COVID-19: impact on mental health

 7th May 2021

**Title:** Living Systematic Review of Mental Health in COVID-19

The Depressd Project | May 2021

Living systematic reviews are systematic reviews that are continually updated and provide ongoing access to results via online publication. The objectives of this living systematic review are to evaluate:

 (1) changes in mental health symptoms among the same participants from pre-COVID or across delineated events during COVID-19 (e.g., outbreak announcement versus peak, peak restrictions on movement versus post-restrictions)

(2) factors associated with levels or changes in symptoms during COVID-19

(3) the effect of interventions on mental health symptoms during COVID-19

Full detail: [Living Systematic Review of Mental Health in COVID-19](https://www.depressd.ca/covid-19-mental-health)

**Title:** Mental health support through primary care during and after covid-19

BMJ | 2021; 373: n1064 | 4th May 2021

Covid-19 has raised the prevalence of anxiety, depression, post-traumatic stress disorder, and psychological and mental distress among the general population. Repeated episodes of lockdown, periods of self-isolation after contact with infected people, social distancing, and the fear of contracting covid-19 when outside the home can lead to heightened fear and anxiety in people of all ages. Self-isolation is associated with symptoms of post-traumatic stress, anxiety, adjustment disorder, confusion, and anger.

The implications of covid-19 for people with pre-existing mental illness are of particular concern, along with the likelihood that covid-19 will further widen mental health inequalities for ethnic minority groups.

Against this backdrop, mental health support through primary care is a priority for patients, the public, commissioners, researchers, and policy makers. This editorial states that primary care needs urgent and sustained mental health investment to provide early identification of mental health conditions, timely intervention and treatment, prevention, ongoing support, and access to specialist mental healthcare services. This, should be a priority for the integrated care systems at the heart of NHS restructuring proposals. The editorial suggests we must refocus, rebuild, and revitalise mental health support through primary care to aid the recovery from covid-19, to streamline health services, promote positive mental health, and be ready for future uncertainties.

Full editorial: [Mental health support through primary care during and after covid-19](https://www.bmj.com/content/373/bmj.n1064)

**Title:** Coronavirus and depression in adults, Great Britain: January to March 2021

Office for National Statistics | 5th May 2021

Analysis from the ONS of the proportion of the British adult population experiencing some form of depression in early 2021, by age, sex and other characteristics. Includes comparisons with 2020 and pre-pandemic estimates. The analysis shows that around 1 in 5 (21%) adults experienced some form of depression in early 2021 (27 January to 7 March); this is an increase since November 2020 (19%) and more than double that observed before the coronavirus (COVID-19) pandemic (10%).

Over the period 27 January to 7 March 2021:

* Younger adults and women were more likely to experience some form of depression, with over 4 in 10 (43%) women aged 16 to 29 years experiencing depressive symptoms, compared with 26% of men of the same age.
* Disabled (39%) and clinically extremely vulnerable (CEV) adults (31%) were more likely to experience some form of depression than non-disabled (13%) and non-CEV adults (20%).
* A higher proportion of adults renting their home experienced some form of depression (31%) when compared with adults who own their home outright (13%).
* Almost 3 in 10 (28%) adults living in the most deprived areas of England experienced depressive symptoms; this compares with just under 2 in 10 (17%) adults in the least deprived areas of England.

Full detail: [Coronavirus and depression in adults, Great Britain: January to March 2021](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/coronavirusanddepressioninadultsgreatbritain/januarytomarch2021)

Related: [Latest data highlights a growing mental health crisis in the UK](https://www.health.org.uk/news-and-comment/news/latest-data-highlights-a-growing-mental-health-crisis-in-the-uk) | The Health Foundation

**Title:** Mental health: 'We need to care for patients, but also ourselves'

BBC News | 6th May 2021

It is estimated that a doctor dies every three to four weeks in the UK from suicide. Dr Dan Gearon's cousin Liz took her own life in 2016. She had been an anaesthetist at King's College London.

Following Liz's death, Dan created the charity, You Okay, Doc? to provide doctors with a safe space to talk about their mental health. Now as the pandemic starts to ease, Dan and many other doctors across the country are voicing the need to have better mental health services for medics.

Full detail: [Mental health: 'We need to care for patients, but also ourselves'](https://www.bbc.co.uk/news/av/uk-england-london-56983061)

**Title:** Mental health responses to the COVID-19 pandemic: a latent class trajectory analysis using longitudinal UK data

The Lancet Psychiatry | 6th May 2021

The mental health of the UK population declined at the onset of the COVID-19 pandemic. Convenience sample surveys indicate that recovery began soon after. Using a probability sample, we tracked mental health during the pandemic to characterise mental health trajectories and identify predictors of deterioration.

Between April and October 2020, the mental health of most UK adults remained resilient or returned to pre-pandemic levels. Around one in nine individuals had deteriorating or consistently poor mental health. People living in areas affected by lockdown, struggling financially, with pre-existing conditions, or infection with SARS-CoV-2 might benefit most from early intervention.

Full paper: [Mental health responses to the COVID-19 pandemic: a latent class trajectory analysis using longitudinal UK data](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2821%2900151-6)

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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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