

## Reviewing the W.A.R.A. Treatment Strategies during Covid-19- Its Benefits and Challenges

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### Abstract

COVID- 19 pandemic is a wide chapter that impacts massively on daily people's lives. People have suffered lots of problems physically for not communicating with others. W.A.R.A. strategy is a good process of serving treatment guidance properly with a virtual process. Mainly, this process supported the people to provide self-regulation abilities and that helped the people in solving their physical issues. Therefore, this study aims to develop this study through showing the key competence of W.A.R.A strategies. Secondary data collection method is involved here for collecting data from several resources. Besides, this study could not collect any irrelevant data on it and the overall process presented appropriate findings based on evaluating the literature review section. Some disadvantages are also included here under the context of W.A.R.A strategies such as the communication gap and many more.

**Keywords:** W.A.R.A strategies, ReAttach Therapy and COVID- 19.

### 1. Introduction

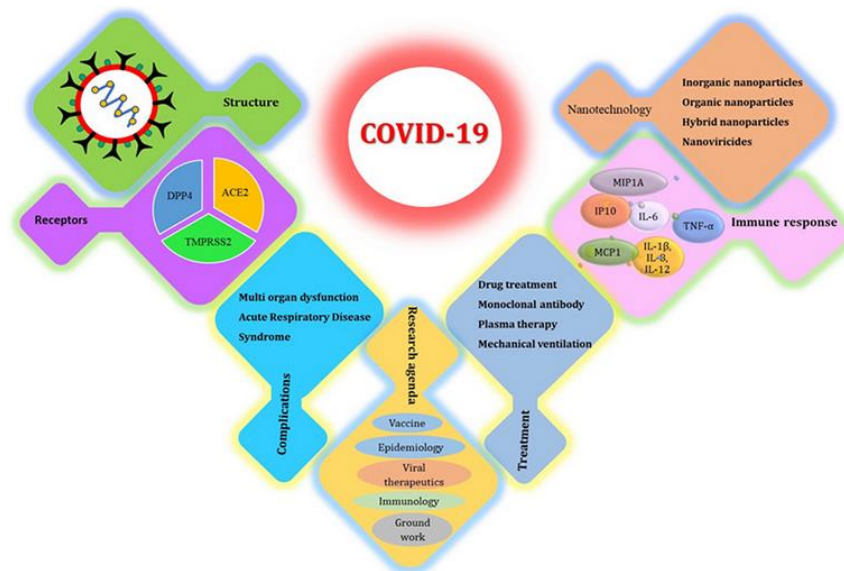
COVID- 19 is one of the major aspects that created so many problems in people's daily lives that all have been seen in detail during the year 2019 -2021. During the pandemic situation, people have failed to access any person face to face and patients' treatment has also been damaged due to issues related to the COVID- outbreak. At that time, people faced several problems associated with communication thus; **W.A.R.A** strategies played a significant role in solving these major problems respectively. In this study, the paper tried to focus on developing the entire study with full accuracy and this paper also concentrates on showing the major key activities of this ReAttach therapy. Additionally, this study also sheds light on showing the major advantages and disadvantages of this topic context. In the time sphere of the pandemic, people felt the risk of outing outsiders and at that time this major therapy met all the specific needs of people by growing the conversation virtually. In other words, it has been seen that W.A.R.A. strategies belonged to the writing effect with Reattach. Along with this, this is an innovative process that therapists can utilize face-to-face with patient. Besides, that is also completed remotely during the time of the pandemic. Generally, this therapy worked through inputting the instructions to patients and this played a crucial role in serving the self-regulation power of patients. Besides these aspects, this study also forecasted on presenting the proper methodology for making this study perfect and mentions accurate findings and discussions from collecting the data from the literature review section. Apart from that, this study also demonstrates a good literature review section based on collecting information from previous studies. Therefore, this major therapy addressed the people's crisis during the time of the COVID- outbreak by showing all competencies actively. Communities have not visited the doctor's clinic due to facing various issues regarding Covid-19, thus, doctors are also using this

major therapy in solving problems. Additionally, this paper also forecasts on showing the contrast between this study and other studies.

