COVID-19 recovery

8th October 2021

**Title:** New Every Mind Matters campaign to improve people's mental health

Department of Health and Social Care | 5th October 2021

The general public is urged to find “what works for me” to support their mental wellbeing as the first campaign is launched by the Office for Health Improvement and Disparities (OHID).

The Every Mind Matters campaign empowers people to look after their mental health by directing them to free, practical tips and advice. By answering five simple questions through the Every Mind Matters platform, people can get a tailored ‘Mind Plan’, giving them personalised tips to help deal with stress and anxiety, boost their mood, sleep better and feel more in control.

New research commissioned by OHID reveals nearly half (49%) of adults in England said the COVID-19 pandemic had a negative impact on their mental wellbeing, and more than a third of all adults in England (34% or 15.1 million) said they did not know what to do to help improve their mental wellbeing.

Younger adults reported struggling the most, with 57% of 18 to 34 year olds saying their mental wellbeing was negatively impacted by the pandemic, and just under half (44%) reporting that they did not know what to do to help.

Full detail: [New Every Mind Matters campaign to improve people's mental health](https://www.gov.uk/government/news/new-every-mind-matters-campaign-to-improve-peoples-mental-health)

**Title:** Coronavirus and depression in adults in Great Britain

Office for National Statistics | 1st October 2021

This dataset provides estimates of adults with depressive symptoms with breakdowns by characteristic. It includes comparisons with earlier periods throughout and before the pandemic. Analysis is based on the Opinions and Lifestyle Survey.

The data shows rates of depression in Britain are starting to fall after rising during the Covid pandemic. The Office for National Statistics estimated that 10 per cent of adults in the UK were depressed before the virus first struck. This more than doubled to a record 21 per cent last winter after two waves of the epidemic and three lockdowns, with women and young people worst affected.

Full detail: [Coronavirus and depression in adults in Great Britain](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/coronavirusanddepressioninadultsingreatbritain)

**Title:** Youth Mental Health and Covid-19

ESRC Centre for Society and Mental Health | Emerging Minds | The Policy Institute | 8th October 2021

This policy briefing has been jointly produced by the ESRC Centre for Society and Mental Health, Emerging Minds, and The Policy Institute, following the delivery of a policy lab in early 2021. During the policy lab, a range of challenges affecting UK children and young people in the short- and long-term were identified and reflected upon. Three key themes emerged:

1. The pandemic has had multiple impacts on education and daily life – particularly the impacts of social isolation, academic pressures, and transitions to online learning. Readapting to the school environment may also bring further challenges.
2. There has been severe disruption to support services – while children and young people experience these mental health challenges, there has been limited access to effective and diverse types of support.
3. There are wider impacts of loss, trauma and financial security – children and young people have been affected by the challenges and losses that their families, communities, and wider society has experienced throughout the pandemic.

Potential solutions to the above challenges were discussed, producing recommended actions focused on three different settings: schools, mental health services, and the wider policy and practice environment.

Recommendations range from review of and investment in digital education tools, equipping school staff to normalise conversations about mental health, increased flexibility in modes of learning, and open access to mental health resources for young people. There is also a call for reforms to the benefit system and universal credit, and an exploration the feasibility of implementing a guaranteed income scheme.

Full briefing: [Youth Mental Health and Covid-19: 2021 Policy Lab Briefing Note](https://www.kcl.ac.uk/csmh/assets/youth-mental-health-and-covid-19-2021-policy-lab-briefing-note.pdf)

Press release: [New policy briefing calls for action to mitigate the impacts of the pandemic on the mental health of young people](https://www.kcl.ac.uk/news/briefing-calls-for-action-on-youth-mental-health-and-covid-19)

**Title:** Pre-pandemic mental health and disruptions to healthcare, economic and housing outcomes during the COVID-19 pandemic

The British Journal of Psychiatry | 30th September 2021

People who had higher pre-pandemic levels of depression or anxiety have been more severely affected by disruption to jobs and healthcare during the pandemic, according to a new study.

The study looked at data from 59,482 people who are surveyed regularly as part of 12 ongoing longitudinal studies in England. It found that people whose survey responses before the pandemic suggested higher levels of anxiety and depression symptoms were 24% more likely to have had delays to medical procedures, 12% more likely to lose their job, and 33% more likely to have had disruption to prescriptions or medication during the first eight to 10 months of the pandemic than those with average levels of anxiety and depression symptoms.

