COVID-19: impact on mental health

 17th July 2020

**Title:** Coronavirus: Impact on young people with mental health needs

Young Minds | 10th July 2020

This second survey with young people by YoungMinds investigating the mental health impact of the Covid-19 coronavirus pandemic shows that many are under increasing pressure and struggling to get the right support. The report reflects the results of a survey with 2,036 young people aged 13-25 with a history of mental health problems, carried out between 6th June and 5th July. It follows on from a similar survey carried out in March, at the start of the lockdown period.
The results reveal that:

* **80% of respondents agreed that the coronavirus pandemic had made their mental health worse**. 41% said it had made their mental health “much worse”, up from 32% in the previous survey in March. This was often related to increased feelings of anxiety, isolation, a loss of coping mechanisms or a loss of motivation.
* **87% of respondents agreed that they had felt lonely or isolated during the lockdown period**, even though 71% had been able to stay in touch with friends.
* Among more than 1,000 respondents who were accessing mental health support in the three months leading up the crisis (including from the NHS, school and university counsellors, private providers, charities and helplines), **31% said they were no longer able to access support but still needed it.** This is an increase from 26% in the previous survey. Many of those respondents had been offered remote support, but were unable to accept it because of concerns about privacy at home or a lack of access to technology.
* Of those who had not been accessing support immediately before the crisis, **40% said that they had not looked for support but were struggling with their mental health**.  Reasons for not looking for support included not wanting to ‘burden’ services during this time, anxiety about video or phone calls, not having privacy at home, or feeling shame at needing help.
* **11% of respondents said that their mental health had improved during the crisis**, an increase from 6% in the previous survey. This was often because they felt it was beneficial to be away from the pressures of their normal life (e.g. bullying or academic pressure at school)

Full report: [Coronavirus: Impact on young people with mental health needs Survey 2: Summer 2020](https://youngminds.org.uk/media/3904/coronavirus-report-summer-2020-final.pdf)

Young Minds press release: [Mental health ‘much worse’ for many young people with mental health needs – new report](https://youngminds.org.uk/about-us/media-centre/press-releases/mental-health-much-worse-for-many-young-people-with-mental-health-needs-new-report/)

**Title:** Detrimental effects of confinement and isolation on the cognitive and psychological health of people living with dementia during COVID-19: emerging evidence

International Long Term Care Policy Network | updated July 2020

This report contains a short review of the emerging evidence on the impact of COVID-19 on the cognitive and psychological health of people living with dementia and the reported mitigating measures. In an attempt to give a comprehensive and contextualised overview of the state of the topic, the empirical evidence summarised is combined with other sources of information, such as published letters to the editor and news.

Full document: [Detrimental effects of confinement and isolation on the cognitive and psychological health of people living with dementia during COVID-19: emerging evidence.](https://ltccovid.org/wp-content/uploads/2020/07/LTCcovid-1-July-Detrimental-effects-confinement-on-people-with-dementia.pdf)

**TITLE**: IS LOCKDOWN BAD FOR SOCIAL ANXIETY IN COVID-19 REGIONS? A NATIONAL STUDY IN THE SOR PERSPECTIVE

International Journal of Environmental Research & Public Health | 24th June 2020

Lockdown measures have been widely used to control and prevent virus transmission in pandemic regions. However, the psychological effects of lockdown measures have been neglected, and the related theoretical research lags behind the practice.

The present study aimed to better understand the mechanism of social anxiety in pandemic regions where the lockdown measures were imposed, based on the conceptual framework of the Stimulus-Organism-Response (SOR). For that, this research investigated how lockdown measures and psychological distance influenced social anxiety in the pandemic region.

Full paper: [Is Lockdown Bad for Social Anxiety in COVID-19 Regions? A National Study in The SOR Perspective](https://www.mdpi.com/1660-4601/17/12/4561/htm)

**Title:** How the COVID-19 pandemic is focusing attention on loneliness and social isolation

Public Health Research & Practice | 30th June 2020

The effects of the coronavirus disease 2019 (COVID-19) pandemic upon human health, economic activity and social engagement have been swift and far reaching. Emerging evidence shows that the pandemic has had dramatic mental health impacts, bringing about increased anxiety and greater social isolation due to the physical distancing policies introduced to control the disease. In this context, it is possible to more deeply appreciate the health consequences of loneliness and social isolation, which researchers have argued are enduring experiences for many people and under-recognised contributors to public health.

This paper examines the social and psychological consequences of the COVID-19 pandemic, with a focus on what this has revealed about the need to better understand and respond to social isolation and loneliness as public health priorities.

