

## **PSYCHOLOGICAL IMPACT OF VACCINATION: 20 PERCENT REDUCTION IN DEPRESSION AND ANXIETY DISORDERS**

Studies have shown that depressive mood and anxiety disorders, which occur in the pandemic, are reduced by 4 to 20 percent in people who have received the COVID-19 vaccine. Making evaluations on the subject, Clinical Psychologist Ünal Erdem Elli says that this situation is related to "a person's feeling about themselves and their environment".

According to a study conducted at the University of Southern California, it has been found out that after receiving the COVID-19 vaccine, people are less likely to feel very depressed by 15 percent, and are less likely to feel only mildly depressed by 4 percent. Based on the data, the researchers also estimate that 1 million people are likely to experience a reduction in mental distress after being vaccinated. Making evaluations on the subject, Istanbul Gelisim University Department of Social Services Lecturer and Clinical Psychologist Ünal Erdem Elli says, "One of the most fundamental conflicts of human beings from the moment they are born is about whether the outside world and the people around them are safe. These basic and critical conflicts have been triggered since the beginning of the pandemic. People find themselves in an environment where they are already insecure and vulnerable to threats from other people. We see that they start to show more intense complaints in anxiety and depression-related disorders. A lot of research today has shown us that anxiety and depression-related disorders are starting to emerge more intensely than before the pandemic."

### **10 TO 20 PERCENT REDUCTION IN DEPRESSION AND ANXIETY SYMPTOMS**

"Immunization is a recipe for salvation. The most reasonable and effective solution that people can find to combat this epidemic is vaccination. Vaccination itself has shown us that people have recently decreased the frequency of symptoms related to depression and anxiety," says Elli and continues his words as follows:

"As measured by one group of researchers at different time intervals, it is found out that people's symptoms of depression and anxiety have decreased between 4 and 10 percent compared to pre-vaccination measurements, and in another research conducted by another group of researchers the rate is between 10 percent and 20 percent. In fact, this is a very understandable, reasonable situation. Because people feel safer. This does not mean that they have loosened their precautions or returned to living as they lived before. They just aren't as concerned as they used to be about the repercussions of a virus that they could

catch or infect while sitting or talking to someone. This is a very important thing because it is a critical issue that it poses a threat not only to themselves, but also to their relatives.”

#### SOCIAL MEDIA’S EFFECT ON AGAINST ANTI-VACCINATION

Pointing out that adolescents are ahead in opposition to vaccination, Elli said, “Fewer adolescents and young people prefer to be vaccinated. The most basic thing seen at this point is; people experience the threat to their safety differently in different age groups. Therefore, teens do not feel threatened. In fact, social media habits are also critical here. Social media habits among age groups should also be taken into account. We know that every group of people has a social media reality in which it interacts in its inner world. A significant number of the people in these groups are not very competent at judging which are reliable sources. This plays an important role in the anti-vaccine movement.”

#### “I FEEL SAFE, I FEEL SAFE IN CROWDS”

Citizens who think that both themselves and their loved ones are safer after vaccination, also draw attention to mask, hygiene and social distance rules. Telling that she has had 3 doses of vaccine, Gonca Gül Karasu says, “I feel very safe. Good thing I've been vaccinated. I can easily walk around the crowd, I am fearless. But I still pay attention to the mask, hygiene and social distance rules.”

Mümtaz Kaymak says, “I feel very well psychologically. We already know all the scientists and doctors say we need to be vaccinated.”

Berrin Sula says, “I was very relieved psychologically. I start to think that I guess I won't be sick. However, I got COVID-19 after vaccination. But I quickly recovered. Then I begin to live my life again. I wear my mask in crowds, but I take it off in secluded places because this is a virus that is transmitted from person to person.”

#### “PEOPLE IMAGINE THE WORST”

Berat Narin says, “I think people are making delusions. I've had 2 doses of the vaccine and have had no problems, I feel good in every way. With the ease of this, we act indifferently and go out and mingle in the crowds. However, we paid attention to our mask, social distance, cleaning and we still are.”

### “WE ARE OBLIGATED”

İsmet Turan says, “We have had our vaccinations, but I am not very aware of what is going on. We were vaccinated not to be sick, but we felt psychologically obligated to do so. There are many concerns. We don't know if it was a good or bad decision.”