## 2. Literature Review

### COVID- 19 Effects on People's Health and the Role of W.A.R.A Strategies

During the time sphere of COVID-, people have been locked in their homes and they could not do any other work by visiting outside. Therefore, this is one of the significant issues that the public faces. In other words, anxiety and depression problems have enhanced in rapid style and that affects people’s daily life significantly. In other words, it has been seen that people have lost their jobs due to COVID- and they faced various types of issues related to economics also. Most of the cases, the old age public has faced COVID- issues and at that scene, they could not go physically at the clinic. Therefore, in that case, therapists tried to solve their problems by suggesting some suggestions to their families such as maintaining all safety protocols during the pandemic and staying in house due to lock down. Through this process, all problems are not sorted clearly and the corona outbreaks also increase massively. In support of these, people also suffered issues regarding medicine choices and at that time the process of treatment was discovered through W.A.R.A strategies [1]. On the other hand, this is another key strategy of treatment, and this strategy suggests patients to express their problems through mobile chat and the consultant tries to provide actual suggestions based on the patient's condition. Generally, these key strategies have belonged to the context of changing the process of treatment. In other words, it has been seen that this key process meets all changes through customizing sensory and arousal stimuli, and cognitive training as well as associative learning also. In support of this, cognitive training is one of the major processes of serving treatment through providing exact training to patients [2]. Through this Reattach therapy, therapists solved the issues related to mental along with anxiety disorder also.



**Figure 1: Treatment procedure during COVID-19 [3]**

On the other hand, it has been evaluated from other studies, through this useful therapy therapist helps the patient in providing some informational videos that embraces the safety awareness of the patients. On the other hand, this Reattach therapy provides confidence also to the patients in the time sphere of fighting with any diseases. Therefore, it has been seen that this is one of the major useful treatments and helps people to meet their needs about curing their issues [3]. At the moment of COVID- outbreak, it has been seen that this treatment has other facilities related to face to face guidance based on specific needs. Such as, when a patient has suffered from the problems related to depression and anxiety, that time the therapist provided some information through chat conversation. Additionally, at the time sphere of COVID-, patients have faced the issues of COVID-, that time people were concerned with therapists and through implementing the W.A.R strategies, they provided patients with all necessary protocols for maintaining such as proper diet chart, and amount of water consumption and so

forth. On the other hand, W.A.R.A strategies have another key point in serving accurate self-regulations tools remotely and that is supported by patients widely.

### **Advantages and Disadvantages of W.A.R.A strategies**

W.A.R.A is one of the well-known ReAttach therapies that help the society in providing help through face-to-face interaction with patients. Besides that, these strategies are playing a crucial role in sorting issues with virtual processes. This therapy helped people to embrace their skills related to self-regulation and self-awareness as well. In other words, it has been evaluated that this major therapy helps patients to clear their problems in front of doctors through video chatting without visiting the clinic physically [4]. In contrast, this process also supports patients to understand their role in treating their issues. Apart from that, it has been seen from the overall record, this is one of the finest processes of treating any patient easily and this strategy played a major role in sorting the issues of initial treatment at the time sphere of needs. Besides these major aspects, this strategy has a major role in solving the problems of disabilities. Therefore, during the time of pandemic, this Strategy has played a major role in helping society in treating crises.

Additionally, some disadvantages are also involved here actively that are defined here actively. At the time of the pandemic, some old age persons have faced issues regarding expressing their problems through chat. Old persons have not connected with clinics, thus, they are not felt happy in their treatment [10]. Communication problems are another key point that affects massively in conducting conversation with patients. As A result of this, people have faced issues associated with misguidance and so forth.

