

Table 1

Physiological and Psychological Effects of Wearing Facemask and Their Potential Health Consequences.

| Physiological Effects | Psychological Effect | Health Consequences |
|---|--|---|
| <ul style="list-style-type: none">• Hypoxemia• Hypercapnia• Shortness of breath• Increase lactate concentration• Decline in pH levels• Acidosis• Toxicity• Inflammation• Self-contamination• Increase in stress hormones level (adrenaline, noradrenaline and cortisol)• Increased muscle tension• Immunosuppression | <ul style="list-style-type: none">• Activation of “fight or flight” stress response• Chronic stress condition• Fear• Mood disturbances• Insomnia• Fatigue• Compromised cognitive performance | <ul style="list-style-type: none">• Increased predisposition for viral and infection illnesses• Headaches• Anxiety• Depression• Hypertension• Cardiovascular disease• Cancer• Diabetes• Alzheimer disease• Exacerbation of existing conditions and diseases• Accelerated aging process• Health deterioration• Premature mortality |