COVID-19: impact on mental health

 24th July 2020

**Reports**

**Title:** How mental health care should change as a consequence of the COVID-19 pandemic

The Lancet Psychiatry | 16th July 2020

For this Position Paper, an international group of clinicians, mental health experts, and users of mental health services has come together to reflect on the challenges for mental health that COVID-19 poses. The interconnectedness of the world made society vulnerable to this infection, but it also provides the infrastructure to address previous system failings by disseminating good practices that can result in sustained, efficient, and equitable delivery of mental health-care delivery. Thus, the COVID-19 pandemic could be an opportunity to improve mental health services.

Full detail: [How mental health care should change as a consequence of the COVID-19 pandemic](How%20mental%20health%20care%20should%20change%20as%20a%20consequence%20of%20the%20COVID-19%20pandemic)

**TITLE**: PUBLIC MENTAL HEALTH AND WELLBEING AND COVID-19

Local Government Association (LGA) and the Association of Directors of Public Health

The Local Government Association (LGA) and the Association of Directors of Public Health (ADPH) have jointly produced this briefing for Directors of Public Health about the public mental health and wellbeing issues arising from the COVID-19 outbreak.

While many people have acted in solidarity in response to COVID-19, and there will be some positive benefits from this community spirit and response, the epidemic will likely have many psychological impacts on the population which may have a detrimental effect on the short, medium and long-term mental health of some residents. In turn, this may reduce people’s resilience and their ability to cope. Longer-term impacts around trauma, grief and distress may exacerbate the burden of mental ill-health in the community long after recovery.

Full briefing: [Public mental health and wellbeing and COVID-19](https://www.local.gov.uk/sites/default/files/documents/Public%20mental%20health%20and%20wellbeing%20and%20COVID-19-1.pdf)

**research**

**TITLE**: MENTAL HEALTH BEFORE AND DURING THE COVID-19 PANDEMIC: A LONGITUDINAL PROBABILITY SAMPLE SURVEY OF THE UK POPULATION

The Lancet Psychiatry | 21st July 2020
The potential impact of the COVID-19 pandemic on population mental health is of increasing global concern. This paper examines changes in adult mental health in the UK population before and during the lockdown.

The study found that by late April, 2020, mental health in the UK had deteriorated compared with pre-COVID-19 trends. Policies emphasising the needs of women, young people, and those with preschool aged children are likely to play an important part in preventing future mental illness.

Full paper: [Mental health before and during the COVID-19 pandemic: a longitudinal probability sample survey of the UK population](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930308-4)

**Title:** Considering grief in mental health outcomes of COVID-19

Psychological Trauma: Theory, Research, Practice, and Policy | Aug 2020 | vol. 12 (no. S1); p. S87

The novel coronavirus disease of 2019 (COVID-19) pandemic has created challenging circumstances for the physical and mental health of individuals across the United States. This commentary addresses the role of grief in mental health outcomes relating to the pandemic.

Full commentary: [Considering grief in mental health outcomes of COVID-19](https://psycnet.apa.org/fulltext/2020-37338-001.pdf)

**Title**: RESILIENCE IS SPREADING: MENTAL HEALTH WITHIN THE COVID-19 PANDEMIC

Psychological Trauma: Theory, Research, Practice, and Policy | Aug 2020; vol. 12 (no. S1); p. S47

The COVID-19 global pandemic is in many ways unchartered mental health territory, but history would suggest that long-term resilience will be the most common outcome, even for those most directly impacted by the outbreak. The authors address four common myths about resilience and discuss ways to systematically build individual and community resiliency. Actively cultivating social support, adaptive meaning, and direct prosocial behaviours to reach the most vulnerable can have powerful resilience promoting effects.

Full paper: [Resilience Is Spreading: Mental Health Within the COVID-19 Pandemic](https://doi.apa.org/fulltext/2020-38956-001.pdf)

**Title**: A POPULATION MENTAL HEALTH PERSPECTIVE ON THE IMPACT OF COVID-19

Psychological Trauma: Theory, Research, Practice, and Policy | July 2020 | vol. 12 (no. 5); p. 529-530

The global pandemic of coronavirus disease 2019 (COVID-19) has resulted in massive societal, economic, and environmental impacts that have both short- and long-term mental health influences. This commentary serves to tie existing literature on mental health and COVID-19 to the clinical experiences of a psychologist working in the Canadian hospital sector.