### **3. Methodology**

The methodology is one of the crucial factors that help the study to make the paper authentic the most. This paper has grabbed the secondary data collection method for demonstrating this topic context. Secondary data collection is one of the best approaches that provide huge support in embracing the study quality actively. W.A.R.A. strategies are the most recently invented treatment method that supports society massively in improving the treatment structures. On the other hand, this paper has collected all the important data from several journals and articles. Therefore, previous lots of articles have worked on it; this has helped most to find data about it. Additionally, it has been seen that this paper also proposed to do this project with the following descriptive approach [6]. This entire process also has collected all relevant data which are reliable. In support of these, this study also focused on picking the positivism philosophy that supported this entire process to make appropriate criteria actively. On the other hand, no irrelevant data are enlisted here and this is another key point of signing appropriate methodology for this study. W.A.R.A. technology has provided a huge amount of support to all patients during a pandemic and this study has collected all these accurate data from previous studies [5]. This study could not focus on collecting data through processing with a primary process. The primary process is a little harder than the secondary process and therefore, this paper has elected an accurate methodology for completing the overall project. Besides of that, this paper has also sheds light on collecting the all data from Google scholar sources and related newspapers also.

### **4. Findings and Discussion**

It has been found that the effects, advantages, and disadvantages of their W.A.R.A. greatly impact the treatment strategy of the W.A.R.A. during the phase of COVID-19. It has been found that the problem regarding mental problems such as anxiety, and depression had enhanced from the cases rising of the covid-19. It has also been found that most people lose their job due to COVID-19 and the lifestyle of many people gets suffered from this. It has also been found that people of old age suffered a lot from the uprising cases of the COVID -19. The transmission of COVID -19 in old people is a reason for weak immune systems and low counts of hemoglobin and RBC [12 ]. The terrible cases all over the world made scientists involved completely to find out the best strategy for the treatment of covid-19. The suffering of the people from the pandemic such as covid-19 outbreak increases the death in a global manner. The evolution of the strategy of W.A.R.A. that comes with the medical choices and the treatment of patients from the rising case of covid-19. The patients facing the rising cases of covid-19 and the timing of the outbreak of the pandemic tend to implement the strategy of W.A.R.A that provide all the essential protocols for Maintenance of the diet chart, regular water consumption value and the intake of useful

nutrients f to endorse the rate of immunity and boost the energy of WBC. The strategy of the W.A.R.A. provides the ReAttach therapy in society for face-to-face interaction among patients of COVID -19 [ ]. It also found that this strategy also helps to sort out the issues of COVID -19 patients with the virtual process to enhance the lifestyle of people.

In support of these, this reattach therapy is one of the helpful procedures that help the community to build up a potential shield during the time of COVID-19 outbreak. According to this paper, it has been seen that this study has mentioned a cognitive social process that supports people to sort out their major issues without visiting the clinic physically. On the other hand, it has been collected that cognitive social therapy provides informative videos to the patients for serving awareness about their problems. Self-regulation is another major point of communities, at the time sphere of COVID-19 people have collected various kinds of problems such as anxiety and depression as well. Face-to-face process is other key components have enlisted here and that helped the people massively in solving issues associated with depression problems [7]. In addition, psychological therapy also played key abilities of these W.A.R.A strategies. Therefore, those patients have faced the problems related to issues in their body and in that case, these psychological strategies provided excellent supports in developing the physical perforation of any patients. In other words, it has been seen that coved 19 has another major aspects that provided huge amount problems in their daily life schedule maintenance. Additionally, W.A.R.A strategies also helped to decrease the negative effects of diseases and this is another key competence of this strategy. As per this paper, it has been evaluated that this strategies have some advantages and disadvantages also and these are major one that is enlisted in this study actually [8]. In the context of strength, writing affect by Reattach is an important noninvasive intervention of psychological through negative effect can be removed accuracy. Besides of it, this study also forecasted on showing the advantages of this strategy and that is self-regulation. It is one of the major key points that help patients to increase their emotional movement massively. These strategies are provided by peoples who are worked in the health care sectors and clinic sectors. Additionally, in the time of emergency services, this strategy has helped most to give a stable position to patients [9]. Therefore, this study has covered all major aspects for developing this paper with full of efficiency. Through following the secondary data collection process, this study has met all required data respectively. Unpleasant feelings can be developed in patients during the treatment procedures which is a negative effect for W.A.R.A. remote therapy. W.A.R.A. face-to-face is more effective compared to W.A.R.A. remote therapy based on the internet.

