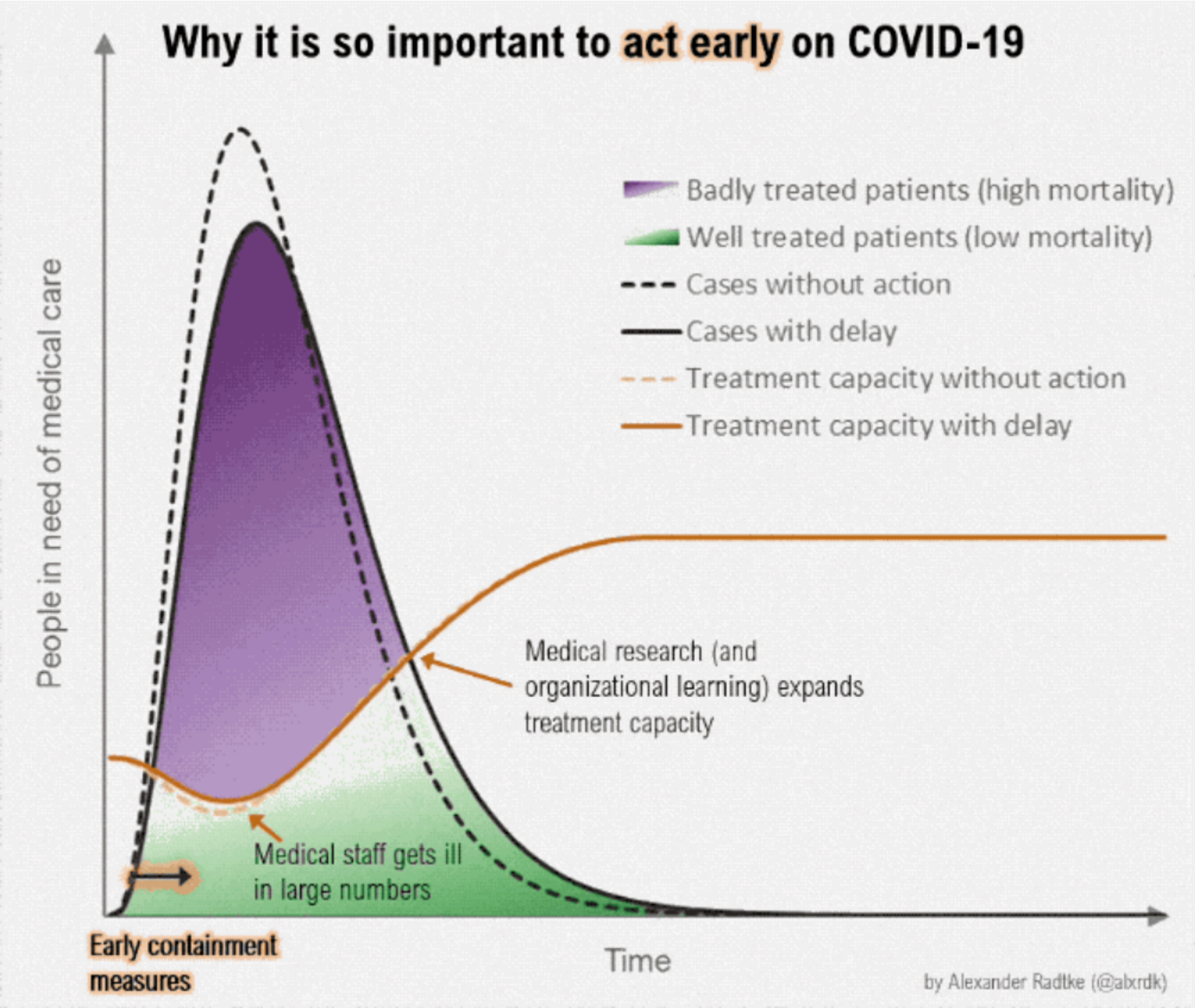
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Es könnte knapp werden!

Francesca Mangiatordi, an Italian nurse that crumbled in the middle of the war with the Coronavirus

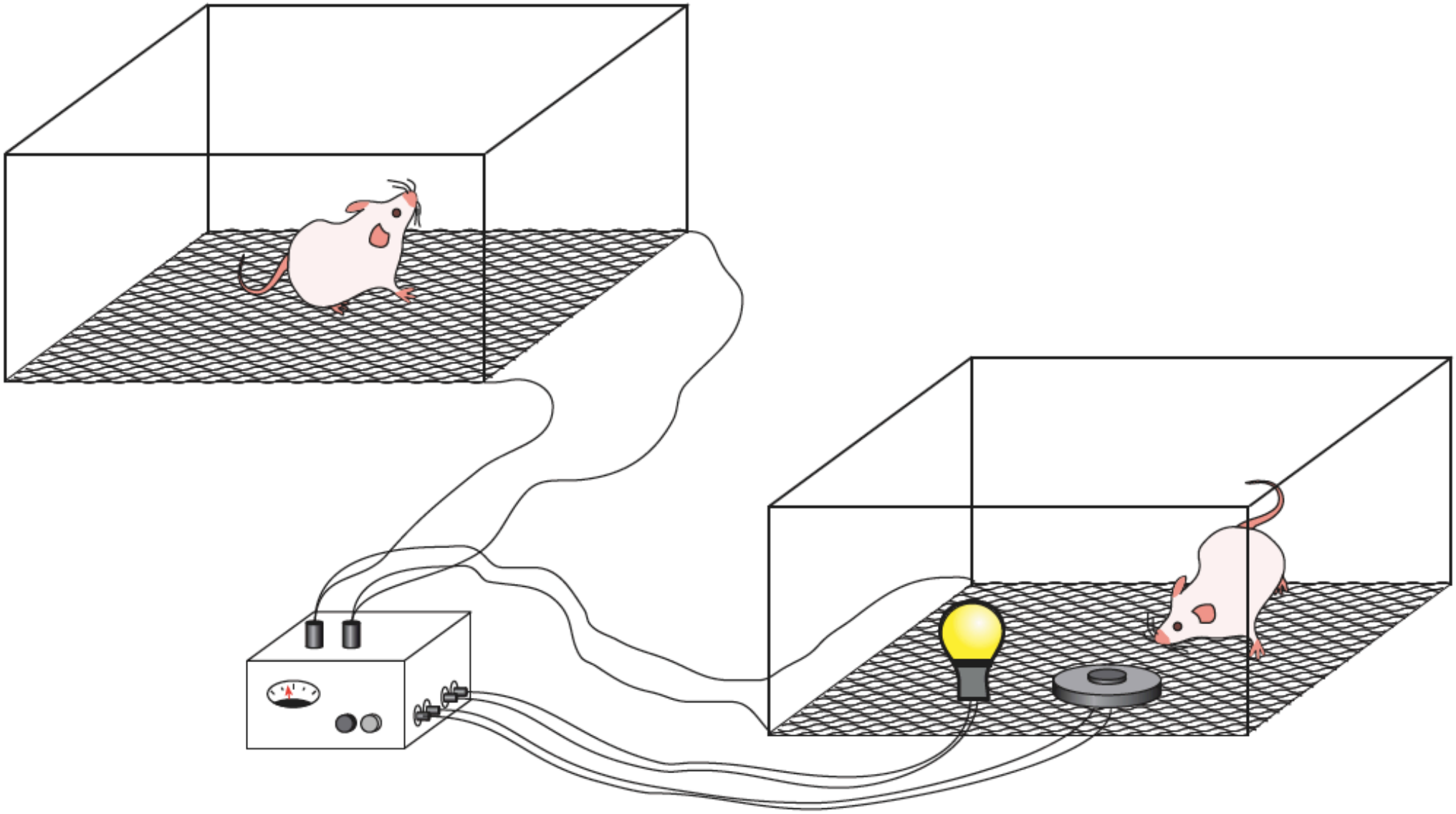
Der Einzelne hat Stress

- Angst
- Erschöpfung
- Einsamkeit
- Hilflosigkeit, keine Kontrolle über das, was kommt
- Depression (Suizidalität)
- Arbeitslosigkeit, Armut, Verluste,

Was ist Stress?

