COVID-19: impact on mental health

June 19th 2020

**Reports**

**Title:** Coronavirus and anxiety, Great Britain: 3 April 2020 to 10 May 2020

Source: Office for National Statistics | Last updated: 15th June 2020

The number of people reporting high levels of anxiety has sharply elevated during the coronavirus (COVID-19) pandemic. This article will provide insights into which socio-demographic and economic factors were most associated with high levels of anxiety during the first weeks of lockdown.

Full detail: [Coronavirus and anxiety, Great Britain: 3 April 2020 to 10 May 2020](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/coronavirusandanxietygreatbritain/3april2020to10may2020)

**TITLE**: SUPPORTING YOUNG PEOPLE AND PARENTS: THE IMPACT OF COVID-19 ON ADOLESCENTS, PARENTING AND NEGLECT

Source: The Children's Society | June 2020

This briefing explores the challenges that adolescents and their parents face during the Covid-19 pandemic. It offers advice for professionals on how to reduce the likelihood of neglect occuring or to mitigate its effects and includes recommendations for national and local decision makers around prevention and responses to adolescent neglect.

Full briefing: [Supporting young people and parents: the impact of Covid-19 on adolescents, parenting and neglect](https://www.childrenssociety.org.uk/sites/default/files/adolescence_parental-neglect_during_covid-briefing.pdf)

**Title:** Covid-19: understanding inequalities in mental health during the pandemic

Source: Centre for Mental Health | 18th June 2020

The Covid-19 pandemic has brought health inequalities into sharp focus. The unequal impacts of the virus are also extending inequalities in mental health.

This briefing paper, produced by Centre for Mental Health and supported by 13 other national mental health charities, explores the mental health inequalities that are associated with the pandemic in the UK. It finds that the virus and the lockdown are putting greater pressure on groups and communities whose mental health was already poorer and more precarious.

Full paper: [Covid-19: understanding inequalities in mental health during the pandemic](https://www.centreformentalhealth.org.uk/sites/default/files/2020-06/CentreforMentalHealth_CovidInequalities_0.pdf)

**TITLE:**  HOW MIGHT THE MENTAL WELLBEING OF OLDER PEOPLE LIVING IN THE COMMUNITY BE SUPPORTED WHEN SHIELDING AND SOCIAL DISTANCING HAS BEEN RECOMMENDED FOR AN EXTENDED PERIOD OF TIME?

Source: Public Health Wales Evidence Service | June 2020

Four systematic reviews were identified from a search of the literature conducted in June 2019. Most provided data from qualitative research and captured the perceptions of older people on quality of life, meaningful occupations and experience of technology.

Full document: [How might the mental wellbeing of older people living in the community be supported when shielding and social distancing has been recommended for an extended period of time?](http://www2.nphs.wales.nhs.uk:8080/PubHObservatoryProjDocs.nsf/85c50756737f79ac80256f2700534ea3/a2e2ebe4d87fd47c8025855f003a454c/$FILE/Mental%20wellbeing%20in%20older%20people%20rapid%20response%20FINAL.pdf)

**research**

**TITLE:** PREPARING FOR THE AFTERMATH OF COVID-19: SHIFTING RISK AND DOWNSTREAM HEALTH CONSEQUENCES

Source: Psychological Trauma: Theory, Research, Practice, and Policy | Online First Publication, 1st June 2020

Due to the COVID-19 pandemic, the public is currently living through a collective continuous traumatic stressor. Objective risk levels shift with each new piece of data regarding the coronavirus. These data points are communicated through public health officials and the media, easily accessible through modern advanced technology including online news and push notifications.

When objective risk changes, individuals must reappraise their subject risk levels. Updating subjective risk levels several times per week is linked to ambiguity of the situation and uncertainty in daily life.

The uncertainty and potential feelings of uncontrollability is linked to heightened anxiety. The continuous stress, anxiety, and uncertainty may have several negative downstream mental and physical health effects nationwide. The health care sector must begin preparing for the long-term consequences of the pandemic.

Full document: [Preparing for the aftermath of COVID-19: Shifting risk and downstream health consequences](https://doi.apa.org/fulltext/2020-38928-001.pdf)

**Title:** Lessons learned from 9/11: Mental health perspectives on the COVID-19 pandemic

Source: Psychiatry Research | Volume 288, June 2020

Abstract

The COVID-19 pandemic will likely lead to high rates of PTSD, depression, and substance misuse among survivors, victims’ families, medical workers, and other essential personnel.

The mental health response to the 9/11/01 terrorist attacks, culminating in a federally-funded health program, provides a template for how providers may serve affected individuals. Drawing on the 9/11 experience, we highlight effective prevention measures, likely short and long-term treatment needs, vulnerable subgroups, and important points of divergence between 9/11 and the COVID-19 pandemic.

Mental health monitoring, early identification of at-risk individuals, and treatment irrespective of financial barriers are essential for minimizing chronic distress.

