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| Table 1.  *Non-exhaustive overview of the side and ripple effects of the pandemic and related lockdown measures, including references.* | |
| Physical Health | |
| Side Effect | Reference |
| Estimated 100 million casualties in low and middle-income countries, as an indirect effect of the virus, and the lockdown measures (early estimate). | Zetzsche, D. A. (2020). One million or one hundred million casualties? The impact of the COVID-19 crisis on low-and middle-income countries. *Available at SSRN 3597657*. |
| 138 million people face starvation as economies and livelihoods are interrupted by the pandemic (updated estimate). | Kennedy, F., Luescher, B., Byrs, E., Taravella, S., & Moghraby, S. (2020). *New report shows hunger is due to soar as coronavirus obliterates lives and livelihoods*. Word Food Program. https://www.wfp.org/news/new-report-shows-hunger-due-soar-coronavirus-obliterates-lives-and-livelihoods |
| COVID-19 likely to lead to increased maternal and child mortality indirectly, via disrupted healthcare, decreased food access, health system and economic collapse. | Roberton, T., Carter, E. D., Chou, V. B., Stegmuller, A. R., Jackson, B. D., Tam, Y., Sawadogo-Lewis, T., & Walker, N. (2020). Early estimates of the indirect effects of the COVID-19 pandemic on maternal and child mortality in low-income and middle-income countries: a modelling study. *The Lancet Global Health*, *8*(7), e901–e908. https://doi.org/10.1016/S2214-109X(20)30229-1 |
| Access to other forms of healthcare may be limited, as doctors are redirected, and people fear seeking care, leading to worse health outcomes in the long run. Risk of many deaths from health problems not related to covid-19. | Heath, S. (2020, March 17). *How Will Coronavirus Impede Patient Access to Care?* Patient Engagement Hit. https://patientengagementhit.com/news/how-will-coronavirus-impede-patient-access-to-care  Gorvett, Z. (2020). *Why most Covid-19 deaths won’t be from the virus*. BBC. https://www.bbc.com/future/article/20200528-why-most-covid-19-deaths-wont-be-from-the-virus |
| There has been a significant increase in the number of major amputations during lockdown as patients wait longer to seek medical care for non-covid-19 illnesses. | Schuivens, P. M. E., Buijs, M., Boonman-de Winter, L., Veen, E. J., de Groot, H. F. W., Buimer, T. G., Ho, G. H., & van der Laan, L. (2020). Impact of the COVID-19 lock down strategy on vascular surgery practice: more major amputations than usual. *Annals of Vascular Surgery*. https://doi.org/10.1016/j.avsg.2020.07.025 |
| Quarantine stress increases the risk of cardiovascular health problems. | Mattioli, A. V., Nasi, M., Cocchi, C., & Farinetti, A. (2020). COVID 19 outbreak: impact of the quarantine-induced stress on cardiovascular disease risk burden. In *Future cardiology.* Various. https://doi.org/10.2217/fca-2020-0055 |
| Access to reproductive healthcare during lockdowns is limited which leaves some women without access to care they need. | Quell, M. (2020, April 14). *Dutch Woman Loses Bid for Abortion Pill Without Clinic Vissit*. Courthouse News. https://www.courthousenews.com/dutch-woman-loses-bid-for-abortion-pill-without-clinic-visit/  Kibira, D. (2020). *COVID-19’s adverse impact on sexual and reproductive health (SRH)*. Health Action International. https://haiweb.org/covid-19-srh/ |
| Global condom shortage may be looming as manufacturing is shut down, which is likely to result in increase in sexually transmitted infections and unplanned pregnancies, especially in poorer countries. | Chin, K. (2020, April 14). *There may be a shortage of 100 million condoms because of the coronavirus*. Business Insider. https://www.businessinsider.com/coronavirus-condom-producer-malaysia-karex-berhad-2020-4?international=true&r=US&IR=T |
| Mental Health | |
| Side Effect | Reference |
| The pandemic could lead to a significant rise in suicide mortality in the coming months. | Mark A. Reger, PhD1,2; Ian H. Stanley, MS1,3; Thomas E. Joiner, PhD. (2020).  Suicide Mortality and Coronavirus Disease 2019—A Perfect Storm?  JAMA Psychiatry. Published online April 10, 2020. doi:10.1001/jamapsychiatry.2020.1060  Lennon, J. C. (2020). What lies ahead: Elevated concerns for the ongoing suicide pandemic. Psychological Trauma: Theory, Research, Practice, and Policy. Advance online publication |
| Worsening mental health concerns as stress, depression, and anxiety increases. | Fiorillo, A., & Gorwood, P. (2020). The consequences of the COVID-19 pandemic on mental health and implications for clinical practice. In *European psychiatry: the journal of the Association of European Psychiatrists* (Vol. 63, Issue 1, p. e32). NLM (Medline). https://doi.org/10.1192/j.eurpsy.2020.35 |
| Current decrease in access to mental healthcare may result in worsening mental health of the general population, with people with existing conditions being most at risk. | Torales, J., O’Higgins, M., Castaldelli-Maia, J. M., & Ventriglio, A. (2020). The outbreak of COVID-19 coronavirus and its impact on global mental health. *International Journal of Social Psychiatry*, 002076402091521. https://doi.org/10.1177/0020764020915212 |
| Those with pre-existing mental health conditions are most at risk of having increased mental health issues due to the pandemic. | Druss, B. G. (2020). Addressing the COVID-19 Pandemic in Populations With Serious Mental Illness. *JAMA Psychiatry*. https://doi.org/10.1001/jamapsychiatry.2020.0894 |
| Pandemic triples anxiety and depression symptoms in new mothers. | Davenport, M. H., Meyer, S., Meah, V. L., Strynadka, M. C., & Khurana, R. (2020). Moms Are Not OK: COVID-19 and Maternal Mental Health. Frontiers in Global Women’s Health, 1. https://doi.org/10.3389/fgwh.2020.00001 |
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| Mandatory lockdowns or quarantines may have an especially large negative effect on individuals suffering from social anxiety. | Zheng, L., Miao, M., Lim, J., Li, M., Nie, S., & Zhang, X. (2020). Is Lockdown Bad for Social Anxiety in COVID-19 Regions?: A National Study in The SOR Perspective. *International Journal of Environmental Research and Public Health*, *17*(12), 4561. https://doi.org/10.3390/ijerph17124561 |
| Economic Effects | |
| Side Effect | Reference |
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| Social Effects | |
| Side Effect | Reference |
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| Effects on Children | |
| Side Effect | Reference |
| Unicef warns 1.2 million children could die malaria, pneumonia, and diarrhea during the lockdowns in developing countries. | ﻿Newey, S. (2020). *Unicef warns lockdown could kill more than Covid-19 as model predicts 1.2 million child deaths.* Telegraph. https://www.telegraph.co.uk/global-health/science-and-disease/unicef-warns-lockdown-could-kill-covid-19-model-predicts-12/ |
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