Akuter Stress (potentiell lebensrettend)
Energie wird bereitgestellt
Herz und Kreislauf gesteigert
Gehirnleistung gesteigert
Verdauung gehemmt
Wachstum gehemmt
Immunsystem gehemmt
Reproduktion gehemmt

Akuter Stress (potentiell lebensrettend)	*Chronischer Stress (potentiell tödlich)*
Energie wird bereitgestellt	Diabetes (krankhaft erhöhter Blutzucker)
Herz und Kreislauf gesteigert	Hypertonus (krankhaft erhöhter Blutdruck)
Gehirnleistung gesteigert	Neuronaler Zelltod, vermindertes Nachwachsen
Verdauung gehemmt	Magengeschwüre
Wachstum gehemmt	Zwergwuchs, Osteoporose
Immunsystem gehemmt	Infektionen, Krebs
Reproduktion gehemmt	Impotenz, ausbleibende Regelblutung



Stress durch fehlende Sozialkontakte

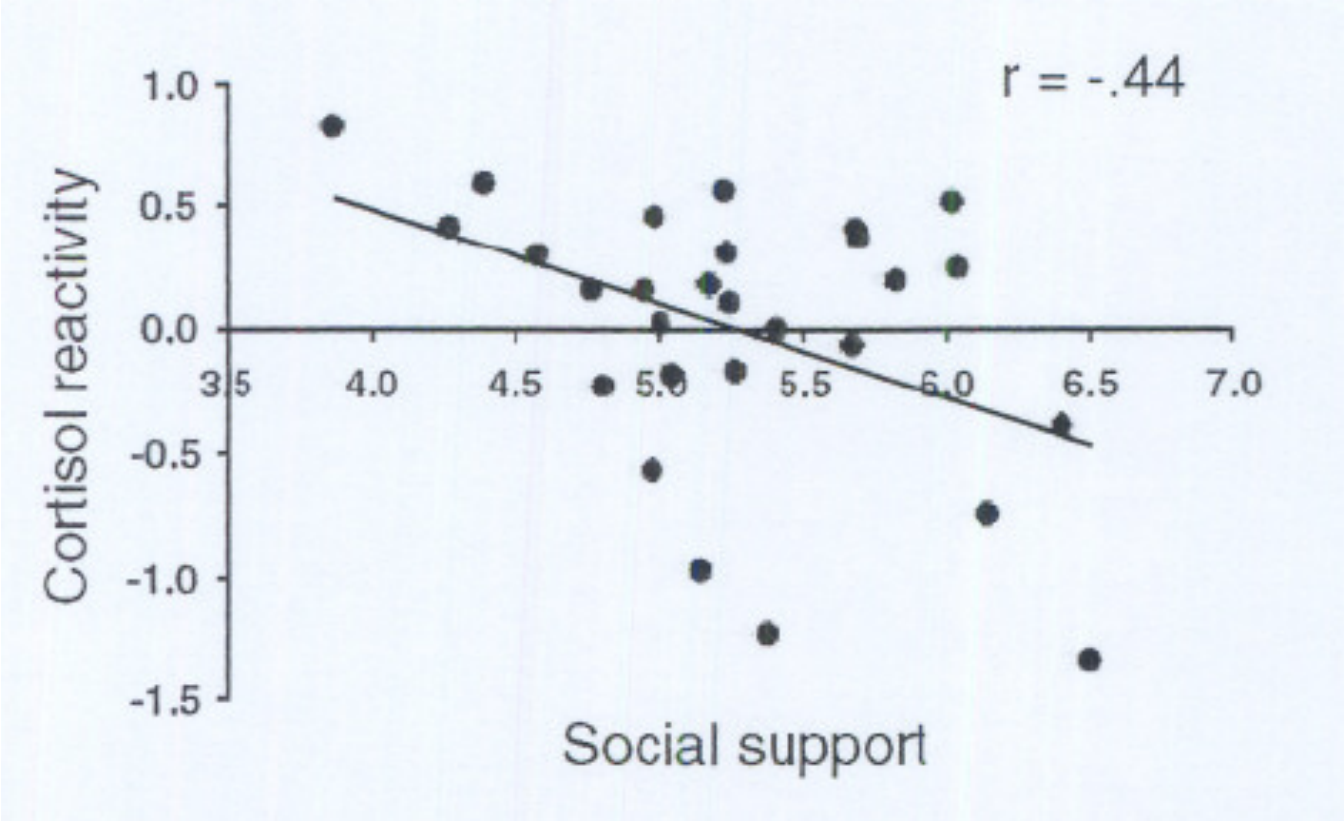
ELSEVIER

NeuroImage

www.elsevier.com/locate/ynimg
NeuroImage 35 (2007) 1601 – 1612

Neural pathways link social support to attenuated neuroendocrine stress responses

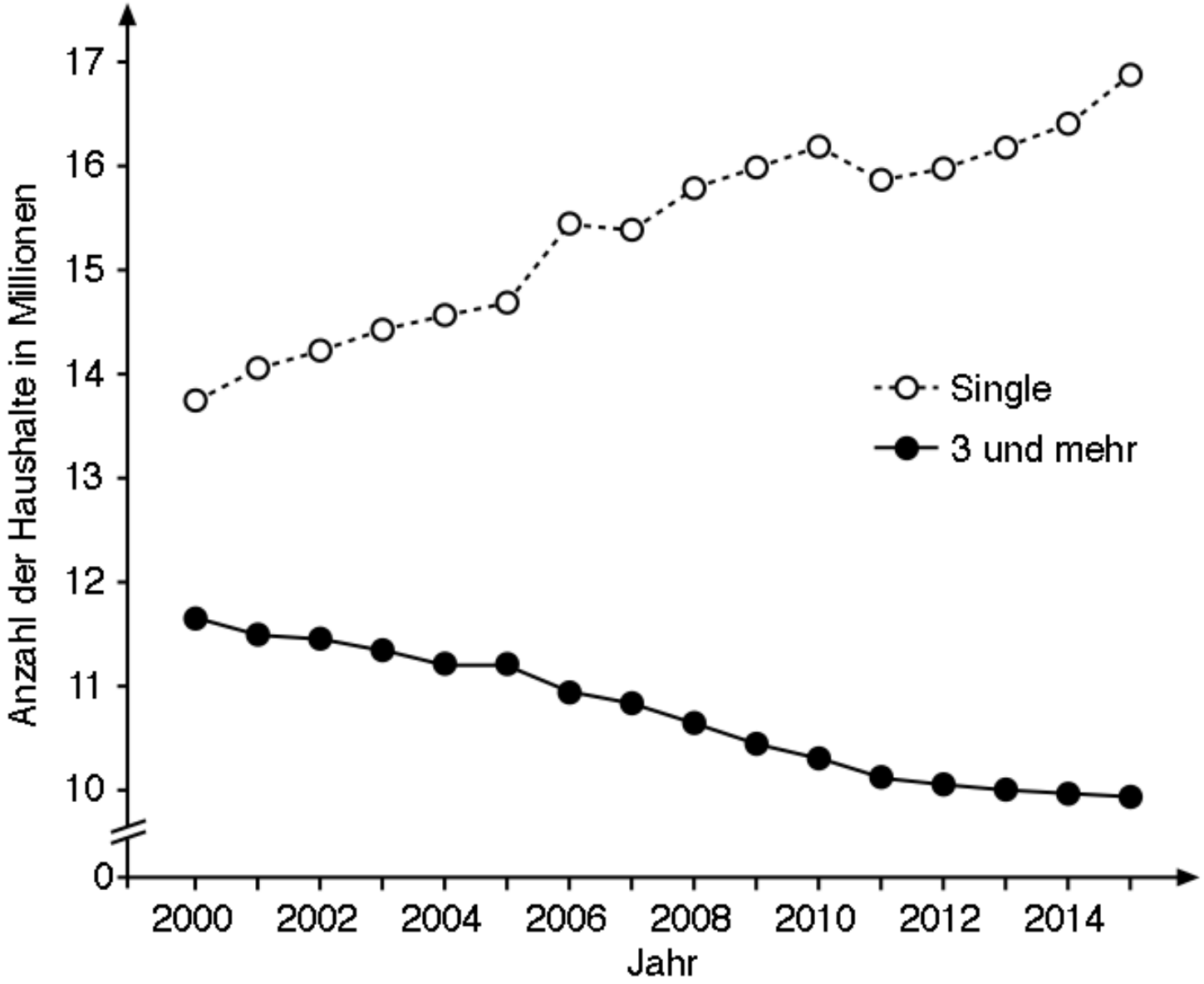
Naomi I. Eisenberger,[a,*] Shelley E. Taylor,[b] Shelly L. Gable,[b] Clayton J. Hilmert,[c] and Matthew D. Lieberman[b]


r = -.44
1.0
0.5
0.0
-0.5
-1.0
-1.5
Cortisol reactivity
3.5
4.0
4.5
5.0
5.5
6.0
6.5
7.0
Social support

Stress durch 3 „Megatrends“

Singularisierung
Urbanisierung
Medialisierung

Haushalte in Deutschland



Changes in Pronoun Use in American Books and the Rise of Individualism, 1960-2008

Journal of Cross-Cultural Psychology
44(3) 406–415
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DOI: 10.1177/0022022112455100
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Jean M. Twenge[1], W. Keith Campbell[2], and Brittany Gentile[2]

Abstract

Change over time in culture can appear among individuals and in cultural products such as song lyrics, television, and books. This analysis examines changes in pronoun use in the Google Books ngram database of 766,513 American books published 1960-2008. We hypothesize that pronoun use will reflect increasing individualism and decreasing collectivism in American culture. Consistent with this hypothesis, the use of first person plural pronouns (e.g., we, us) decreased 10% first person singular pronouns (I, me) increased 42%, and second person pronouns (you, your) quadrupled. These results complement previous research finding increases in individualistic traits among Americans.

Changes in Pronoun Use in American Books and the Rise of Individualism, 1960-2008

Journal of Cross-Cultural Psychology
44(3) 406–415
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DOI: 10.1177/0022022112455100
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Jean M. Twenge[1], W. Keith Campbell[2], and Brittany Gentile[2]

„ich“ 42% ↗
„wir“ 10% ↘

Abstract

Change over time in culture can appear among individuals and in cultural products such as song lyrics, television, and books. This analysis examines changes in pronoun use in the Google Books ngram database of 766,513 American books published 1960-2008. We hypothesize that pronoun use will reflect increasing individualism and decreasing collectivism in American culture. Consistent with this hypothesis, the use of first person plural pronouns (e.g., we, us) decreased 10% first person singular pronouns (I, me) increased 42%, and second person pronouns (you, your) quadrupled. These results complement previous research finding increases in individualistic traits among Americans.