### IGU ACADEMICIAN ONUR ÖZDEMİR'S ARTICLE IN 'FINANCIAL INNOVATION'

Asst. Prof. Onur Özdemir's article has been accepted by 'Financial Innovation'.

Conducted for a long time by Asst. Prof. Onur Özdemir from Istanbul Gelisim University the Department of International Trade and Finance (English), "Cue the Volatility Spillover in the Cryptocurrency Markets at the Covid-19 Pandemic: Evidence from DCC-GARCH and Wavelet Analysis" has been accepted for publication in the journal, "Financial Innovation". The article deals with both the Covid-19 pandemic and the cryptocurrencies that have been on the agenda lately.

Ranking 9th in the field of social sciences and mathematical methods worldwide in the Q1 SSCI category, the journal has a very wide information network. In the journal, which has a database that will be a pioneer for many people in both academic and financial fields, articles and e-books can be accessed without creating a membership.

### 4 AWARDS FOR THE SUCCESS IN THE AVIATION INDUSTRY

The winners of the Bluesky Awards 'Aviation Achievement Awards' and 'Special Jury Awards' have been announced. Istanbul Gelisim University (IGU) has been awarded in 4 different categories at the "Aviation Achievement Awards", which confirms the success and excellence in the aviation industry.

### “DETERMINES EXCELLENCE”

Turkey's first and only independent aviation achievement awards organization “Bluesky Awards” find its owners. Bluesky Awards, which organizes the "Aviation Achievement Awards and Special Jury Awards" award competition in 2 categories this year, aims to reward success and excellence in the aviation industry.

### “REGISTERS ITS SUCCESS”

Registering its success and brand value in aviation education with the Bluesky Awards, Istanbul Gelisim University has won awards in the following categories:

- Aircraft Technology Department of the Year Award
- Aeronautical Engineering Department of the Year
- Airframe-Engine Maintenance Department of the Year Award
- Flight Operations Specialist Training Organization of the Year Award  
(Dispatcher)

The awards will meet their owners on November 25, 2021.

### **IGU ACADEMICIANS RANKED AS THE WORLD'S MOST INFLUENTIAL SCIENTISTS**

The most influential scientists in the world have been determined by using the scientific impact index under the coordination of the United States of America Stanford University. Four academicians from Istanbul Gelisim University have their names written on the "World Top 2% Scientists" list.

The most influential scientists in the world have been determined. 4 academicians from Istanbul Gelisim University took part in the ranking, which consists of variables such as the number of scientific articles, the number of citations, and the order of the authors. The ranking has been created by taking into account the work of scientists over the past 70 years (1950-2020).

#### **"THEY ARE AMONG 183 THOUSAND SCIENTISTS"**

Two faculty members from Istanbul Gelisim University are among the top 183 thousand scientists. While Assoc. Prof. Shehzad Ashraf from the Faculty of Architecture and Engineering is in the list at 26,473 rank, Prof. Dr. Kemal Türker from the Faculty of Dentistry is ranked 165,575th.

#### **"THE TWO PERCENT OF THE WORLD"**

The names in the list, in which the 2020 studies are examined and the scientists who are ranked in the 2% of the world are listed, are Asst. Prof. Andrew Alola and Asst. Prof. Festus Bekun from the Faculty of Economics, Administrative and Social Sciences and Assoc. Prof. Shehzad Ashraf from the Faculty of Engineering and Architecture.

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**"IT'S A SOURCE OF MOTIVATION"**

"It is very enjoyable to be a part of the world's most influential 2% of scientists," said Assoc. Dr. Shehzad Ashraf and added, "This year, my name is on both the 2020 lists and the list covering 60 years of data. Recognition of one's contributions is more motivating, and such rankings not only motivate the researchers named, but also set a target for those not mentioned here. Last year, two researchers from Istanbul Gelisim University were part of the top 2% list, and this year four researchers have taken part. We would like to thank IGU Vice Rector Prof. Dr. Nail Öztaş for fully acknowledging our trust and contributions, and for providing the necessary resources, working and academic freedom and an extremely encouraging environment."

Stating that it is proud to be among the best academics, Asst. Prof. Festus Victor Bekun and Asst. Prof. Andrew Adawale Alola said, "However, this milestone is not just mine but it is the success of all my collaborators and academic advisors spanning more than 100 co-authors."

Prof. Dr. Kemal Türker said, "Exciting news. It has been really great that my scientific research, which I have devoted my years to, has made a worldwide impact."