COVID-19: impact on mental health

October 2nd 2020

**Title:** Social Isolation and Psychological Distress Among Older Adults Related to COVID-19

Journal of Applied Gerontology | 11th September 2020

The COVID-19 pandemic is associated with several short- and long-term negative impacts on the well-being of older adults. Physical distancing recommendations to reduce transmission of the SARS-CoV2-19 virus increase the risk of social isolation and loneliness, which are associated with negative outcomes including anxiety, depression, cognitive decline, and mortality. Taken together, social isolation and additional psychological impacts of the pandemic (e.g., worry, grief) underscore the importance of intervention efforts to older adults.

This narrative review draws upon a wide range of evidence to provide a comprehensive overview of appropriate remotely-delivered interventions for older adults that target loneliness and psychological symptoms. These include interventions delivered by a range of individuals (i.e., community members to mental health professionals), and interventions that vary by implementation (e.g., self-guided therapy, remotely-delivered interventions via telephone or video call).

Recommendations to overcome barriers to implementation and delivery are provided, with consideration given to the different living situations.

Full paper: [Social isolation and psychological distress among older adults related to Covid-19: A narrative review of remotely-delivered interventions and recommendations](https://journals.sagepub.com/doi/pdf/10.1177/0733464820958550)

**Title:** Diagnosis of physical and mental health conditions in primary care during the COVID-19 pandemic

The Lancet Public Health | 23rd September 2020

To date, research on the indirect impact of the COVID-19 pandemic on the health of the population and the health-care system is scarce. This study aimed to investigate the indirect effect of the COVID-19 pandemic on general practice health-care usage, and the subsequent diagnoses of common physical and mental health conditions in a deprived UK population.

The study found diagnoses of common conditions decreased substantially between March and May 2020, suggesting a large number of patients have undiagnosed conditions. A rebound in future workload could be imminent as COVID-19 restrictions ease and patients with undiagnosed conditions or delayed diagnosis present to primary and secondary health-care services. Such services should prioritise the diagnosis and treatment of these patients to mitigate potential indirect harms to protect public health.

Full article: [Diagnosis of physical and mental health conditions in primary care during the COVID-19 pandemic: a retrospective cohort study](https://www.thelancet.com/action/showPdf?pii=S2468-2667%2820%2930201-2)

**Title:** mental health campaign to support children and young people

Public Health England has launched a new NHS approved campaign directly targeting young people aged 13-18 and parents/carers of children and young people from 5-18, with additional engagement provided via school resources.

The campaign aims to equip parents/carers and young people to take action to protect and improve children and young people’s mental wellbeing, build mental resilience to navigate the COVID-19, and provide support for those children at greater risk of worsening mental health.

Marketing and communications materials are available on the [Campaign Resource Centre](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEtYmV0dGVyLWhlYWx0aC0tLWV2ZXJ5LW1pbmQtbWF0dGVycy9yZXNvdXJjZXMifQ.k9WPWS1x7aIrqYHtaH9hMzcCkjMoIjuTjoYlGoeY4Q4/s/948766338/br/86141535307-l) to help support and promote the campaign, including:

* [Social media resources](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNDMifQ.XOGAKWH0_vlm0kxfgJqE6EdDZAd3uWeozXrK-zWC2Y0/s/948766338/br/86141535307-l)
* [Communications toolkit](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNDQifQ.T7P9LVUarSnI-iqnNldMsQugcjJOFlQdBKdQjMU2xtI/s/948766338/br/86141535307-l)
* [A3 and A4 posters](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNTEifQ.HSIbSZ9u1Zfnz9VczlyywxZG4OwDg91W53W1oimEV-M/s/948766338/br/86141535307-l)
* [PR Film](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNTAifQ.D60xh7MOO1pvPFnwDxNTJeKotfuN_IwAOl74xTJdJR0/s/948766338/br/86141535307-l)
* [​](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNTAifQ.rD8ZejeuVYsSeJRV_S_e6_W4t5DxO2Kj-OFdw77LoRs/s/948766338/br/86141535307-l)[Radio advert](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA5MzAuMjc5NDU5MjEiLCJ1cmwiOiJodHRwczovL2NhbXBhaWducmVzb3VyY2VzLnBoZS5nb3YudWsvcmVzb3VyY2VzL2NhbXBhaWducy8xMTEvcmVzb3VyY2VzLzUzNDgifQ.JNPqSEM6-5kES3yD4zeG0w_CmwXSeBFV4xa1Ccygnv0/s/948766338/br/86141535307-l)