Full document: [Lessons learned from 9/11: Mental health perspectives on the COVID-19 pandemic](https://reader.elsevier.com/reader/sd/pii/S0165178120308891?token=031C3AD47F2941DDC2813C09005BFC8D7EEF890A6436517267BC22CD7A976BCA3A5678333C255C03206E0F7F1A90F246)

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

Source: Psychological Trauma: Theory, Research, Practice, and Policy | Advance online publication

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. We address 4 common myths about resilience and discuss ways to systematically build individual and community resiliency. Actively cultivating social support, adaptive meaning, and direct prosocial behaviors to reach the most vulnerable can have powerful resilience promoting effects.

Full document: [Resilience is spreading: Mental health within the COVID-19 pandemic.](https://doi.apa.org/fulltext/2020-38956-001.pdf)

**Title**: The Psychosocial Impact of COVID-19 Pandemic in Italy: A Lesson for Mental Health Prevention in the First Severely hit European Country

Source: Psychological Trauma: Theory, Research, Practice, and Policy | Advance online publication

Italy was the first European country severely hit by the COVID-19 pandemic. While the containment measures were relatively effective in the acute phase, the current postemergency phase addressing the long-term psychosocial consequences is the key challenge for our healthcare system, where the importance of mental health prevention is not sufficiently recognized.

Full document: [The Psychosocial Impact of COVID-19 Pandemic in Italy: A Lesson for Mental Health Prevention in the First Severely hit European Country](https://doi.apa.org/fulltext/2020-39585-001.pdf)

**Title:** The benefits of meditation and mindfulness practices during times of crisis such as COVID-19

Source: Irish Journal of Psychological Medicine | published online 14th May 2020

Meditation and mindfulness are practices that can support healthcare professionals, patients, carers and the general public during times of crisis such as the current global pandemic caused by COVID-19. While there are many forms of meditation and mindfulness, of particular interest to healthcare professionals are those with an evidence base such as mindfulness-based stress reduction (MBSR).

Systematic reviews of such practices have shown improvements in measures of anxiety, depression and pain scores. Structural and functional brain changes have been demonstrated in the brains of people with a long-term traditional meditation practice, and in people who have completed a MBSR programme.

Mindfulness and meditation practices translate well to different populations across the lifespan and range of ability. Introducing a mindfulness and meditation practice during this pandemic has the potential to complement treatment and is a low-cost beneficial method of providing support with anxiety for all.

Full document: [The benefits of meditation and mindfulness practices during times of crisis such as COVID-19](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/076BCD69B41BC5A0A1F47E9E78C17F2A/S0790966720000385a.pdf/benefits_of_meditation_and_mindfulness_practices_during_times_of_crisis_such_as_covid19.pdf)

**Title**: COVID-19 & clinical management of mental health issues

Source: Oxford Precision Psychiatry Lab | updated 11th June

This focussed summary of guidance is about key COVID-19 questions that frontline mental health clinicians are facing every day. This is not a legal or NHS approved document, but follows a rigorous methodological approach to search and select the information (published and unpublished) needed to answer these specific questions.

Full detail: [COVID-19 & clinical management of mental health issues](https://oxfordhealthbrc.nihr.ac.uk/our-work/oxppl/covid-19-and-mental-health-guidance/)

**Title**: The psychological impact of preexisting mental and physical health conditions during the COVID-19 pandemic

Psychological Trauma: Theory, Research, Practice, and Policy | 11th June 2020

This study recruited 620 young adults to determine whether there were differences in self-reported anxiety and depression in the weeks following the pandemic declaration by gender (male, female, or nonbinary) and health status (i.e., the absence of health conditions, the presence of either physical or mental health conditions, and the presence of both physical and mental health conditions) using a 3 × 4 analysis of variance.

For both depression and anxiety, nonbinary participants reported the highest levels, followed by female participants. For health status, those with both mental and physical health conditions reported the highest anxiety and depression, followed by those with mental health conditions, physical health conditions, and no health conditions. These findings call for resources to be directed toward individuals who fall into groups reporting greater emotional distress, so that clinicians can intervene as early as possible to prevent mental health decline.

Full document: [The Psychological Impact of Preexisting Mental and Physical Health Conditions During the COVID-19 Pandemic](https://doi.apa.org/fulltext/2020-41457-001.pdf)

**Title**: impact of the COVID-19 pandemic on patients with pre-existing anxiety disorders attending secondary care.

Source: Irish Journal of Psychological Medicine | June 2020

Semi-structured interviews were conducted with 30 individuals attending the Galway-Roscommon Mental Health Services with an ICD-10 diagnosis of an anxiety disorder to determine the impact of the Covid-19 restrictions on anxiety and mood symptoms, social and occupational functioning and quality of life.

The study concluded that the psychological and social impact of COVID-19 restrictions on individuals with pre-existing anxiety disorders has been modest with only minimal increases in symptomology or social impairment noted.

Full document: [Impact of the COVID-19 pandemic on patients with pre-existing anxiety disorders attending secondary care.](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/E0F7363409984C4CF5553CDCC95DCF49/S0790966720000750a.pdf/impact_of_the_covid19_pandemic_on_patients_with_preexisting_anxiety_disorders_attending_secondary_care.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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