

# Misinformation and Fake News Are Only Part of the Problem | Psychology Today Canada

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While the influence of fake news and misinformation is a problem that has impacted how some have engaged in protective measures to help prevent the spread of COVID-19, it is only part of the issue. Without addressing the other contributing factors, we are spinning our wheels when remedying the situation and getting back to a normal life.

A major contributor to the current situation, with vaccine hesitancy, protective measures such as face coverings and lockdowns to prevent the spread of COVID-19, is a general fear of the unknown. Initially, this fear of the unknown centered around COVID-19 itself. We have never experienced a global pandemic before. As the pandemic has wavered on, this fear has transferred to the COVID-19 vaccines. Many question the long-term side effects of the vaccines, the mRNA method used in creating the vaccines, and question why the vaccines are not yet FDA approved. These are legitimate concerns that need to be addressed.

That brings us to the trust issue. Many have legitimate reasons to distrust science, the medical profession, as well as mainstream news media. This distrust is generally brushed over when reporting hesitancy to engage in protective measures intended to reduce the spread of COVID-19.

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