Those with more severe symptoms of depression or anxiety experienced a much greater likelihood of disruptions to jobs, income and healthcare, the study found.

Further detail: [Pre-pandemic mental health and disruptions to healthcare, economic and housing outcomes during the COVID-19 pandemic: evidence from 12 UK longitudinal studies](https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/abs/prepandemic-mental-health-and-disruptions-to-healthcare-economic-and-housing-outcomes-during-the-covid19-pandemic-evidence-from-12-uk-longitudinal-studies/E1F1E6980CE4974368C31D7B510ECE6B)

See also: [People with prior mental ill health hit harder by pandemic disruption](https://www.kcl.ac.uk/news/people-with-prior-mental-ill-health-hit-harder-by-pandemic-disruption) | Kings College London

**Title:** Does having COVID-19 affect mental health?

Zoe Covid Study | 29th September 2021

In this study, researchers analysed data from 421,977 ZOE COVID Study app contributors, of whom around 27,000 tested positive for COVID-19 between February 23rd and April 12th 2021.

They discovered that 30% of people who tested positive for COVID-19 reported feeling anxious or depressed compared with 26% of people who tested negative - a relatively small increase.

The study also found that people who were infected recently were more likely to report mental health problems compared with those who had been infected more than four months ago. This suggests that the impact of having COVID-19 on mental health fades over time.

Full detail: [Does having COVID-19 affect mental health?](https://covid.joinzoe.com/post/does-having-covid-19-affect-mental-health)

**Title:** DEATHS INVOLVING COVID-19 BY SELF-REPORTED DISABILITY STATUS DURING THE FIRST TWO WAVES OF THE COVID-19 PANDEMIC IN ENGLAND

The Lancet Public Health | 6th October 2021

People with learning disabilities are at substantially increased risk of COVID-19 mortality, but evidence on risks of COVID-19 mortality for disabled people more generally is limited. The authors of this study aimed to use population-level data to estimate the association between self-reported disability and death involving COVID-19 during the first two waves of the COVID-19 pandemic in England.

Full paper: [Deaths involving COVID-19 by self-reported disability status during the first two waves of the COVID-19 pandemic in England: a retrospective, population-based cohort study](https://www.thelancet.com/action/showPdf?pii=S2468-2667%2821%2900206-1)

**Title:** Covid-19, climate change, and the environment: a sustainable, inclusive, and resilient global recovery

BMJ | 2021; 375: n2405 | 6th October 2021

The covid-19 pandemic has shown how vulnerable and exposed the world is to global threats. The effects of the disease and the measures that have been taken to control it have had serious consequences for lives and livelihoods. In addition to the tragic toll of illness and death, economies have been hit hard, particularly in developing countries.

However, as we face growing crises in climate change, biodiversity, and environmental degradation—as well as covid-19, this article suggests we also have an enormous opportunity to transform the global economy and usher in an era of greater wellbeing and prosperity.

Full detail: [Covid-19, climate change, and the environment: a sustainable, inclusive, and resilient global recovery](https://www.bmj.com/content/375/bmj.n2405)

**Title:** New film launched urging public to get flu and COVID-19 vaccines

Department of Health and Social Care | 8th October 2021

Those eligible for the free flu vaccine and COVID-19 booster jab are being urged to book their appointments as soon as possible in a new film campaign. The new film explains why it is more important than ever for people to get their winter vaccines as soon as possible this autumn, as both viruses have the potential to cause serious illness and hospitalisation.

The campaign is launched as new research suggests that adults in England are severely underestimating the combined threat of COVID-19 and flu this winter.

Full detail: [New film launched urging public to get flu and COVID-19 vaccines](https://www.gov.uk/government/news/new-film-launched-urging-public-to-get-flu-and-covid-19-vaccines)

See also: [Flu jab vital this winter along with Covid vaccine](https://www.bbc.co.uk/news/health-58836218?at_medium=RSS&at_campaign=KARANGA)

**Title:** Recommendations for the recognition, diagnosis, and management of long COVID

British Journal of General Practice | 4th October 2021

In the absence of research into therapies and care pathways for long COVID, guidance based on ‘emerging experience’ is needed. The aim of this study was to provide a rapid expert guide for GPs and long COVID clinical services.

