COVID-19: impact on mental health

 27th November 2020

**Title:** Staying mentally well this winter

Department of Health & Social Care | 23rd November 2020

This year has seen an unprecedented change to our lives, as COVID-19 has disrupted our routines, our livelihoods, and our way of life. For some, the pandemic has led to positive changes which have improved their wellbeing, such as greater flexibility in work schedules, or a sense of strong community spirit.

However, we know this sense of optimism has not been shared by everyone, with many reporting feelings of worry, anxiety, frustration or loneliness. Darker winter months and the measures in place from 5 November to control the spread of the virus may put strain on people’s resilience, particularly the most vulnerable in our communities and neighbourhoods. These feelings are completely understandable when life unexpectedly alters in a way which is sudden, dramatic, and out of our control.

This plan sets out the support that will be in place in the immediate term to help mitigate the impacts of the pandemic on people’s mental health and wellbeing this winter.

Full detail: [Staying mentally well this winter](https://www.gov.uk/government/publications/staying-mentally-well-winter-plan-2020-to-2021/staying-mentally-well-this-winter)

**TITLE**: PSYCHOLOGICAL DISTRESS AND COVID-19–RELATED STRESSORS REPORTED IN A LONGITUDINAL COHORT OF US ADULTS IN APRIL AND JULY 2020

JAMA | 23rd November 2020

This study used an online survey to assess how psychological distress has changed over the course of the coronavirus disease 2019 (COVID-19) pandemic from April to July 2020.

Full detail: [Psychological distress and Covid-19–related stressors reported in a longitudinal cohort of US adults in April and July 2020](https://jamanetwork.com/journals/jama/fullarticle/2773517)

**Title:** Older Adults and the Mental Health Effects of COVID-19

JAMA | 20th November 2020

This Viewpoint summarizes evidence suggesting that, counter to expectation, older adults as a group may be more resilient to the anxiety, depression, and stress-related mental health disorders characteristic of younger populations during the COVID-19 pandemic.

Full detail: [Older adults and the mental health effects of COVID-19](https://jamanetwork.com/journals/jama/fullarticle/2773479)

**TITLE:** MENTAL HEALTH IMPACT OF ADMISSION TO THE INTENSIVE CARE UNIT FOR COVID-19

British Journal of Community Nursing | 7th November 2020

The pandemic caused by Covid-19 has long term ramifications for many, especially those patients who have experienced an intensive care unit (ICU) admission including ventilation and sedation. This paper explores aspects of care delivery in the ICU regarding the current pandemic and the impact of such on the mental health of some of these patients.

Post discharge, patients will be returning to a very different community incorporating social distancing, and in some cases, social isolation and/or shielding. Many may experience a multitude of physical and mental health complications which can ultimately impact upon each other, therefore a bio-psycho-pharmaco-social approach to discharge, case management, risk assessment and positive behavioural support planning is recommended.

Full detail: [Mental health impact of admission to the intensive care unit for COVID-19](https://www.magonlinelibrary.com/doi/abs/10.12968/bjcn.2020.25.11.526)

**TITLE:** WHAT IMPACT HAS THE COVID-19 PANDEMIC HAD ON PEOPLE WITH MENTAL HEALTH PROBLEMS AND THE SERVICES THEY USE?

Via The Mental Elf | 26th November 2020

This article summarises a broad review which explores the impact that the COVID-19 pandemic has had on mental health care and people with pre-existing mental health problems.

Full detail: [What impact has the COVID-19 pandemic had on people with mental health problems and the services they use?](https://www.nationalelfservice.net/populations-and-settings/secondary-care/covid-19-mental-health-care/)

Link to the research: [Early impacts of the COVID-19 pandemic on mental health care and on people with mental health conditions: framework synthesis of international experiences and responses.](https://link.springer.com/article/10.1007/s00127-020-01924-7#citeas)

**Title:** Who is lonely in lockdown? Cross-cohort analyses of predictors of loneliness before and during the COVID-19 pandemic

Public Health |  September 2020

This study compared data from 31,000 UK adults during 2017-2019 with 60,000 UK adults during the COVID-19 pandemic. The authors found:

• Some risk factors for loneliness were the same as in ordinary circumstances (e.g. women and people living alone)

• Other groups experienced even greater risk of loneliness than usual (e.g. younger people and people of low income)

•Some groups were at risk of loneliness who are not usually considered high risk (e.g. students)

Full detail: [Who is lonely in lockdown? Cross-cohort analyses of predictors of loneliness before and during the COVID-19 pandemic](https://reader.elsevier.com/reader/sd/pii/S0033350620302742?token=64A9FF7B8067B37F38FCD7229ABCBFEEE58BD56DAAF0F4DE9BBFBA22EC2F617889CA75893B1910A5E6F0EEAC8746006C)

**Title**: Trajectories of anxiety and depressive symptoms during enforced isolation due to COVID-19: longitudinal analyses of 36,520 adults in England

medRxiv | November 2020

There is currently major concern about the impact of the global COVID-19 outbreak on mental health. A number of studies suggest that mental health deteriorated in many countries prior to and during enforced isolation (“lockdown”), but it remains unknown how mental health has changed week by week over the course of the COVID-19 pandemic. This study explored trajectories of anxiety and depression over the 20 weeks after lockdown was announced using data from England, and compared the growth trajectories by individual characteristics.

The findings suggest that the highest levels of depression and anxiety are in the early stages of lockdown but decline fairly rapidly as individuals adapt to circumstances. They also suggest the importance of supporting individuals in the lead-up to lockdown measures being brought in to try and reduce distress and highlight that emotionally vulnerable groups have remained at risk throughout lockdown and its aftermath.

Full detail: [Trajectories of anxiety and depressive symptoms during enforced isolation due to COVID-19: longitudinal analyses of 36,520 adults in England](https://www.medrxiv.org/content/10.1101/2020.06.03.20120923v3.full.pdf)

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

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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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