COVID-19: impact on mental health

 3rd July 2020

**Title:** Prevalence of and Risk Factors Associated With Mental Health Symptoms Among the General Population in China During the Coronavirus Disease 2019 Pandemic

JAMA Network | 1st July 2020

**Question:**  What are the patterns of and factors associated with mental health conditions among the general population during the coronavirus disease 2019 (COVID-19) outbreak in China?

**Findings:**  In this survey study with 56 679 participants across all 34 province-level regions in China, 27.9% of participants had symptoms of depression, 31.6% had symptoms of anxiety, 29.2% had symptoms of insomnia, and 24.4% had symptoms of acute stress during the outbreak. Factors independently associated with negative mental health outcomes included having confirmed or suspected COVID-19, having a relative with confirmed or suspected COVID-19, having occupational exposure risks, living in Hubei province, and experiencing quarantine and delays in returning to work.

**Meaning:**  The mental health burden associated with COVID-19 is considerable among the general population of China, suggesting that mental health interventions are in urgent demand during the COVID-19 pandemic, especially for some at-risk populations.

Full detail: [Prevalence of and Risk Factors Associated With Mental Health Symptoms Among the General Population in China During the Coronavirus Disease 2019 Pandemic](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2767771)

**TITLE**: “BUSINESS AS USUAL IS NOT AN OPTION”: PRIME MINISTER URGED TO CREATE NEW MENTAL HEALTH RENEWAL PLAN FOR ENGLAND

Centre for Mental Health | 1st July 2020

The devastating impact of the Covid-19 pandemic demands an urgent renewal plan for the nation’s mental health to avoid crisis, according to an unprecedented coalition of over 50 voluntary and social sector organisations which has written to the Prime Minister to call for a cross-government approach to put the nation’s mental health at the heart of its Covid-19 recovery plan.

Samaritans, Mental Health UK, Mind, Rethink Mental Illness, Mental Health Foundation, Centre for Mental Health, Young Minds and the Association of Mental Health Providers are among the charities joined by voices from across the voluntary sector who warn that the system will fail to cope with an increase in demand without a comprehensive and fundamentally new approach to mental health, which both prevents and responds to the damage inflicted on the nation’s mental health by Covid-19. The coalition is asking the Prime Minister to convene a cross-governmental group to work with the sector and provide the financial and political backing to develop policy and unlock crucial funding across England.

Further detail: [“Business as usual is not an option”: Prime Minister urged to create new Mental Health Renewal Plan for England](https://www.centreformentalhealth.org.uk/news/business-usual-not-option-prime-minister-urged-create-new-mental-health-renewal-plan-england)

Full publication: [A New Social Contract for a mentally healthier society](https://www.centreformentalhealth.org.uk/sites/default/files/a_new_social_contract_for_a_mentally_healthier_society_final.pdf)

**Title:** Mental Health Effects of COVID-19 Pandemia: A Review of Clinical and Psychological Traits

Psychiatry Investigation | June 2020

This review examines the literature about the psychological effects of COVID-19 pandemia. In total 65 papers were reviewed using the Medline computer database. Children are likely to be experiencing worry, anxiety and fear and older people are also those with underlying health conditions, having been identified as more vulnerable to COVID-19, can be extremely frightening and very fear-inducing. China and several other countries took strict isolation measures. Medical staff and affiliated healthcare workers (staff) are under both physical and psychological pressure.

Full document: [Mental Health Effects of COVID-19 Pandemia: A Review of Clinical and Psychological Traits.](https://www.psychiatryinvestigation.org/upload/pdf/pi-2020-0161.pdf)

**TITLE:**  FEAR AND AGONY OF THE PANDEMIC LEADING TO STRESS AND MENTAL ILLNESS: AN EMERGING CRISIS IN THE NOVEL CORONAVIRUS (COVID-19) OUTBREAK

Psychiatry Research | 15th June 2020

The outbreak of novel Coronavirus (COVID-19), later named as a pandemic affecting nearly 210 countries and territories has led to negative emotions of fear and agony in the general population and healthcare staff professionals.

