COVID-19: impact on mental health

9th July 2021

**Title:** The effect of COVID-19 lockdown on the incidence of deliberate self-harm injuries presenting to the emergency room

The International Journal of Psychiatry in Medicine | Vol. 54, Issue 6 | July 2021

The aims of this article are to ascertain whether there was a rise in the incidence of deliberate self-harm (DSH) presentations to the emergency department at a level one trauma center associated with the introduction of lockdown measures.

The article concludes that societal lockdown measures secondary to the COVID-19 pandemic have had a significant effect on the mental health of patients. One way this can be detected is through an increased incidence and severity of deliberate self-harm injuries presenting to the ED.

Total attendances to the Emergency Department (ED) reduced from 2019 to 2020 (5198 and 3059 respectively). There was a significant increase in the total number of self-harm presentations between 2019 and 2020 (103 vs 113) as well as paracetamol, NSAID and opiate overdoses, with more cases requiring hospital admission in 2020 vs 2019.

These findings, in conjunction with the available, literature provide valuable implications for community and emergency physicians and psychiatrists for any future wave of disease or pandemic.

Full paper: [The effect of COVID-19 lockdown on the incidence of deliberate self-harm injuries presenting to the emergency room](https://journals.sagepub.com/doi/pdf/10.1177/0091217420982100)

**Title:** A systematic review of neuropsychological and psychiatric sequalae of COVID-19: implications for treatment

Current Opinion in Psychiatry | July 2021

COVID-19 impacts multiple organ systems and is associated with high rates of morbidity and mortality. Pathogenesis of viral infection, co-morbidities, medical treatments, and psychosocial factors may contribute to COVID-19 related neuropsychological and psychiatric sequelae. This systematic review aims to synthesize available literature on psychiatric and cognitive characteristics of community-dwelling survivors of COVID-19 infection.

Full detail: [A systematic review of neuropsychological and psychiatric sequalae of COVID-19: implications for treatment](https://pubmed.ncbi.nlm.nih.gov/34016818/)

**Title:** Suicide behaviors during the COVID-19 pandemic: A meta-analysis of 54 studies

Psychiatry Research | July 2021

COVID-19, and efforts to mitigate its spread, are creating extensive mental health problems. Experts have speculated the mental, economic, behavioral, and psychosocial problems linked to the COVID-19 pandemic may lead to a rise in suicide behavior.

In the most comprehensive test of the COVID-19—suicidality link to date, this study meta-analyzed data from 308,596 participants across 54 studies. The results suggested increased event rates for suicide ideation (10.81%), suicide attempts (4.68%), and self-harm (9.63%) during the COVID-19 pandemic when considered against event rates from pre-pandemic studies.

Moderation analysis indicated younger people, women, and individuals from democratic countries are most susceptible to suicide ideation during the COVID-19 pandemic.

Policymakers and helping professionals are advised that suicide behaviors are alarmingly common during the COVID-19 pandemic and vary based upon age, gender, and geopolitics. Strong protections from governments (e.g., implementing best practices in suicide prevention) are urgently needed to reduce suicide behaviors during the COVID-19 pandemic.

Further detail: [Suicide behaviors during the COVID-19 pandemic: A meta-analysis of 54 studies](https://www.sciencedirect.com/science/article/abs/pii/S016517812100295X)

**Title:** Out of the woods? Young people's mental health and labour market status as the economy reopens

Resolution Foundation | 5th July 2021

Much has been said about the plight of young people during the Covid-19 crisis, both in terms of their labour market and mental health circumstances. This spotlight provides a timely update on how young people were faring at the end of May, shortly after the major relaxation of restrictions in mid-May.

The proportion of economically-active young adults either unemployed or fully furloughed has halved since May 2020, to around 16 per cent at the end of May 2021. But they remain harder hit than older people, being two-and-a-half times more likely to be out of work. Young people are also less optimistic about their mental health in general, and certain groups are facing more difficulties than others. One-in-four young women and students say their mental health is poor, and young people who are out of work, on the lowest pay or in financial difficulty are also struggling, highlighting that they are not all out of the woods just yet. And the legacy of the past year’s turbulence in the labour market can be seen very clearly. Almost one-in-three young people who were employed before the crisis, but are currently unemployed, furloughed or on reduced pay, say their mental health is poor.

Full detail: [Out of the woods? Young people's mental health and labour market status as the economy reopens](https://www.resolutionfoundation.org/app/uploads/2021/07/Out-of-the-woods.pdf)

**Title:** 16,000 pregnant women and new mothers missed out on vital mental health support during the pandemic

The Royal College of Psychiatrists | 1st July 2021

Thousands of women could not get vital help with their mental health during pregnancy or right after giving birth because of the covid pandemic, according to new analysis using the Royal College of Psychiatrists’ Mental Health Watch.

The Royal College of Psychiatrists is calling for funding for perinatal mental health facilities in the next spending review and for local health bodies to invest in services in their areas.

Full detail: [16,000 pregnant women and new mothers missed out on vital mental health support during the pandemic](https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2021/07/01/16-000-pregnant-women-and-new-mothers-missed-out-on-vital-mental-health-support-during-the-pandemic)

**Title:** Fit for purpose? Addressing inequities in mental health research exacerbated by Covid-19

Centre for Mental Health | 6th July 2021

This report was produced on behalf of the Mental Health Research Group, an independent group of leaders in mental health in England. It highlights the inequities in mental health research funding and production, what gets investigated and who gets to contribute, as well as who and what is left out of the conversation. It shares examples of work taking place to address mental health inequalities and to challenge inequities of power and influence within mental health research.

The report calls for systemic change in the ways mental health research is planned, funded and delivered in the wake of the Covid-19 pandemic. It calls on all those who carry out, fund or manage research to:

1. Ensure wider representation of groups and communities that have been silenced or overlooked, especially racialised communities.
2. Invest in widening the range of people and organisations that can get research funding, including community and user-led organisations.
3. Ensure resources are targeted towards key areas that will help to build the evidence base for tackling mental health inequalities, including children and young people, prevention, and factors that influence mental health.
4. Find ways to bring together and value different types of knowledge in the production of evidence to inform policy and practice.

Full report: [Fit for purpose? Addressing inequities in mental health research exacerbated by Covid-19](https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMentaHealth_FitForPurpose.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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