Thirty-three clinicians representing 14 specialties reached consensus on 35 recommendations. Chiefly, GPs should consider long COVID in the presence of a wide range of presenting features (not limited to fatigue and breathlessness) and exclude differential diagnoses where appropriate. Detailed history and examination with baseline investigations should be conducted in primary care. Indications for further investigation and specific therapies (for myocarditis, postural tachycardia syndrome, mast cell disorder) include hypoxia/desaturation, chest pain, palpitations, and histamine-related symptoms. Rehabilitation should be individualised, with careful activity pacing (to avoid relapse) and multidisciplinary support.

The paper concludes that long COVID clinics should operate as part of an integrated care system, with GPs playing a key role in the multidisciplinary team. Holistic care pathways, investigation of specific complications, management of potential symptom clusters, and tailored rehabilitation are needed.

Full paper: [Recommendations for the recognition, diagnosis, and management of long COVID: a Delphi study](https://bjgp.org/content/bjgp/early/2021/10/04/BJGP.2021.0265.full.pdf)

**Title:** COVID not showing signs of dropping

Zoe Covid Study | 30th September 2021

According to ZOE COVID Study incidence figures, in total there are currently 58,126 new daily symptomatic cases of COVID in the UK on average, based on PCR and LFT test data - an increase of 22% from 45,081 new daily cases last week.

In the fully vaccinated population, it’s estimated there are currently 14,352 new daily symptomatic cases in the UK. Cases in this group have slightly increased from 13,118 cases last week.

In terms of prevalence, on average 1 in 93 people in the UK currently have symptomatic COVID.

Full detail: [COVID not showing signs of dropping](https://covid.joinzoe.com/post/covid-not-showing-signs-of-dropping)

**Title:** Effectiveness of mRNA BNT162b2 COVID-19 vaccine up to 6 months in a large integrated health system in the USA: a retrospective cohort study

The Lancet | 4th October 2021

Vaccine effectiveness studies have not differentiated the effect of the delta (B.1.617.2) variant and potential waning immunity in observed reductions in effectiveness against SARS-CoV-2 infections. This study aimed to evaluate overall and variant-specific effectiveness of BNT162b2 (tozinameran, Pfizer–BioNTech) against SARS-CoV-2 infections and COVID-19-related hospital admissions by time since vaccination among members of a large US health-care system.

The results provide support for high effectiveness of BNT162b2 against hospital admissions up until around 6 months after being fully vaccinated, even in the face of widespread dissemination of the delta variant. Reduction in vaccine effectiveness against SARS-CoV-2 infections over time is probably primarily due to waning immunity with time rather than the delta variant escaping vaccine protection.

Full paper: [Effectiveness of mRNA BNT162b2 COVID-19 vaccine up to 6 months in a large integrated health system in the USA: a retrospective cohort study](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2821%2902183-8)

**Title:** Willingness of children and adolescents to have a COVID-19 vaccination: Results of a large whole schools survey in England

EClinicalMedicine | 27th September 2021

Vaccine hesitancy has affected COVID-19 adult vaccination programs in many countries. Data on hesitancy amongst child and adolescent populations is largely confined to parent opinion. This study investigated the characteristics of vaccine hesitant children and adolescents using results from a large, school-based self-report survey of the willingness to have a COVID-19 vaccination in students aged 9 –18 years in England.

If government vaccination strategies move towards vaccinating younger school-aged students, efforts to increase vaccination uptake may be necessary. Compared with students who would opt-in, those who were vaccine hesitant had greater indicators of social deprivation and felt a lack of community cohesion by not feeling a sense of belonging at their school. There were indications that those students who would opt-out had higher levels of marginalisation and mistrust.

If programmes are rolled out, focus on hesitant younger students will be important, targeting more marginalised and deprived young people with information from trusted sources utilising social media; improving access to vaccination centres with provision both in and outside school; and addressing fears and worries about the effects of the vaccine.

The main limitation of this study is that the participant group may not be wholly representative of England or the UK, which may bias population-level estimates of willingness to be vaccinated.

Full paper: [Willingness of children and adolescents to have a COVID-19 vaccination: Results of a large whole schools survey in England](https://www.thelancet.com/action/showPdf?pii=S2589-5370%2821%2900424-7)

We

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