Singularisierung

weniger Empathie
mehr Selbstbezogenheit

ARTICLE

Adolescent Screen Time and Attachment to Parents and Peers

Rosalina Richards, PhD; Rob McGee, PhD; Sheila M. Williams, DSc; David Welch, PhD; Robert J. Hancox, MD

Conclusions: Screen time was associated with poor attachment to parents and peers in 2 cohorts of adolescents 16 years apart. Given the importance of attachment to parents and peers in adolescent health and development, concern about high levels of screen time among adolescents is warranted.

Arch Pediatr Adolesc Med. 2010;164(3):258-262

Changes in Dispositional Empathy in American College Students Over Time: A Meta-Analysis

Personality and Social Psychology Review
15(2) 180–198
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DOI: 10.1177/1088868310377395
http://pspr.sagepub.com
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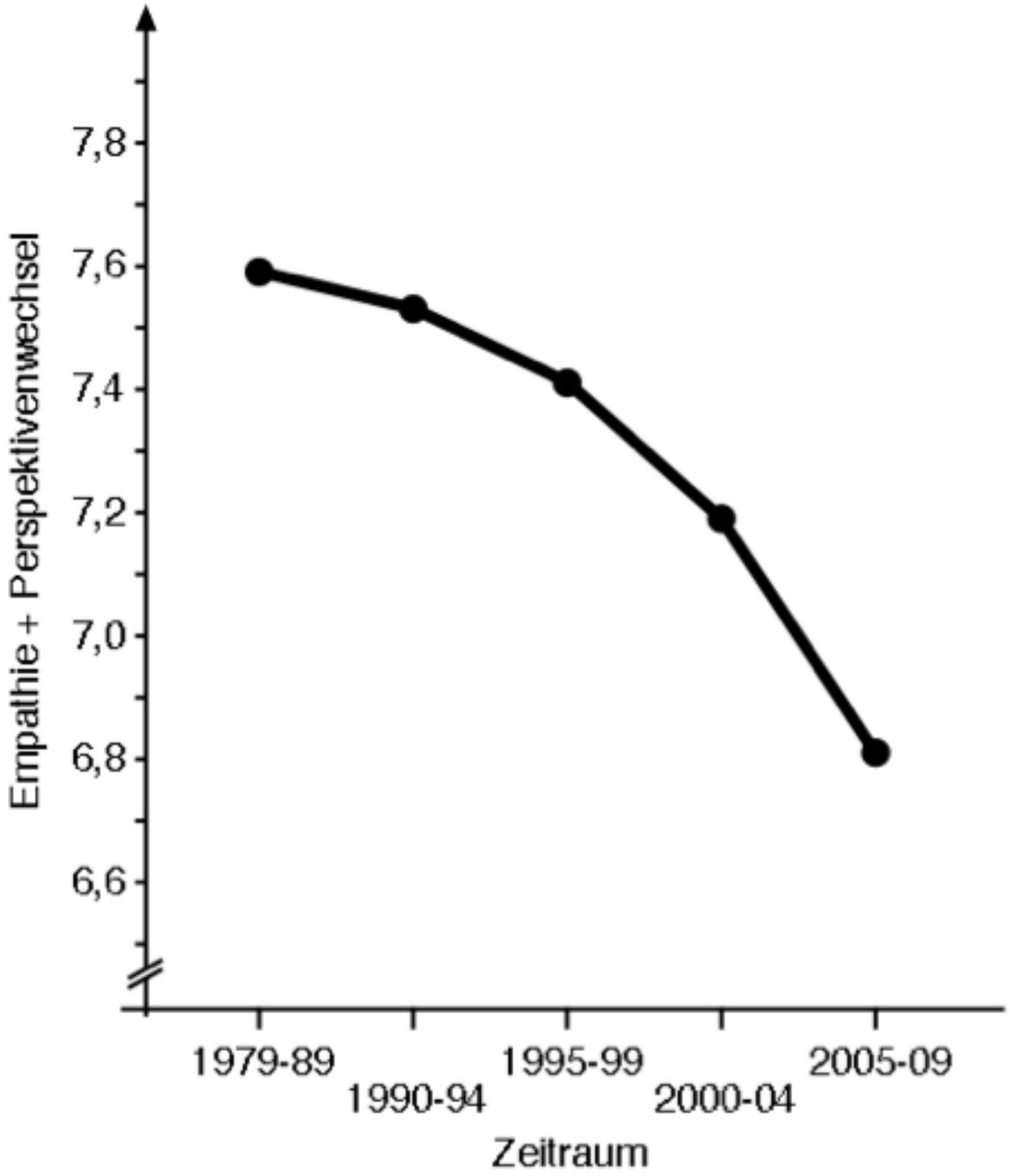
Sara H. Konrath[1,2], Edward H. O'Brien[1], and Courtney Hsing[1]

Abstract

The current study examines changes over time in a commonly used measure of dispositional empathy. A cross-temporal meta-analysis was conducted on 72 samples of American college students who completed at least one of the four subscales (Empathic Concern, Perspective Taking, Fantasy, and Personal Distress) of the Interpersonal Reactivity Index (IRI) between 1979 and 2009 (total $N = 13{,}737$). Overall, the authors found changes in the most prototypically empathic subscales of the IRI: Empathic Concern was most sharply dropping, followed by Perspective Taking. The IRI Fantasy and Personal Distress subscales exhibited no changes over time. Additional analyses found that the declines in Perspective Taking and Empathic Concern are relatively recent phenomena and are most pronounced in samples from after 2000.


Empathie + Perspektivenwechsel
7,8
7,6
7,4
7,2
7,0
6,8
6,6
1979-89
1990-94
1995-99
2000-04
2005-09
Zeitraum

ER LAG 20 MINUTEN BEWUSSTLOS VOR BANKAUTOMAT

Keiner half – jetzt ist dieser Rentner (82) tot!

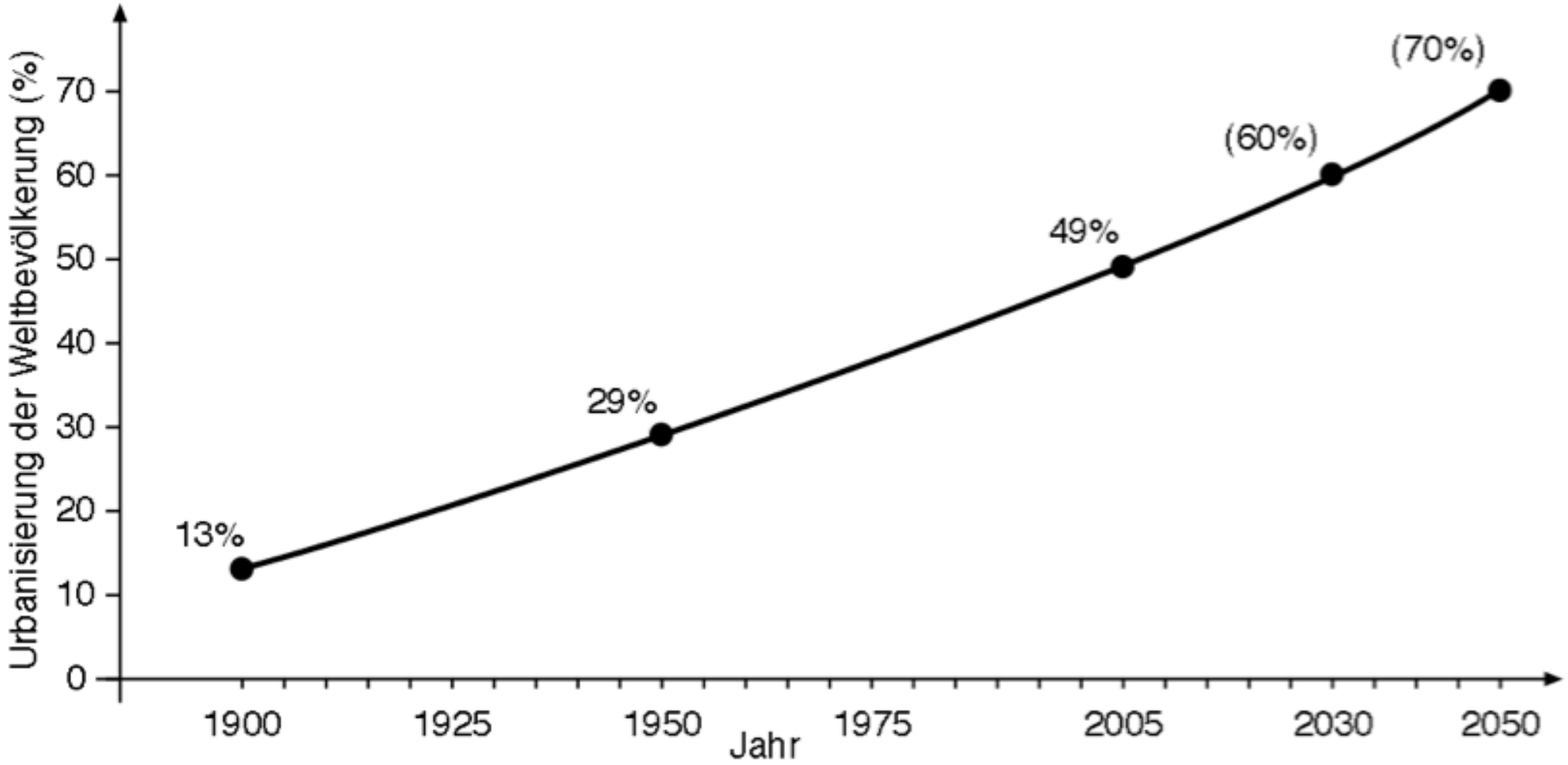
Hier liegt der Rentner am Boden – und niemand hilft

