COVID-19: impact on mental health

 September 11th 2020

**Title:** COVID-19: mental health and wellbeing surveillance report

Public Health England | 8th September 2020

This report compiles routinely updated indicators from multiple sources and summarises important findings from ongoing surveys.

Full detail: [COVID-19: mental health and wellbeing surveillance report](https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-report)

See also: [COVID-19 mental health and wellbeing surveillance: Spotlights](https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-spotlights) [These Spotlight reports are part of the COVID-19: Mental Health and Wellbeing Surveillance report. They describe variation among the population].

**Title:** Addressing Postpandemic Clinician Mental HEALTH: A Narrative Review and Conceptual Framework

Annals of Internal Medicine | August 2020

Previous pandemics have seen high psychiatric morbidity among health care workers. Protecting clinician mental health in the aftermath of coronavirus disease 2019 (COVID-19) requires an evidence-based approach to developing and deploying comprehensive clinician mental health support.

In a narrative review of 96 articles addressing clinician mental health in COVID-19 and prior pandemics, 7 themes emerged:

1) the need for resilience and stress reduction training;

2) providing for clinicians' basic needs (food, drink, adequate rest, quarantine-appropriate housing, transportation, child care, personal protective equipment);

3) the importance of specialized training for pandemic-induced changes in job roles;

4) recognition and clear communication from leadership;

5) acknowledgment of and strategies for addressing moral injury;

6) the need for peer and social support interventions; and

7) normalization and provision of mental health support programs

In addition to the literature review, in collaboration with the Collaborative for Healing and Renewal in Medicine (CHARM) network, the authors gathered practice guidelines and resources from health care organizations and professional societies worldwide to synthesize a list of resources deemed high-yield by well-being leaders.

Studies of previous pandemics demonstrate heightened distress in health care workers years after the event. The COVID-19 pandemic presents unique challenges that surpass those of previous pandemics, suggesting a significant mental health toll on clinicians.

Long-term, proactive individual, organizational, and societal infrastructures for clinician mental health support are needed to mitigate the psychological costs of providing care during the COVID-19 pandemic.

Full paper: [Addressing postpandemic clinician mental health : a narrative review and conceptual framework](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7450528/pdf/aim-olf-M204199.pdf)

**TITLE:** COVID PANDEMIC AS AN OPPORTUNITY FOR IMPROVING MENTAL HEALTH TREATMENTS OF THE HOMELESS PEOPLE

International Journal of Social Psychiatry | published 21st August 2020

Homeless population has been severely affected by the COVID-19 pandemic. Their living conditions, comorbidity with different pathologies and a greater frequency of mental disorders, make this population vulnerable.

We implemented a program of serial visits in a hostel for confined homeless of the city council social services, for the monitoring and treatment of mental disorders and substance abuse problems. Accompanied by serial phone and email contacts.

A highly significant percentage (63%) had mental disorders or substance abuse, requiring pharmacological intervention, and 37% began follow-up in resources of the Mental Health and Addiction network of the Psychiatric Service at the end of the program. Hospital emergency service visits were drastically reduced. None of them were infected with COVID-19. An individualized Social plan was drawn up in order to reintegrate them with support in the community.

The Results have been really positive, meeting all the objectives and opening up developing new programs in the future, in the pandemic outbreak and out of it.

Full paper: [COVID pandemic as an opportunity for improving mental health treatments of the homeless people](https://journals.sagepub.com/doi/pdf/10.1177/0020764020950770)

**Title:** Mental and behavioural disorders and COVID-19-associated death in older people

BJPsych Open | 4th September 2020

Health factors such as diabetes, severe obesity and chronic kidney disease are all associated with a more severe outcome following coronavirus disease 2019 (COVID-19) infection. However, there has been little exploration into the impact of mental and behavioural disorders on outcomes associated with COVID-19.

This study investigated outcomes for older people who used mental health services. Those who had a COVID-19-associated death had previously rated worse across a range of health and social problems, including mental health related problems.

These findings evidence the need to urgently explore whether mental and behavioural disorders should also be considered a health risk factor for a more severe outcome from COVID-19 infection in older people.

Full paper: [Mental and behavioural disorders and COVID-19-associated death in older people](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/CF65061A555B36142962E59E3CA89481/S2056472420000873a.pdf/div-class-title-mental-and-behavioural-disorders-and-covid-19-associated-death-in-older-people-div.pdf)

**TITLE:**  COVID-19 and its impact on neurological manifestations and mental health: the present scenario

Neurological Science | 31st August 2020

Though the COVID-19 pandemic primarily affects pulmonary and cardiorenal functions, many healthcare and its allied groups reported neurological involvement of SARS-CoV-2 in combination with either pre-existing metabolic abnormalities, medical conditions, infections or even chronic to acute inflammatory episodes of the nervous system.

The present review provides a fair outlook of the published literature and also the case reports with an emphasis on plausible mechanisms involved in neurological complications of the central and peripheral nervous systems. Awareness on the neuropsychiatric manifestations being discussed in this article should ideally help the medical community in early identification and effective management of potentially lifethreatening neurological diseases.

Full paper: [COVID-19 and its impact on neurological manifestations and mental health: the present scenario](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7457899/pdf/10072_2020_Article_4695.pdf)

**Title:** The psychosocial impact of flu influenza pandemics on healthcare workers and lessons learnt for the COVID-19 emergency: a rapid review

International Journal of Public Health | 4th September 2020

During a pandemic, healthcare workers (HCWs) are essential to the health system response. Based on our knowledge, little information is available regarding the psychosocial impact on HCWs or interventions for supporting them during pandemics. Therefore, the study aimed to assess available literature on perceived stress and psychological responses to influenza pandemics in HCWs and identify implications for healthcare practice and future research.

This rapid review offers an overview of the major concerns regarding HCWs’ psychosocial well-being and possible preventive strategies, which could be useful for the current COVID-19 outbreak and similar future pandemics. Studies suggested to invest on preventive psychological, social, family and physical support and to guaranteeing reasonable work conditions and others in order to protect HCWs from the long-lasting psychological effect of the COVID-19 pandemic.

Full article: [The psychosocial impact of flu influenza pandemics on healthcare workers and lessons learnt for the COVID-19 emergency: a rapid review](https://link.springer.com/content/pdf/10.1007/s00038-020-01463-7.pdf)

**Title:** The COVID-19 pandemic and epidemiologic insights from recession-related suicide mortality

Molecular Psychiatry | 1st September 2020

The COVID-19 pandemic has led to the initiation of large-scale quarantine measures, resulting in widespread closures of significant sectors of the worldwide economy. The International Monetary Fund predicts that the world economy will experience the worst recession since the Great Depression, labelling this the “Great Lockdown”.

This comment piece suggests that in this context, we need to plan for deleterious mental health effects resulting from this global recession, including: job stress and insecurity, sharply rising unemployment and longer duration of unemployment, income shock, bankruptcy, rising household debt levels, marked decline in asset values, loss of savings, house repossessions, reduced healthcare resources, cuts in community and social services, strained relationships, increased social isolation, and rises in alcohol misuse.

Full detail: [The COVID-19 pandemic and epidemiologic insights from recession-related suicide mortality](https://www.nature.com/articles/s41380-020-00875-4.pdf)

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