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Online learning and mental health issues: What do we know?

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#### Abstract

By the end of 2019, Covid-19, a novel virulent and potentially lethal virus, had hit the world. The global population lacked natural immunity against the virus and the non-existence of efficient vaccines and treatments made isolation the preferred option. This was enforced by many governments. World-wide educational communities responded to these measures with online learning where possible. Online lectures and content and activities on learning management systems (LMS) (where available) became the new normal way of teaching and learning. Chandra (cited in Akpınar, 2021) estimates that up to 90% of the global student population was studying at home (many online) during the pandemic. This created a unique opportunity for researchers to investigate the effect not only of the Covid pandemic, but also of the online response, on students' mental health. Pre-Covid-19 research at the time expressed concerns about the use of certain online technologies and/or certain ways of using them as challenges to those vulnerable to mental health issues.

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