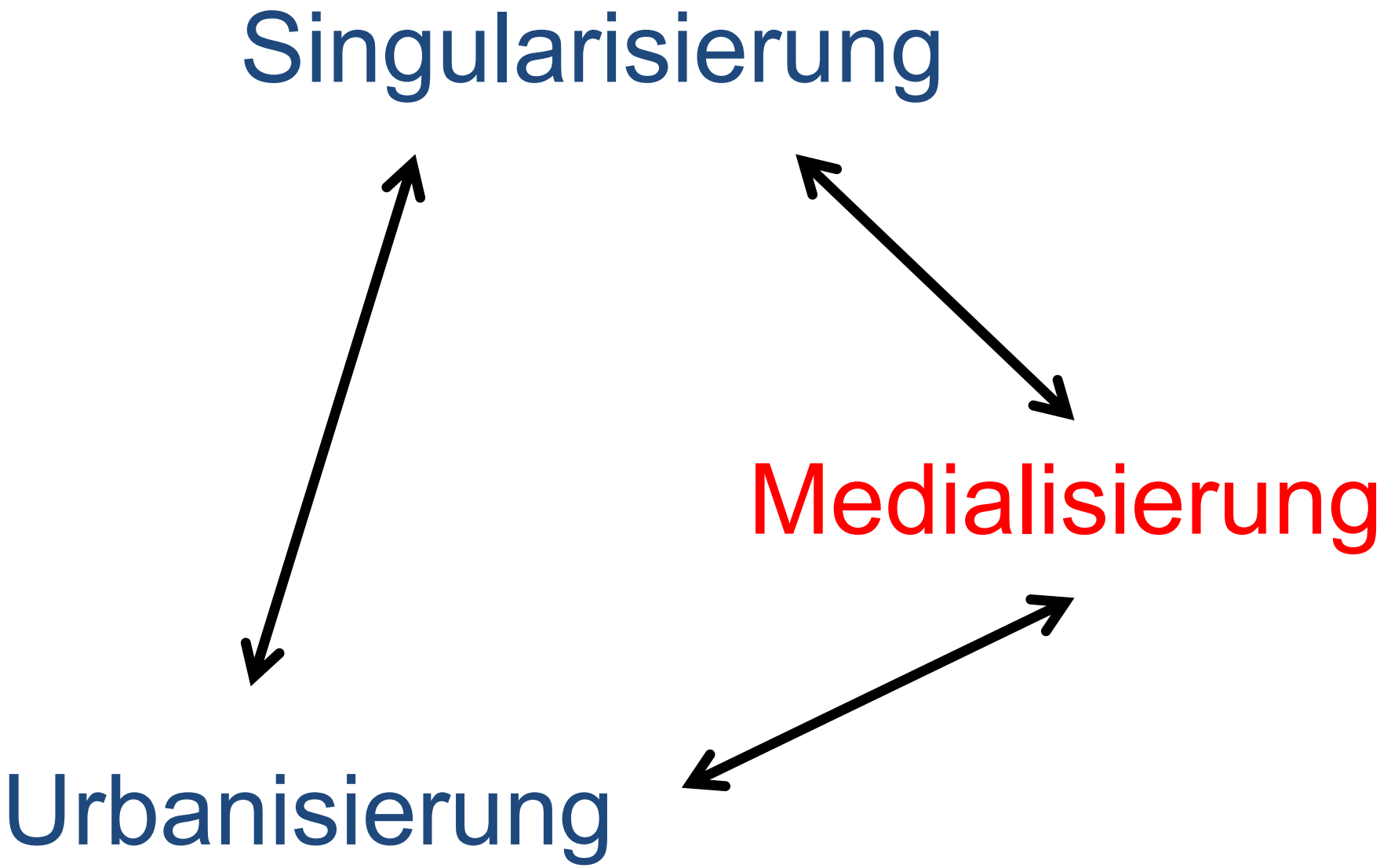
HANDY GEZÜCKT STATT ZU HELFEN

Sterbenden Biker gefilmt – Gaffer stellt sich

Problematische „Megatrends“

Singularisierung
Urbanisierung
Medialisierung


Urbanisierung der Weltbevölkerung (%)
0
10
20
30
40
50
60
70
13%
29%
49%
(60%)
(70%)
1900
1925
1950
1975
2005
2030
2050
Jahr


Singularisierung
Medialisierung
Urbanisierung

Zwischenfazit:
problematische „Megatrends“

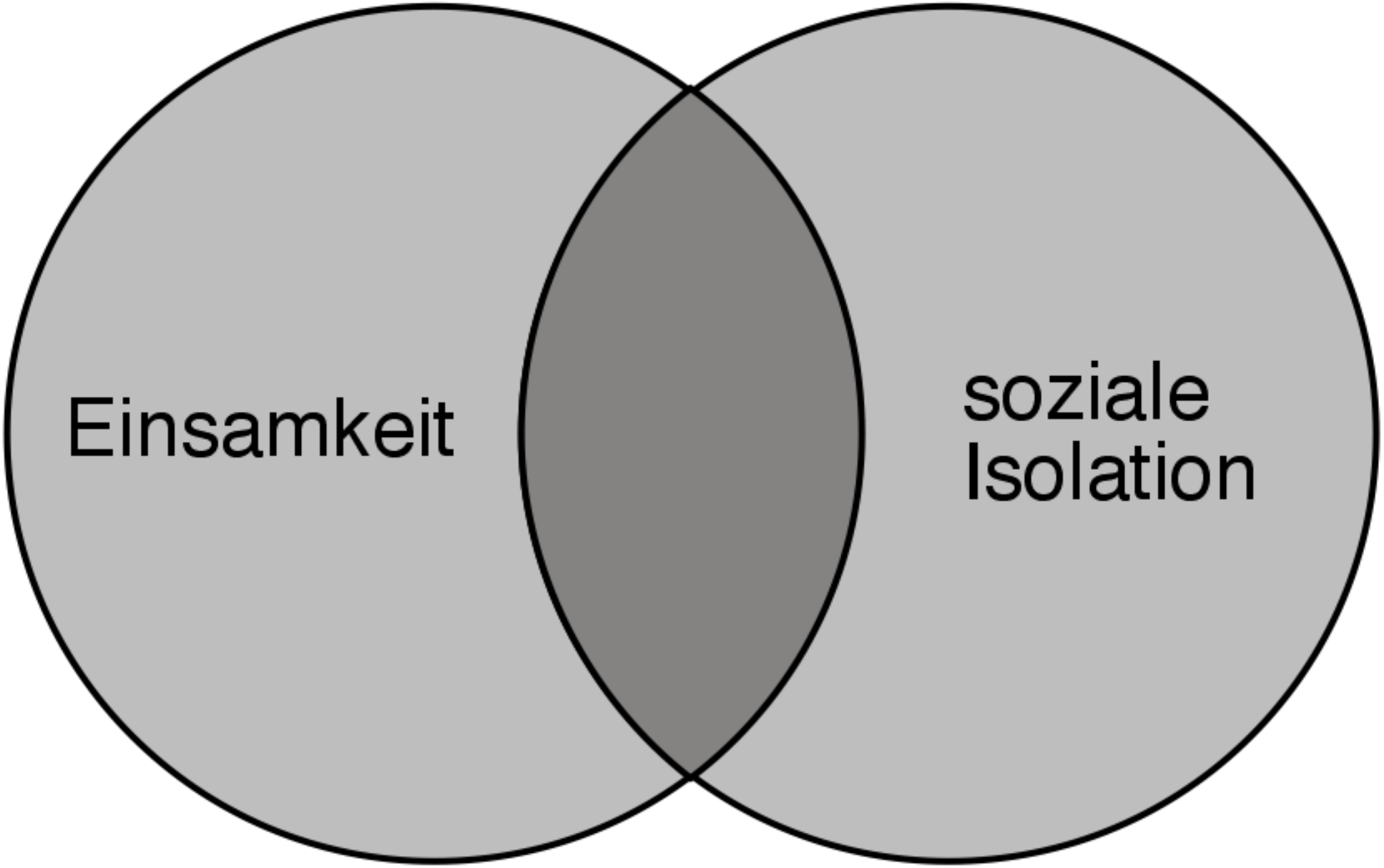
Singularisierung
Urbanisierung
Medialisierung