Full detail: [Better Health - Every Mind Matters](https://campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources)

**TITLE:** PARLIAMENTARY BRIEFING: PROVISIONS FOR THOSE WITH LEARNING DIFFICULTIES AND AUTISM DURING THE COVID-19 PANDEMIC

NHS Providers | 1st October 2020

Trusts providing mental health and learning disability services have played a key role throughout the pandemic by transforming care, both to maintain services and respond to the significant challenges presented by COVID-19 pressures.

However, COVID-19 pandemic has brought into sharp focus the longstanding, structural inequities facing people with a learning disability and autistic people. There is clear evidence of a historical inequity in the development, commissioning and provision of care and support for these groups of individuals, leaving service users disadvantaged in terms of their health and wellbeing, life chances and expectancy, and in extreme cases open to abuse.

Full briefing: [Provisions for those with learning difficulties and autism during the COVID-19 pandemic](https://nhsproviders.org/media/690236/nhs-providers-briefing-ld-and-autism.pdf)

**Title:** Protecting the most vulnerable mental health patients during a pandemic

NHS England | 24th September 2020

Northamptonshire Healthcare NHS Foundation Trust (NHFT) provides a range of community and mental health services, including looking after patients who suffer from serious mental illnesses. During the COVID-19 pandemic, NHFT was faced with the dual challenge of maintaining existing levels of care whilst preventing the spread of the virus within its settings. Thanks to strong infection and prevention control (IPC) measures, innovative ways of working and new roles, teams adapted quickly and managed to maintain patient care.

Full case study: [Protecting the most vulnerable mental health patients during a pandemic](https://www.england.nhs.uk/mental-health/case-studies/protecting-the-most-vulnerable-mental-health-patients-during-a-pandemic/)

**Title:** Impact of COVID-19 on loneliness, mental health, and health service utilisation: a prospective cohort study of older adults with multimorbidity in primary care

British Journal of General Practice | 28th September 2020

The COVID-19 pandemic has impacted the psychological health and health service utilisation of older adults with multimorbidity, who are particularly vulnerable. The aim of this study was to describe changes in loneliness, mental health problems, and attendance to scheduled medical care before and after the onset of the COVID-19 pandemic.

The study found that the psychosocial health of older patients with multimorbidity markedly deteriorated and missed medical appointments substantially increased after the COVID-19 outbreak.

Full detail: [Impact of COVID-19 on loneliness, mental health, and health service utilisation: A prospective cohort study of older adults with multimorbidity in primary care](https://bjgp.org/content/bjgp/early/2020/09/28/bjgp20X713021.full.pdf)

**Title:** NHS Reset: The importance of protecting everyone's mental health during COVID-19

NHS Confederation | 30th September 2020

NHS Reset is an NHS Confederation campaign to help shape what the health and care system should look like in the aftermath of the pandemic.

This blog reinforces the point that the psychological impact of COVID-19 means it's more important than ever to pay attention to our mental health.

Full detail: [NHS Reset: The importance of protecting everyone's mental health during COVID-19](https://www.nhsconfed.org/blog/2020/09/the-importance-of-protecting-everyones-mental-health)

**Title:** Covid-19 and the nation's mental health: October 2020. Forecasting needs and risks in the Uk

Centre for Mental Health | 1st October 2020

The Covid-19 pandemic has created economic, health and social uncertainty and insecurity. While the impact on our mental health and need for mental health services is yet unknown, it is crucial that we prepare for an increase in demand to protect people’s wellbeing across the country.

The Centre for Mental Health has worked with NHS colleagues to build a model based on the best available evidence to forecast how many people may need mental health support as a result of the Covid-19 pandemic. The primary purpose of the model is to support local organisations to predict levels of need for mental health support among children and adults in their communities.

Full detail: [Forecast Modelling Toolkit](https://www.centreformentalhealth.org.uk/forecast-modelling-toolkit)

See also: [Covid-19 and the nation's mental health: October 2020. Forecasting needs and risks in the UK](https://www.centreformentalhealth.org.uk/publications/covid-19-and-nations-mental-health-october-2020)

We

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