# CABIN FEVER

## SocietyNow

SocietyNow: short, informed books, explaining why our world is the way it is, now.

The *SocietyNow* series provides readers with a definitive snapshot of the events, phenomena and issues that are defining our twenty-first century world. Written leading experts in their fields and publishing as each subject is being contemplated across the globe, titles in the series offer a thoughtful, concise and rapid response to the major political and economic events and social and cultural trends of our time.

*SocietyNow* makes the best of academic expertise accessible to a wider audience, to help readers untangle the complexities of each topic and make sense of our world the way it is, now.

Poverty in Britain: Causes, Consequences and Myths

Tracy Shildrick

The Trump Phenomenon: How the Politics of Populism Won in 2016

Peter Kivisto

Becoming Digital: Towards a Post-Internet Society

Vincent Mosco

Understanding Brexit: Why Britain Voted to Leave the European Union

Graham Taylor

Selfies: Why We Love (and Hate) Them

Katrin Tiidenberg

Internet Celebrity: Understanding Fame Online

Crystal Abidin

Corbynism: A Critical Approach

Matt Bolton

The Smart City in a Digital World

Vincent Mosco

Kardashian Kulture: How Celebrities Changed Life in the 21st Century

Ellis Cashmore

Reality Television: The TV Phenomenon That Changed the World

Ruth A. Deller

Digital Detox: The Politics of Disconnecting

Trine Syvertsen

The Olympic Games: A Critical Approach

Helen Jefferson Lenskyj

This page intentionally left blank

## CABIN FEVER

## Surviving Lockdown in the Coronavirus Pandemic

ΒY

### **PAUL CRAWFORD** University of Nottingham, UK

# JAMIE ORION CRAWFORD

Montreal, Canada



United Kingdom – North America – Japan – India Malaysia – China Emerald Publishing Limited Howard House, Wagon Lane, Bingley BD16 1WA, UK

First edition 2021

Copyright © 2021 Paul Crawford and Jamie Orion Crawford Published under exclusive licence by Emerald Publishing Limited

#### Reprints and permissions service

Contact: permissions@emeraldinsight.com

No part of this book may be reproduced, stored in a retrieval system, transmitted in any form or by any means electronic, mechanical, photocopying, recording or otherwise without either the prior written permission of the publisher or a licence permitting restricted copying issued in the UK by The Copyright Licensing Agency and in the USA by The Copyright Clearance Center. Any opinions expressed in the chapters are those of the authors. Whilst Emerald makes every effort to ensure the quality and accuracy of its content, Emerald makes no representation implied or otherwise, as to the chapters' suitability and application and disclaims any warranties, express or implied, to their use.

#### British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

ISBN: 978-1-80071-355-0 (Print) ISBN: 978-1-80071-352-9 (Online) ISBN: 978-1-80071-354-3 (Epub)



ISOQAR certified Management System, awarded to Emerald for adherence to Environmental standard ISO 14001:2004.

Certificate Number 1985 ISO 14001



INVESTOR IN PEOPLE

To all who experienced the greatest confinement in history

This page intentionally left blank

# CONTENTS

About the Authors	×i
Acknowledgements	xiii
<ol> <li>The Greatest Confinement in History Social Isolation Mental Health Solitary Confinement Diverse Lockdown Altered Soundscapes</li> </ol>	1 7 8 12 16
Lockdown Benefits Cabin Fever Rising	23 24
<ol> <li>A Brief History of Cabin Fever Origins Definitions</li> </ol>	29 29 39
<ol> <li>Cabin Fever Cases</li> <li>On Land</li> <li>At Sea</li> <li>In the Air</li> <li>In Space</li> </ol>	43 43 60 72 77
4. Antidotes to Cabin Fever Green or Nature-Based Remedies Accepting the New Normal Social Connectedness Goal Setting and Purpose Sanctuary versus Prison	89 92 94 95 95 97

	Looking after the Body	98
	Creative Survival	101
5.	Conclusion	109
References		111
Index		149

### ABOUT THE AUTHORS

**Paul Crawford** is the world's first Professor of Health Humanities, pioneering the field and launching multiple new research, educational and practice initiatives worldwide. He directs the Centre for Social Futures at the Institute of Mental Health at the University of Nottingham, UK. Co-directs the Health Humanities Research Priority Area at the University of Nottingham. He is also an Adjunct Professor at the University of Canberra. His recent publications include *Health Humanities* (Palgrave, 2015), *Humiliation* (Emerald, 2019), *The Routledge Companion to Health Humanities* (Routledge, 2020) and *Florence Nightingale at Home* (Palgrave, 2020). He is also the editor of the Emerald *Arts for Health* Series (Emerald) for the general reader and Joint Editor-in-Chief for *The Palgrave Encyclopedia of Health Humanities* (Springer, in press).

Jamie Orion Crawford is a data analyst and researcher based in Montreal, Canada. He is experienced in analysing diverse data from a wide range of industrial contexts – most recently the music industry for Wavo.me. He has contributed editorial advice to various publications including Crawford et al. (eds) *The Routledge Companion to Health Humanities* (Routledge, 2020) and Crawford et al. *Florence Nightingale at Home* (Palgrave, 2020). This is his first co-authored book project. This page intentionally left blank

### ACKNOWLEDGEMENTS

We wish to thank the University of Nottingham, the Wellcome Collection and the British Library in providing excellent online archives and resources.

PC: Special thanks to my wife, Fei-Chi, whose absence during lockdown made my heart grow fonder still; to Jamie for agreeing to counter my isolation by co-authoring this book; to Ruby and Owen for the occasional visits to my urban desert island and virtual hugs during shielding; to my brother Mark and his wife Christina who kept me sane by phone; to friends, neighbours and colleagues for their generous relief missions, bringing food, newspapers and 3D humanity. The 2 metre divide always seemed so much more.

JOC: Special thanks to my love, Andrea, for putting up with me (in general, but especially during lockdown) and to Brian and Mairi for allowing us to isolate ourselves at Komo cottage; to my dad for his lively debate and for this wonderful opportunity to write a book together; to the strongest person I know, my mum, who kept my spirits high with virtual visits to my island in Animal Crossing; to my grandparents, Orion and Eunice, whose regular video updates never failed to make me smile; and finally, to Josh, Will, Justin and Pierre for providing much needed comic relief.