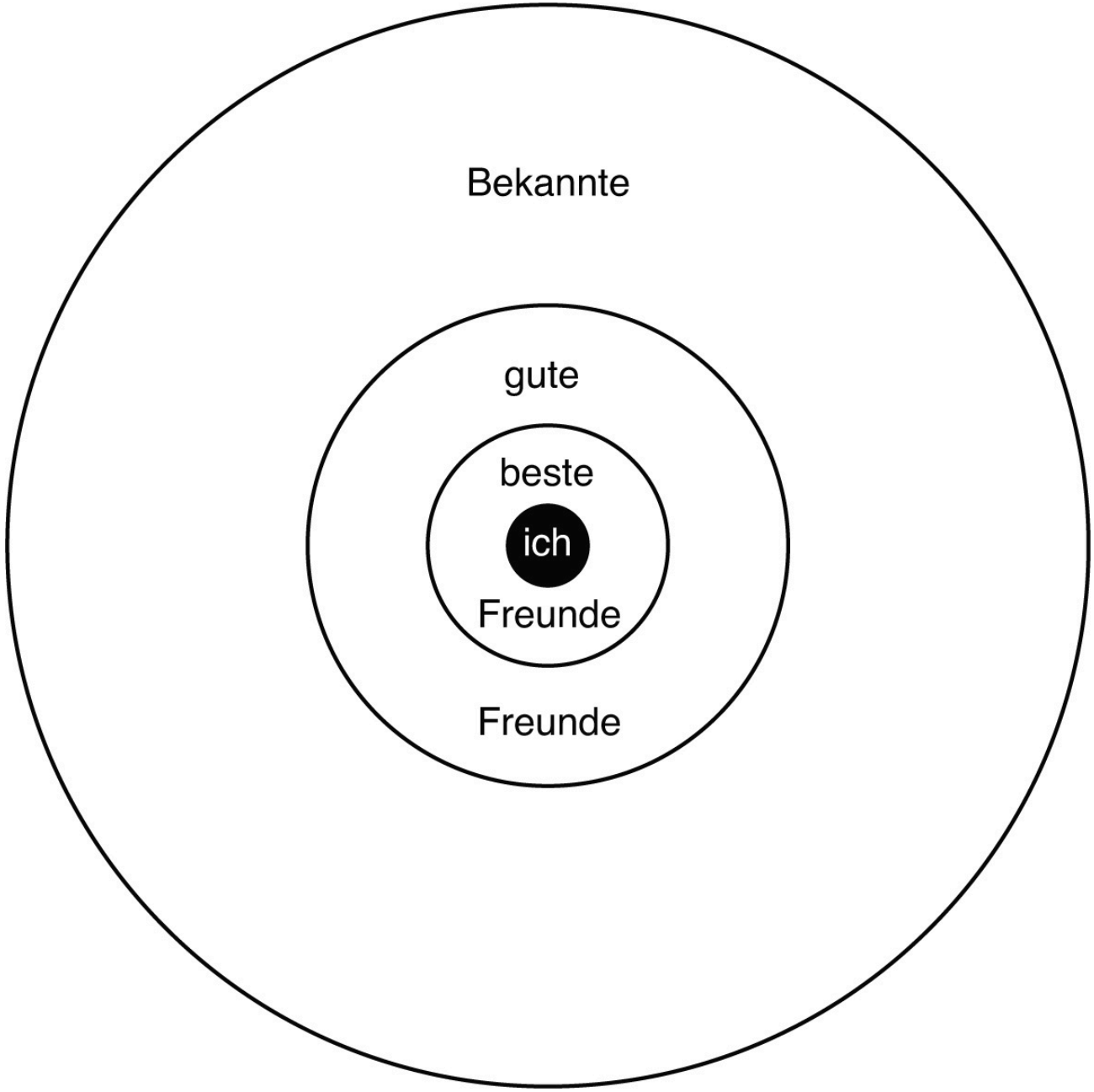
erhöhen die Wahrscheinlichkeit
von Einsamkeit

Soziale Isolation (Alleinsein)

