COVID-19: impact on mental health

23rd July 2021

**Title:** Eating disorders during the covid-19 pandemic

BMJ | 2021; 374: n1787 | 19th July 2021

A spike in people seeking treatment for eating disorders during the covid-19 pandemic has revealed their global nature and severity. This article reports from the International Conference on Eating Disorders at which new research was presented showing why previously healthy adolescents succumbed during the pandemic.

Full detail: [Eating disorders during the covid-19 pandemic](https://www.bmj.com/content/374/bmj.n1787)

Related research: [Risk and resilience factors for specific and general psychopathology worsening in people with Eating Disorders during COVID-19 pandemic](https://link.springer.com/article/10.1007/s40519-020-01097-x)

**Title:** COVID-19 partial school closures and mental health problems: A cross-sectional survey of 11,000 adolescents to determine those most at risk

JCPP Advances | 20th July 2021

Understanding adolescents' mental health during lockdown and identifying those most at risk is an urgent public health challenge. This study surveyed school pupils across Southern England during the first COVID-19 school lockdown to investigate situational factors associated with mental health difficulties and how they relate to pupils' access to in-school educational provision.

Females, pupils who had experienced food poverty and those who had previously accessed mental health support were at greatest risk of depression, anxiety and a deterioration in wellbeing. Pupils whose parents were going out to work and those preparing for national examinations in the subsequent school year were also at increased risk. Pupils accessing in-school provision had poorer mental health, but this was accounted for by the background risk and contextual factors assessed, in line with the allocation of in-school places to more vulnerable pupils.

Although the strongest associations with poor mental health during school closures were established risk factors, further contextual factors of particular relevance during lockdown had negative impacts on wellbeing. Identifying those pupils at greatest risk for poor outcomes is critical for ensuring that appropriate educational and social support can be given to pupils either at home or in-school during subsequent lockdowns.

Full paper: [COVID-19 partial school closures and mental health problems: A cross-sectional survey of 11,000 adolescents to determine those most at risk](https://acamh.onlinelibrary.wiley.com/doi/epdf/10.1002/jcv2.12021)

**Title:** Clozapine treatment and risk of COVID-19 infection: retrospective cohort study

The British Journal of Psychiatry | Vol. 219 | July 2021

Clozapine, an antipsychotic with unique efficacy in treatment-resistant psychosis, is associated with increased susceptibility to infection, including pneumonia. The aim of this study was to investigate associations between clozapine treatment and increased risk of COVID-19 infection in patients with schizophrenia-spectrum disorders who are receiving antipsychotic medications.

The findings of this paper provide support for the hypothesis that clozapine treatment is associated with an increased risk of COVID-19 infection. Further research will be needed in other samples to confirm this association. Potential clinical implications are discussed.

Full paper: [Clozapine treatment and risk of COVID-19 infection: retrospective cohort study](https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/clozapine-treatment-and-risk-of-covid19-infection-retrospective-cohort-study/2C5CCC8CE96854A56E2E4C8A2C0805C7)

**Title:** Mental health outcomes of ICU and non-ICU healthcare workers during the COVID-19 outbreak: a cross-sectional study

Annals of Intensive Care | 10th July 2021

Intensive care workers are known for their stressful work environment and for a high prevalence of mental health outcomes. The aim of this study was to evaluate the mental health, well-being and changes in lifestyle among intensive care unit (ICU) healthcare workers (HCW) during the first wave of the COVID-19 pandemic and to compare these results with those of HCW in other hospital units. Another objective was to understand which associated factors aggravate their mental health during the COVID-19 outbreak.

Being a woman, the fear of catching and transmitting COVID-19, anxiety of working with COVID-19 patients, work overload, eating and sleeping disorders as well as increased alcohol consumption were associated with worse mental health outcomes.

This study confirms the suspicion of a high prevalence of anxiety, depression, peritraumatic distress and low well-being during the first COVID-19 wave among HCW, especially among ICU HCW. This allows for the identification of associated risk factors. Long-term psychological follow-up should be considered for HCW.

Full paper: [Mental health outcomes of ICU and non-ICU healthcare workers during the COVID-19 outbreak: a cross-sectional study](https://annalsofintensivecare.springeropen.com/track/pdf/10.1186/s13613-021-00900-x.pdf)

**Title:** Does COVID-19 vaccination improve mental health? A difference-in-difference analysis of the Understanding Coronavirus in America study

medRxiv | 22nd July 2021

Mental health problems increased during the COVID-19 pandemic. Knowledge that one is less at risk after being vaccinated may alleviate distress but this hypothesis remains unexplored. Here we test whether psychological distress declined in those vaccinated against COVID-19 in the US and whether changes in perceived risk mediated any association.

The study concludes that receiving a COVID-19 vaccination was associated with declines in distress and perceived risks of infection, hospitalization, and death. Vaccination campaigns could promote this additional benefit of being vaccinated.

Full paper: [Does COVID-19 vaccination improve mental health? A difference-in-difference analysis of the Understanding Coronavirus in America study](https://www.medrxiv.org/content/10.1101/2021.07.19.21260782v1.full.pdf)

*Note: This article is a preprint and has not been certified by peer review. It reports new medical research that has yet to be evaluated and so should not be used to guide clinical practice.*

**Title:** Through the visor 2: Further learning from member experiences during COVID-19

British Geriatrics Society | 22nd July 2021

This report is a follow-up of the BGS COVID-19 workforce report *Through the visor: Reflecting on member experiences of the COVID-19 first wave*. Like the first report, this follow-up was based on a survey of members on their experiences of working through the pandemic.  The report shows BGS members’ experiences through the winter and the challenges they faced.

Most of the respondents reported that they were either redeployed during the pandemic or had changes made to their job plan or rota. This took a range of forms including working in a different setting, covering COVID wards, acting up to take on more responsibility or changing working hours to help respond to the pandemic. Many respondents commented that they were covering for sick colleagues. A significant number of people told us that they took time off during the first wave of the pandemic and a majority of those tested positive for COVID.

By far the most prominent theme to come out of the survey is the significant mental and emotional toll that working through the pandemic has had on BGS members and their families.

Full detail: [Through the visor 2: Further learning from member experiences during COVID-19](https://www.bgs.org.uk/sites/default/files/content/attachment/2021-07-21/BGS%20Through%20the%20visor%202%20-%20web%20version.pdf)

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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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