## 5. Discussion

This research has aimed to find out the condition of therapy associated with W.A.R.A. that it shows the intervention regarding psychological first aid. It is specifically related to the outbreak of covid-19 pandemic. This time also shows the uncertainty and challenging situations in the country that is also responsible for the increased cases of anxiety and depression among people. In times of psychological consultation restriction, psychotherapy through the online source offered the solution. It is important from the preventive point of view that it is important to come in the favor of the patients and the professional people with the strategy of self-regulation at tough times. The examination of the effect of W.A.R.A for remote therapy on the negative impact and the comparison of the minimal strategy of the remote therapy along with the contradictions of the face-to-face interaction of the patient of patients undergoing the treatment of W.A.R.A. The remote therapy of the W.A.R.A. results in the decrease of the negative effect to a great extent [11]. The potential results for the fact that the therapy of W.A.R.A is less successful in the face to face interaction. It is also discussed that the therapy is crucial and it is much easy for the web therapist to make a greatest impact on the Trans diagnosis process such as process of co regulation and the effect of face to face interaction through the online therapy. The element of W.A.R.A makes an importance in the achievement of online guidance. It also have a through the genuine proximity increases the trust of patients and induced more positive expectations form the outcome of intervention. It also induce the effect of patients stress related complaints to have the response of positive and negative hopes for the abilities of self-regulation .The increasing stress of the patients due to the negative expectations that lead to physical presence and the consultation of a therapist. The finding of the research suggest that the self-regulation for a brief and reachable is more effective and also more favorable for considering the arguments that is ethical in the psychotherapy of online medium such as privacy, secretly and the issues regarding emergency. The presence of the transferability and the intervention in the efficiency of W.A.R.A in the process of decreasing the negative effect highlighted in a strong

way. The fact that arises with the intervention can be used as self-regulation tool for the strategy treatment of W.A.R.A. The therapy that is done from a long distance can also be more interesting for the use of self-regulation technique and it made a huge contribution to enhance the autonomy and self-control of the strategy. The implications of the treatment of WARA creates adverse effects of treatment for the corona patients and also makes an useful aid for the pandemic issues. The therapy of COVID -19 patients help have a great importance in the treatment strategy of W.A.R.A that needs the technique of self-regulation. It also reflects the treatment strategy of condition on COVID -19 patients and shows the positive impact. The growth of the treatment of W.A.R.A for the fact that the therapy that has a positive influence on stress and anxiety.

## 6. Conclusion

From the above findings and discussions and the literature review, It is concluded that the treatment strategy of W.A.R. A makes an impactful contribution for the treatment of COVID-19 patients (Dr. Sayed, S. 2020). It creates a light of hope for the people suffering from the terrible outbreak of corona. Its treatment strategy also helps to cure the COVID -19 patients and boost the immunity of the corona patients and the people that sustained their life after survival from COVID pandemic. It also enhanced the people to gain the therapy of self-regulation and forecast the proper methodology for the treatment of COVID patients. The outbreak of the COVID showing the decreasing competency level of people in a worldwide manner that directly influence on the immunity of people adversely. The terrible situation comes out with the rise in the cases of the issues of depression and anxiety that influence the daily life activity of people. The treatment strategy suggest the patient's to express their problem regarding health through mobile chats and consultant. It has been seen that the customization of sensory and arousal stimuli makes the treatment more successful. This treatment strategy has also great role in solving the problem of the disabilities and helping the society in the treatment crises[13]. In support of these, this study also focused on showing the advantages and disadvantages of these strategies. In other words, this study also mentioned the method related to cognitive social practice that supports the people to solve their issues respectively.

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