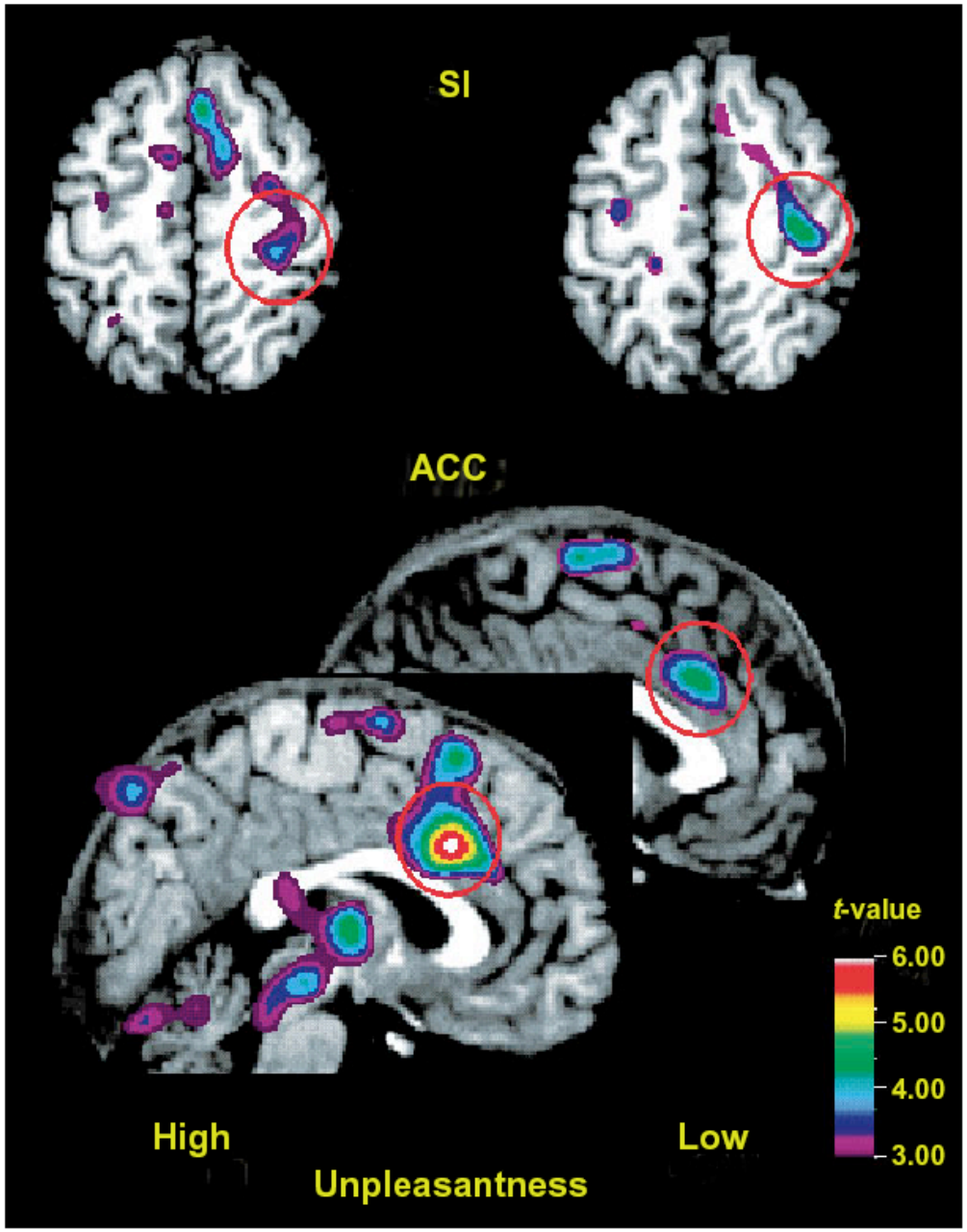
ist *nicht* gleich

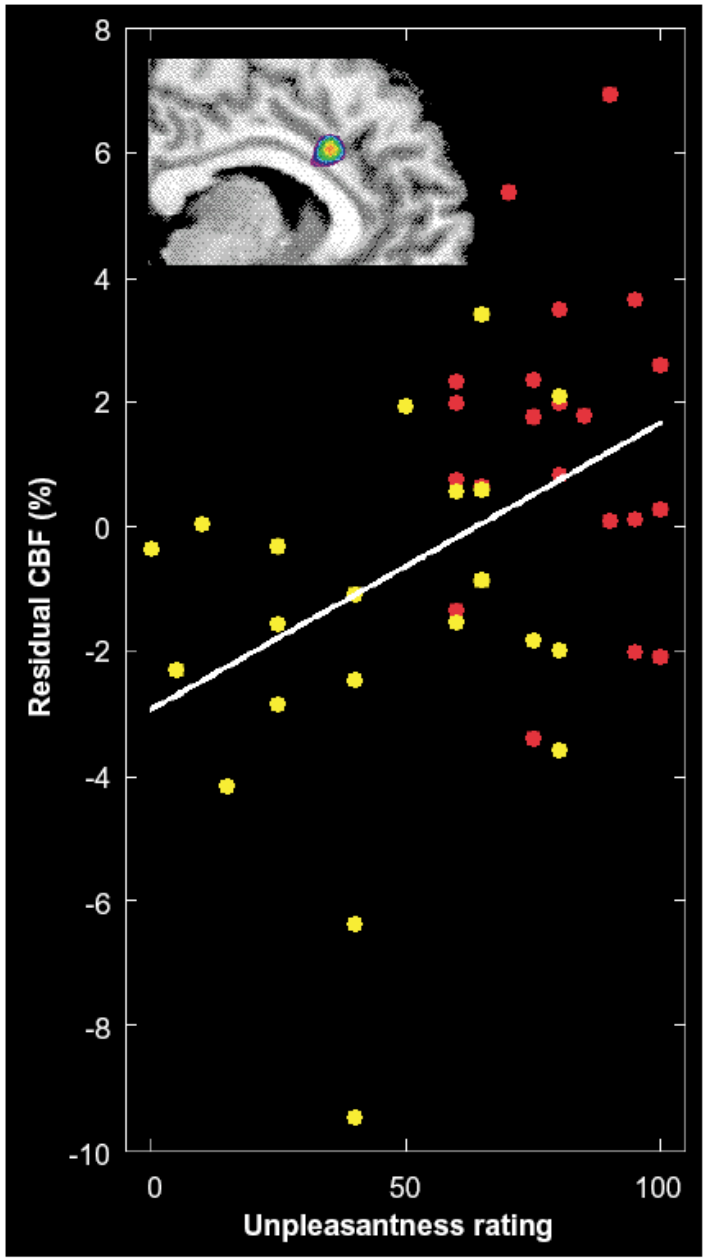
Einsamkeit


Einsamkeit
soziale
Isolation


Bekannte
gute
beste
ich
Freunde
Freunde

Einsamkeit tut weh


SI
ACC
t-value
6.00
5.00
4.00
3.00
High
Low
Unpleasantness

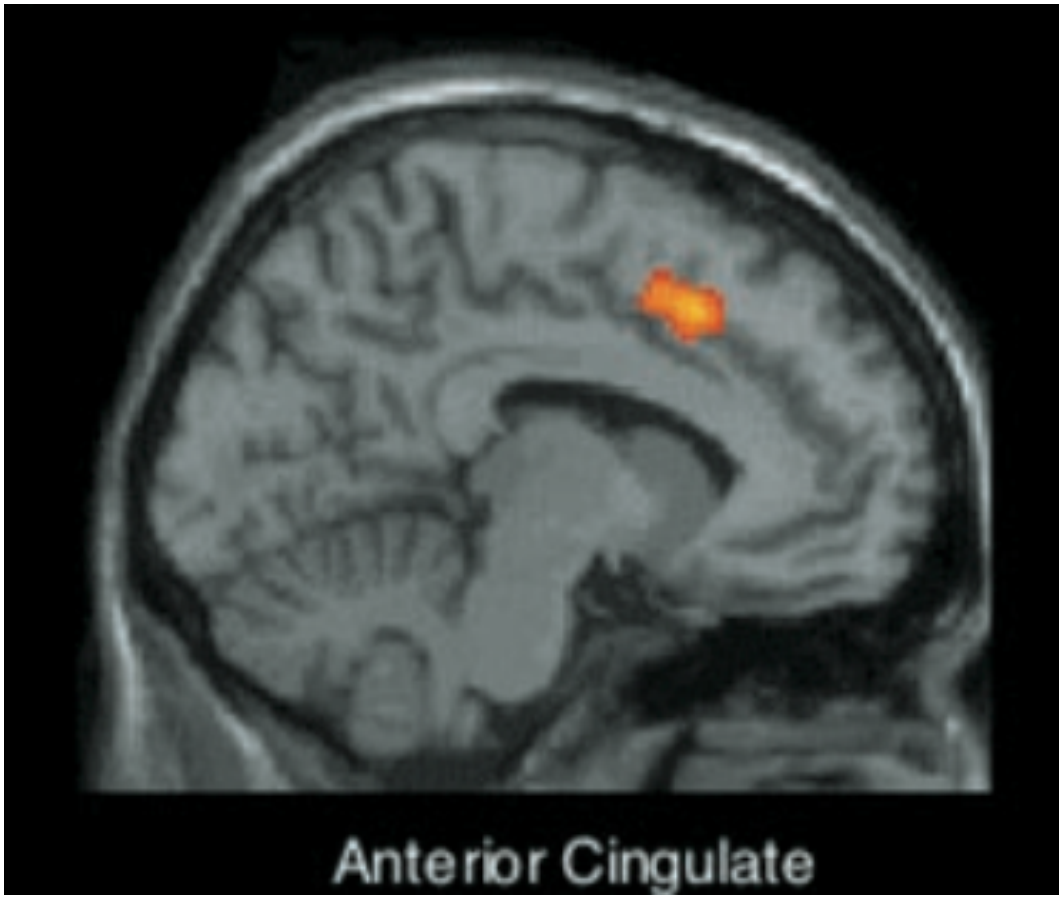

Residual CBF (%)
8
6
4
2
0
-2
-4
-6
-8
-10
0
50
100
Unpleasantness rating

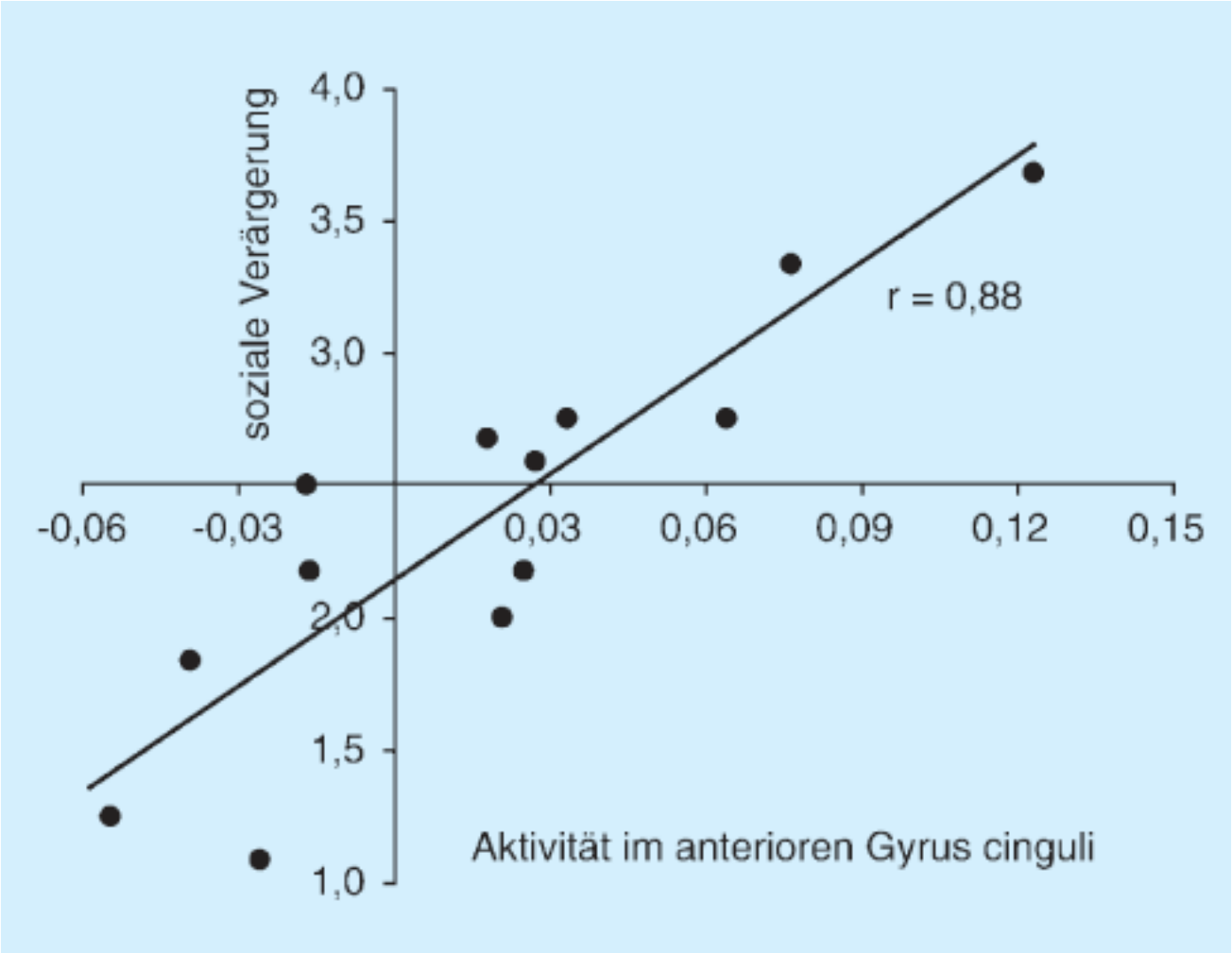
Does Rejection Hurt? An fMRI Study of Social Exclusion

Naomi I. Eisenberger,[1]* Matthew D. Lieberman,[1] Kipling D. Williams[2]

A neuroimaging study examined the neural correlates of social exclusion and tested the hypothesis that the brain bases of social pain are similar to those of physical pain. Participants were scanned while playing a virtual ball-tossing game in which they were ultimately excluded. Paralleling results from physical pain studies, the anterior cingulate cortex (ACC) was more active during exclusion than during inclusion and correlated positively with self-reported distress. Right ventral prefrontal cortex (RVPFC) was active during exclusion and correlated negatively with self-reported distress. ACC changes mediated the RVPFC-distress correlation, suggesting that RVPFC regulates the distress of social exclusion by disrupting ACC activity.

10 OCTOBER 2003 VOL 302 SCIENCE


Anterior Cingulate


soziale Verärgerung
4,0
3,5
3,0
2,0
1,5
1,0
-0,06
-0,03
0,03
0,06
0,09
0,12
0,15
r = 0,88
Aktivität im anterioren Gyrus cinguli

Einsamkeit ist tödlich

OPEN ACCESS Freely available online PLoS MEDICINE

Social Relationships and Mortality Risk: A Meta-analytic Review

Julianne Holt-Lunstad[1]*, Timothy B. Smith[2], J. Bradley Layton[3]

1 Department of Psychology, Brigham Young University, Provo, Utah, United States of America, 2 Department of Counseling Psychology, Brigham Young University, Provo, Utah, United States of America, 3 Department of Epidemiology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States of America