Full detail: [How the COVID-19 pandemic is focusing attention on loneliness and social isolation](https://www.phrp.com.au/issues/june-2020-volume-30-issue-2/how-the-covid-19-pandemic-is-focusing-attention-on-loneliness-and-social-isolation/)

**TITLE:**  THE MENTAL HEALTH IMPACT OF COVID-19 AND PANDEMIC RELATED STRESSORS AMONG ADULTS IN THE UK

medRxiv (preprint) | 7th July 2020

This study examines whether there was an increase in the prevalence and incidence of Common Mental Disorders (CMD) in the UK adult population during the first few months of lockdown related to the coronavirus pandemic and whether changes in CMD were associated with an increase in stressors related to lockdown and the pandemic.

Full paper[: The mental health impact of COVID-19 and pandemic related stressors among adults in the UK](https://www.medrxiv.org/content/10.1101/2020.07.05.20146738v1.full.pdf)

**TITLE:** ABUSE, SELF-HARM AND SUICIDAL IDEATION IN THE UK DURING THE COVID-19 PANDEMIC

The British Journal of Psychiatry | July 13th 2020

This study explored patterns of abuse, self-harm and thoughts of suicide/self-harm in the UK during the first month of the COVID-19 pandemic using data from the COVID-19 Social Study, a non-probability sample weighted to population proportions.

The reported frequency of abuse, self-harm and thoughts of suicide/self-harm was higher among women, Black, Asian and minority ethnic (BAME) groups and people experiencing socioeconomic disadvantage, unemployment, disability, chronic physical illnesses, mental disorders and COVID-19 diagnosis.

Psychiatric medications were the most common type of support being used, but fewer than half of those affected were accessing formal or informal support.

Full paper: [Abuse, self-harm and suicidal ideation in the UK during the COVID-19 pandemic](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/692FD08F3AEFF45036535F5E9CEBAA00/S0007125020001300a.pdf/abuse_selfharm_and_suicidal_ideation_in_the_uk_during_the_covid19_pandemic.pdf)

**Title:** The Mental Health Impact of the COVID-19 Pandemic Across Different Cohorts

International Journal of Mental Health and Addiction | July 9th 2020

The World Health Organization (WHO) defines mental health as the state of wellbeing in which an individual realizes their capabilities to combat with normal life stressors and work competencies in contributing to the belonged community, which is underpinned by six psychological elements comprising (i) self-acceptance, (ii) meaning in life, (iii) autonomy, (iv) healthy relationships with others, (v) environmental mastery, and (vi) personal growth.

These mental health and emotional issues are now among the foremost public health concerns throughout the world because of the novel coronavirus 2019 (COVID-19) pandemic, due to fear of infection or fear of death from the virus. Consequently, many individuals are suffering from elevated anxiety, anger, confusion, and posttraumatic symptoms.

Studies have reported that the spatial distancing, self-isolation, quarantine, social and economic discord, and misinformation (particularly on social media) are among the major contributing factors towards unusual sadness, fear, frustration, feelings of helplessness, loneliness, and nervousness. In extreme cases, it may trigger suicidal thoughts and attempts and, in some cases, actually result in suicide

This paper briefly reviews the mental health problems faced across different cohorts and groups including (i) the general population; (ii) healthcare personnel; (iii) university and college students; (iv) schoolchildren; (v) hospitality, sport, and entertainment industry employees; and (vi) other vulnerable groups.

Full paper: [The Mental Health Impact of the COVID-19 Pandemic Across Different Cohorts](https://link.springer.com/content/pdf/10.1007/s11469-020-00367-0.pdf)

**Title**: COVID-19 AND THE NATION'S MENTAL HEALTH

Centre for Mental Health | 17th July 2020

Covid-19 is increasing levels of psychological distress around the world, and the mental health impacts are greatest among those most closely affected. This includes people living in areas where there are local outbreaks of the virus and people with long-term physical or mental health conditions.

This briefing warns that the combination of a possible rise in Covid-19 cases combined with seasonal flu, the absence of financial safety nets such as the furlough scheme, and a no-deal Brexit may affect the whole UK economy and have a major knock-on effect on mental health.

Full briefing: [Covid-19 and the nation's mental health: July 2020](https://www.centreformentalhealth.org.uk/sites/default/files/2020-07/CentreforMentalHealth_COVID_MH_Forecasting2_Jul20_0.pdf)

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[TRFT Library & Knowledge Service](https://www.trftlibraryknowledge.com/) aim to bring together the latest guidelines, research and news on Covid-19 through our [Covid-19 portal](https://www.trftlibraryknowledge.com/coronavirus.html). For daily updates on Covid-19 visit our '[Latest Health](https://trfthealthweeklydigest.wordpress.com/)' newsfeed, or use the hashtag [#covid19rftlks](https://twitter.com/hashtag/covid19rftlks?src=hashtag_click) to see our latest tweets on Covid-19 research, guidelines and news.

We also produce a range of subject-specific news feeds to ensure our clinical and professional teams stay up to date with developments in their work areas. Please visit our [website](http://www.trftlibraryknowledge.com/) for more information

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