This report aims to synthesis the dilemma of mental illness as a result of pandemic and initiates suggestions to help the general public, healthcare professionals, and workers mitigate the negative emotions to improve the mental wellbeing in this detached period of isolation.

Full document: [Fear and agony of the pandemic leading to stress and mental illness: An emerging crisis in the novel coronavirus (COVID-19) outbreak](https://reader.elsevier.com/reader/sd/pii/S0165178120310970?token=24C03D7548C6FAFC2A2C350A03F189ABD402DCE4DD72ED7553F6B11BC62C6B4EE0DBB78D70E653EB69FAFD36197B124E)

**TITLE**: MENTAL HEALTH OF HEALTH-CARE WORKERS IN THE COVID-19 ERA

Nature Reviews Nephrology | 19th June 2020

Health-care workers involved in the response to the COVID-19 pandemic are often required to work in highly challenging conditions and may therefore be at increased risk of experiencing mental health problems. This Comment sets out a practical approach to protecting the mental health of health-care workers based on contemporary evidence.

Full document: [Mental health of health-care workers in the Covid-19 era](https://www.nature.com/articles/s41581-020-0314-5.pdf)

**Title:** A Population Mental Health Perspective on the Impact of COVID-19

Psychological Trauma: Theory, Research, Practice, and Policy | 18th June 2020

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 document: [A Population Mental Health Perspective on the Impact of COVID-19](https://doi.apa.org/fulltext/2020-43037-001.pdf)

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

Psychological Trauma: Theory, Research, Practice, and Policy |18th June 2020

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.

Full document: [Loneliness, Isolation, and Social Support Factors in Post-COVID-19 Mental Health](https://doi.apa.org/fulltext/2020-43457-001.pdf)

**Title**: PSYCHOLOGICAL AND SOCIAL IMPACT OF COVID-19

Psychological Trauma: Theory, Research, Practice, and Policy | 15th June 2020

The high numbers of COVID-19 infections and deaths, economic difficulties, uncertainty about the future, as well as the approaches needed to contain the spread of the virus are all playing critical roles in the short and long-term social and psychological impact of the COVID-19 pandemic. Inequities based on race and socioeconomic status influence the rates of infection and deaths and steps that are needed to achieve recovery. This commentary focuses on similarities and differences after other disasters and efforts being initiated to provide support and recovery.

Full article: [Psychological and Social Impact of COVID-19](https://doi.apa.org/fulltext/2020-41655-001.pdf)

**Title:** Covid-19 crisis has exposed inequalities for mental health and learning disabilities

Nursing Times | 3rd July 2020

The coronavirus pandemic has affected different groups of people worse than others and has exposed and in some cases heightened existing health inequalities.

This Nursing Times article explores its impact on people with mental health issues and learning disabilities and the staff who care for them.

Full detail: [Covid-19 crisis has exposed inequalities for mental health and learning disabilities](https://www.nursingtimes.net/news/coronavirus/covid-19-crisis-has-exposed-inequalities-for-mental-health-and-learning-disabilities-03-07-2020/)

**Title**: The mental health emergency. How has the coronavirus pandemic impacted our mental health?

Mind | 30th June 2020

A survey of more than 16,000 people during lockdown by the charity Mind has revealed the scale of the impact of the pandemic on people with mental health problems. Two out of three (65 per cent) adults over 25 and three-quarters (75 per cent) of young people aged 13-24 with an existing mental health problem reported worse mental health.

Full report: [The mental health emergency](https://www.mind.org.uk/media-a/5929/the-mental-health-emergency_a4_final.pdf)

**Title**: LEVELS OF DEPRESSION AND ANXIETY HIGHER AMONGST THOSE FROM BAME BACKGROUNDS DURING LOCKDOWN

University College London | 3rd July 2020

People from BAME backgrounds have had higher levels of depression and anxiety throughout the Covid-19 lockdown, as well as lower levels of happiness and life satisfaction, finds UCL’s Covid-19 Social Study.

Full detail: [Levels of depression and anxiety higher amongst those from BAME backgrounds during lockdown](https://www.ucl.ac.uk/news/2020/jul/levels-depression-and-anxiety-higher-amongst-those-bame-backgrounds-during-lockdown)

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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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