Abstract

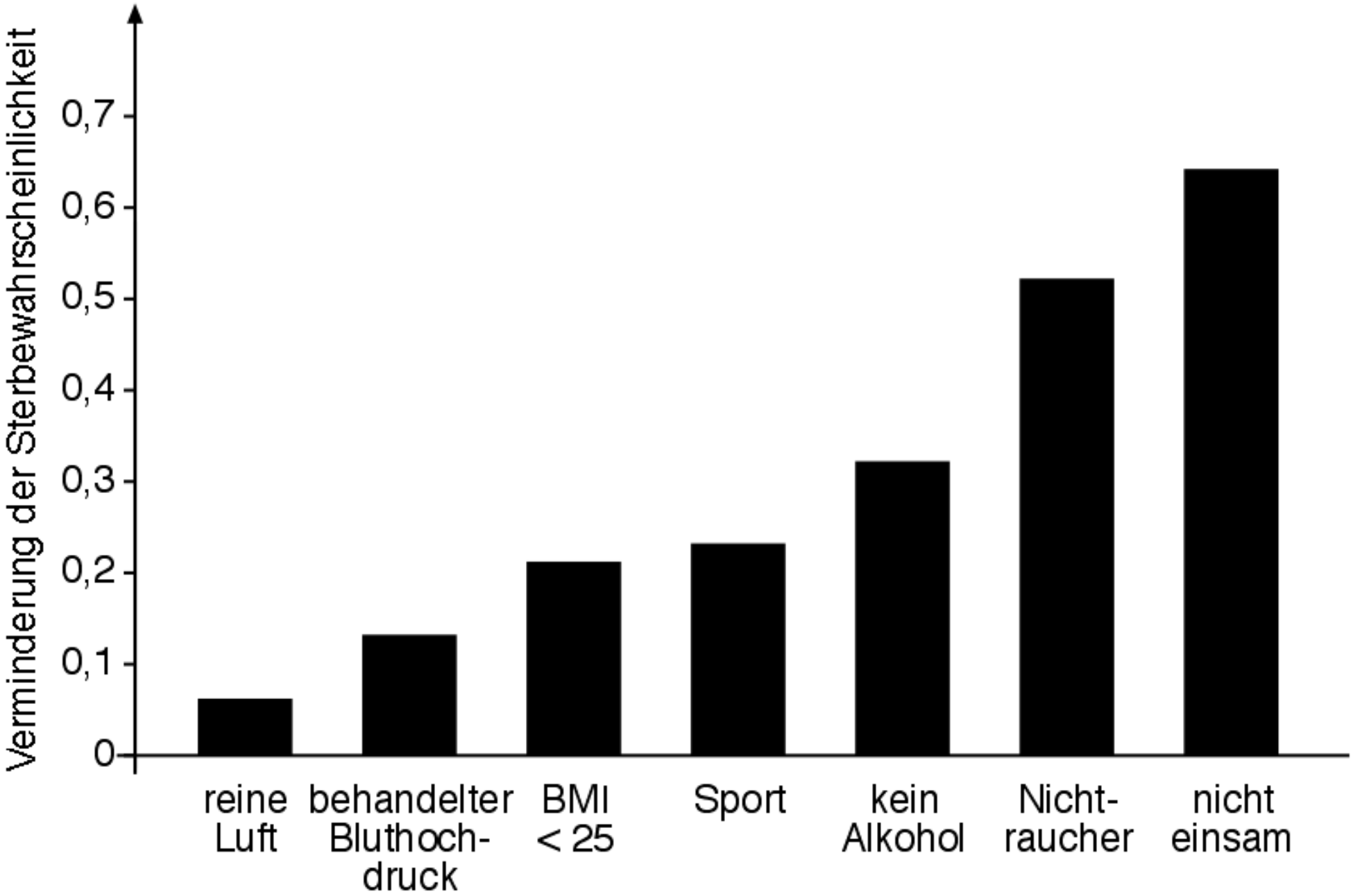
Background: The quality and quantity of individuals' social relationships has been linked not only to mental health but also to both morbidity and mortality.

Objectives: This meta-analytic review was conducted to determine the extent to which social relationships influence risk for mortality, which aspects of social relationships are most highly predictive, and which factors may moderate the risk.

Data Extraction: Data were extracted on several participant characteristics, including cause of mortality, initial health status, and pre-existing health conditions, as well as on study characteristics, including length of follow-up and type of assessment of social relationships.

Results: Across 148 studies (308,849 participants), the random effects weighted average effect size was OR = 1.50 (95% CI 1.42 to 1.59), indicating a 50% increased likelihood of survival for participants with stronger social relationships. This finding remained consistent across age, sex, initial health status, cause of death, and follow-up period. Significant differences were found across the type of social measurement evaluated ($p<0.001$); the association was strongest for complex measures of social integration (OR = 1.91; 95% CI 1.63 to 2.23) and lowest for binary indicators of residential status (living alone versus with others) (OR = 1.19; 95% CI 0.99 to 1.44).

Conclusions: The influence of social relationships on risk for mortality is comparable with well-established risk factors for mortality.


Verminderung der Sterbewahrscheinlichkeit
0,7
0,6
0,5
0,4
0,3
0,2
0,1
0
reine Luft
behandelter Bluthoch-druck
BMI < 25
Sport
kein Alkohol
Nicht-raucher
nicht einsam

aps
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PSYCHOLOGICAL SCIENCE

Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review

Perspectives on Psychological Science
2015, Vol. 10(2) 227–237
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DOI: 10.1177/1745691614568352
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Julianne Holt-Lunstad[1], Timothy B. Smith[2], Mark Baker[1], Tyler Harris[1], and David Stephenson[1]
[1]Department of Psychology and [2]Department of Counseling Psychology, Brigham Young University

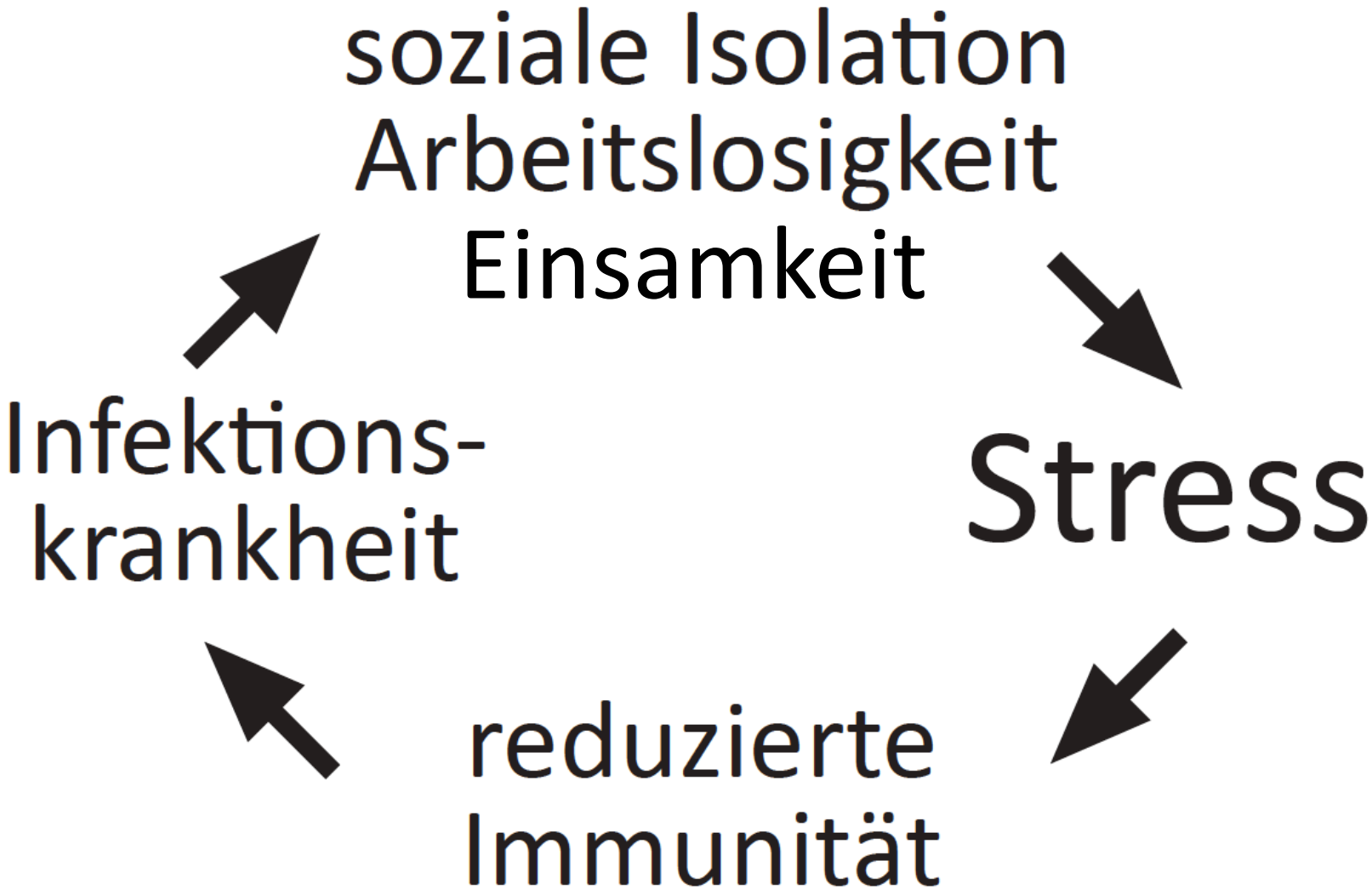
Fazit: Einsamkeit

- liegt voll im Trend

- ist schmerzhaft,
- ansteckend und
- tödlich

Warum ist das so?