Full paper: [A population mental health perspective on the impact of COVID-19](https://doi.apa.org/fulltext/2020-43037-001.pdf)

**Title:** Understanding the mental health burden of COVID-19 in the United Kingdom

Psychological Trauma: Theory, Research, Practice, and Policy | July 2020 | vol. 12 (no. 5); p. 465-467

This article outlines the mental health burden of COVID-19 in the United Kingdom population, and presents preliminary evidence of less common psychiatric issues, such as paranoia and hallucinations, to which vulnerable groups in the U.K. population may be more vulnerable. It is argued that cognitive–behavioural therapy, with components of mindfulness, should be part of the therapeutic response.

Full paper: [Understanding the mental health burden of COVID-19 in the United Kingdom](https://doi.apa.org/fulltext/2020-37332-001.pdf)

**Title**: LONELINESS, ISOLATION, AND SOCIAL SUPPORT FACTORS IN POST-COVID-19 MENTAL HEALTH

Psychological Trauma: Theory, Research, Practice, and Policy | August 2020; vol. 12 (no. S1); p. S55

Social support plays a key role in well-being, yet one of the major preventative efforts for reducing the spread of COVID-19 involves social distancing. During times of crisis, social support is emphasized as a coping mechanism. This requires many people to change their typical ways of connectedness and assumes that people have existing healthy relationships or access to technology.

The purpose of this article was to explore the potential impact of COVID-19 on loneliness and well-being. Social support is an important consideration for understanding the impact of COVID-19 Psychological First Aid and Skills for Psychological Recovery, which are tools used to inform response methods to help people connect during isolation and are interventions that could be adapted to COVID-specific needs for what may be a prolonged isolation and postisolation.

Given the many unknowns of COVID-19, studies are needed to understand the larger behavioral health impact to ensure resources are available, current, and evidence informed. Future studies are also needed to understand how access to technology may help buffer loneliness and isolation and thus improve the social outcomes of the current pandemic.

Full paper: [Loneliness, isolation, and social support factors in post-COVID-19 mental health](https://doi.apa.org/fulltext/2020-43457-001.pdf)

**Title**: THE ROLE OF THE COVID-19 PANDEMIC AS A RISK FACTOR FOR SUICIDE: WHAT IS ITS IMPACT ON THE PUBLIC MENTAL HEALTH STATE TODAY?

Psychological Trauma: Theory, Research, Practice, and Policy | August 2020; vol. 12 (no. S1); p. S120

The phenomenon of suicide is a much studied but still little-known issue. In this particular period of health emergency, quarantine and mandatory restrictions could play a role in the genesis of fatal events or suicide attempts not only in people at risk. However, this issue has not yet been adequately addressed in the literature.

The influence of the global pandemic could change the way suicide cases are analysed; in the future, it is necessary to reconsider and analyse the various risk groups by population but above all to evaluate new methods of intervention for avoiding the increase in fatal events related to the current emergency whose duration is still unknown.

Full paper: [The role of the COVID-19 pandemic as a risk factor for suicide: What is its impact on the public mental health state today?](https://doi.apa.org/fulltext/2020-38982-001.pdf)

**Title**: COVID-19, MENTAL HEALTH AND ETHNIC MINORITIES

Evidence-Based Mental Health | 2020; 23: 89-90

COVID-19 has evolved rapidly into a pandemic with global impacts. However, as the pandemic has developed, it has become increasingly evident that the risks of COVID-19, both in terms of infection rates and particularly of severe complications, are not equal across all members of society.

While general risk factors for hospital admission with COVID-19 infection include age, male sex and specific comorbidities (eg, cardiovascular disease, hypertension and diabetes), there is increasing evidence that people identifying with Black, Asian and Minority Ethnic (BAME) groups have disproportionately higher risks of being adversely affected by COVID-19 in the UK and the USA. The ethnic disparities include overall numbers of cases, as well as the relative numbers of critical care admissions and deaths.

Full detail: [COVID-19, mental health and ethnic minorities](https://ebmh.bmj.com/content/ebmental/23/3/89.full.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.

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