STRESS


soziale Isolation
Arbeitslosigkeit
Einsamkeit
Stress
reduzierte
Immunität
Infektions-
krankheit

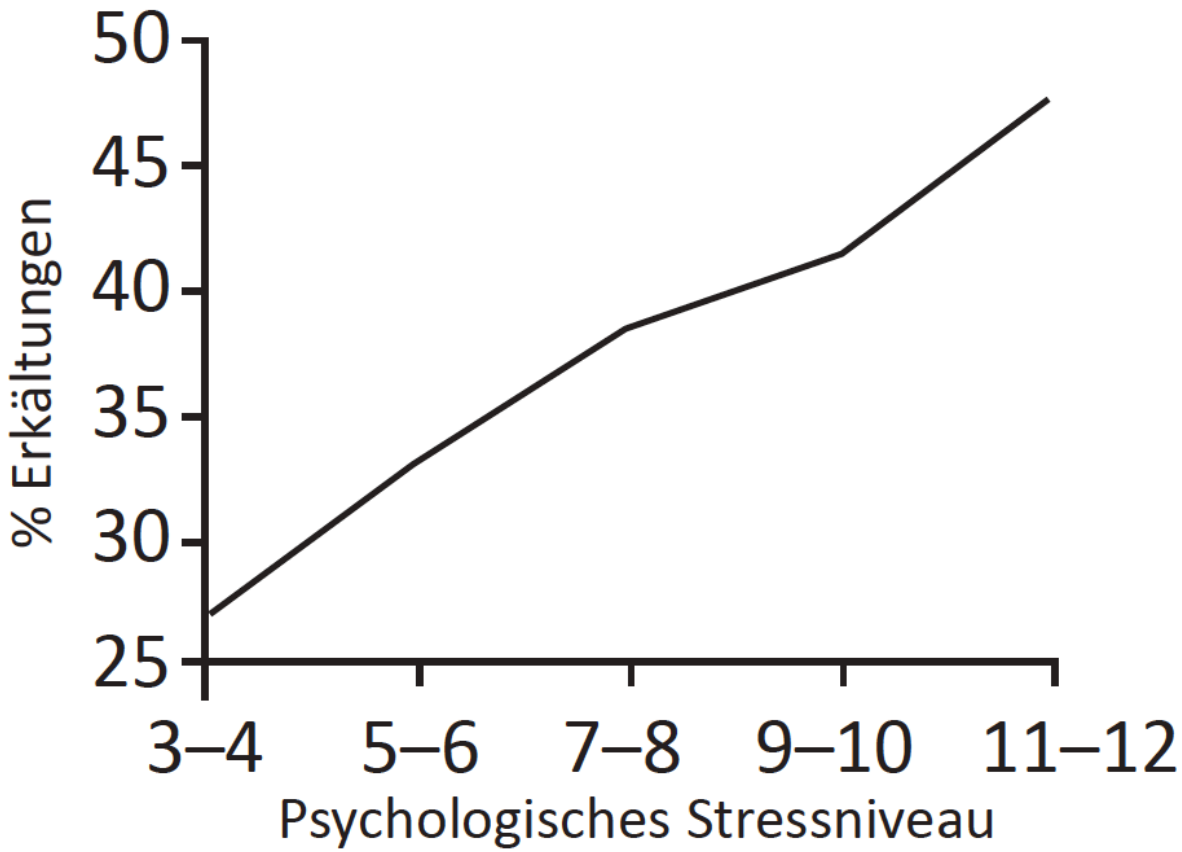
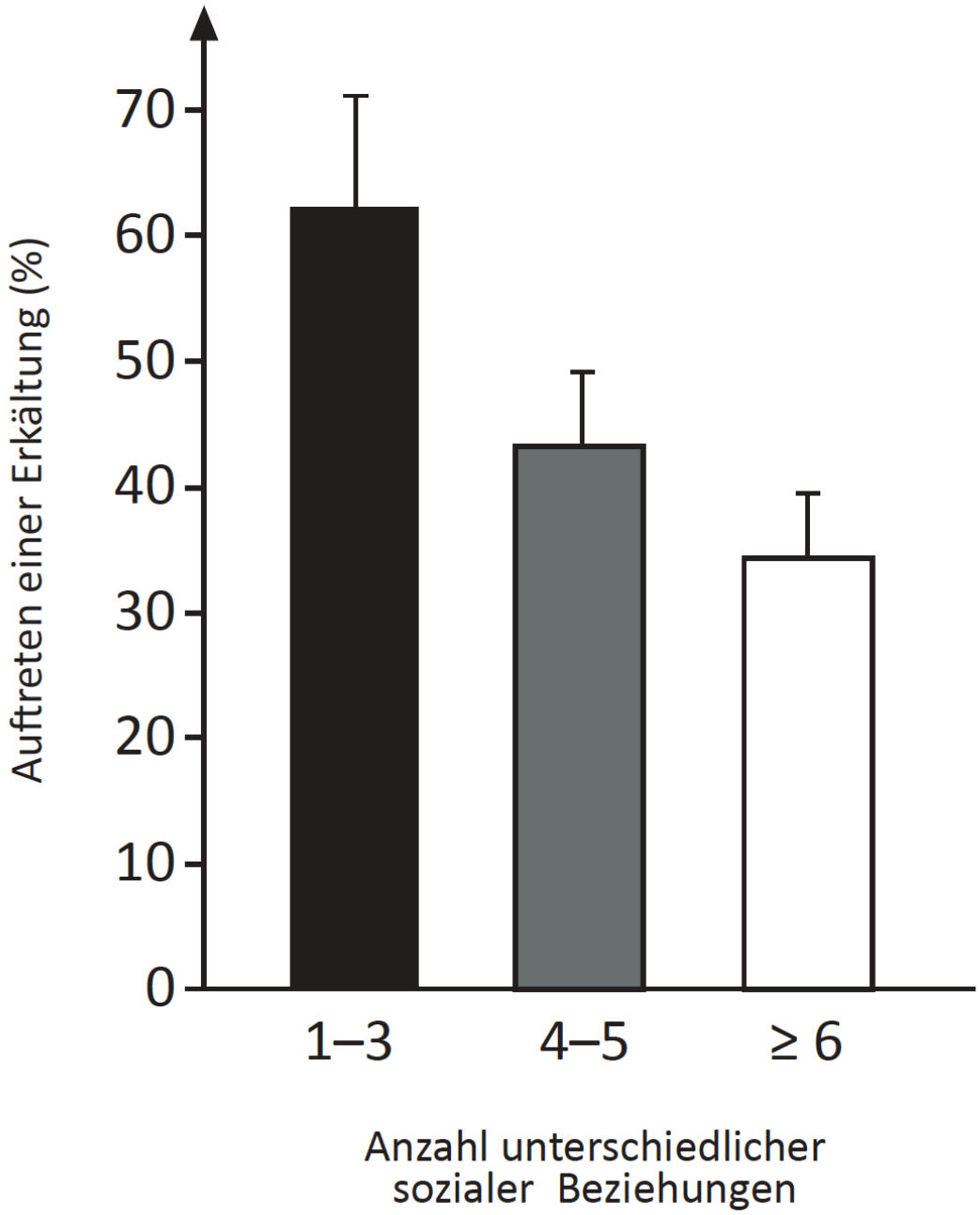
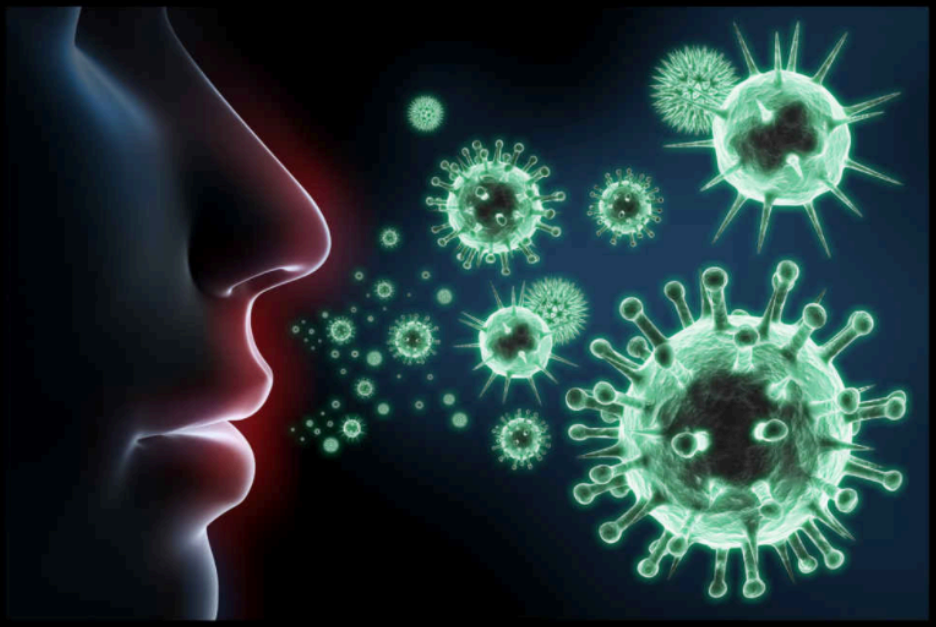


Abb. 7.1: Zunahme der relativen Häufigkeit (in Prozent), eine Erkältung zu bekommen, in Abhängigkeit vom erlebten psychischen Stress.[77]


Auftreten einer Erkältung (%)
70
60
50
40
30
20
10
0
1–3
4–5
≥ 6
Anzahl unterschiedlicher
sozialer Beziehungen

Einsamkeit nimmt uns unsere einzige Abwehr gegen das Virus



The Psychology of Pandemics

Preparing for the Next Global Outbreak of Infectious Disease

Steven Taylor

Gegen Corona kann man (noch) nicht impfen, gegen Einsamkeit kann man „impfen“

Musik
Sport
Kunst
Theater

Musik
Sport
Kunst
Theater

! Helfen !

Alleinsein suchen?

Alleinsein suchen

Wo?

1. Draußen

1. Draußen
2. In der Natur!