

52nd Rapid Exchange Forum

COVID-19 IMPACT ON POPULATION'S MENTAL HEALTH

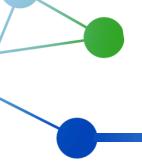
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Marília Silva Paulo & Luís Velez Lapão









anxiety

Epidemic of Depression and Anxiety in child and adolescent population during COVID-19 pandemic: A systematic review and meta analysis of the prevalence of depression and

- 71,016 participants in the pooled meta-analysis.
- The prevalence of depression was mentioned in 17 studies of 23 and the pooled prevalence was 27% [95% confidence interval: 21%-36%] and heterogeneity (I^2 statistics; P < .00001) was 100%.
- The prevalence of anxiety was found in 20 studies of 23 and the pooled anxiety prevalence was 25% (95% confidence interval: 16%-41%) and heterogeneity (I^2 statistics; P < .00001) was found to be 100%.

Maggu et al., 2023







Prevalence of mental health problems among children with long COVID: A systematic review and meta-analysis

- 13 studies included in the pooled meta-analysis.
- The pooled prevalence of mental health problems among the population were as follows:
 - anxiety: 9%(95% CI:1, 23),
 - depression: **15%**(95% CI:0.4, 47),
 - concentration problems: 6%(95% CI: 3, 11),
 - sleep problems: **9%**(95% CI:5, 13),
 - mood swings: 13% (95%CI:5, 23),
 - appetite loss: **5%**(95% CI:1, 13).
- However, studies were heterogenous and lack data from low- and middleincome countries.

 Hassan et al., 2023







Mental Health and Long COVID-19

Systematic Review (3 databases PubMed, Medline (Ovid) and Cochrane library)

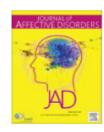
- Alterations in mental health during the active infection have been documented, but the long-term consequences are less clear.
- 885 studies were found, 33 included in the review (involving a total of 6743 participants).
- 17.5% of participants experienced mild symptoms of long-term anxiety
- **18.85**% exhibited at least mild symptoms of **depression**.
- Sleep disturbances (primarily insomnia) were most comm only reported as mild.
- PTSD prevalence was similar to anxiety and depression.
- The overall effect of the pandemic has been linked with worsening psychiatric symptoms.



Contents lists available at ScienceDirect

Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad



Research paper

Long-term effects of COVID-19 on mental health: A systematic review





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Prevalence of Psychological Disorders among Health Workers During the COVID-19 Pandemic: A Systematic Review and Meta-Analysis

- Overall, 12 studies with a total sample size of 5265 were eligible and included in the analysis.
- Prevalence rates were as follow:
 - depression: 20% (95% CI: 14-27),
 - anxiety: 23% (95% CI: 18-27),
 - PTSD: 8% (95% CI: 6-9),
- However, studies were heterogenous and lack data from low- and middle-income countries.

Gheshlagh et al., 2023







Anxiety rates in HCWs

- **Singapore:** 10.8% or **13%** (Teo 2021)
- Meta-analysis (China and Singapore): 23.2%
- United Arab Emirates: 26.3%
- Cyprus: 28.6% (https://pubmed.ncbi.nlm.nih.gov/34648565/)
- Meta-analysis (Brazil, China, India and the United Kingdom): 24.9%
- UK: 35% moderate-to-severe (Ferry 2021, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8083639/)
- China: 44.6% or 45.4% (Kang 2020 and Zhou 2020)
- Bangladesh: 69.5%
- Portugal: 79.1%
- Egypt: 90.5% (mild anxiety 40%; mild to moderate 32% and severe anxiety 18.5%)



Depression rates in HCWs

- Singapore: 8.1%
- Meta-analysis (China and Singapore): 22.8%
- United Arab Emirates: 28.1%
- Meta-analysis (Brazil, China, India and the United Kingdom): 24.8%
- **Bangladesh:** 39.5%
- UK: 47% moderate-to-severe (Ferry 2021, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8083639/)
- **China:** 50.4% or 57.2% (Kang 2020 and Zhou 2020)





Burnout rates in HCWs

- Cyprus: 15% (https://pubmed.ncbi.nlm.nih.gov/34648565/)
- **Singapore:** 24% (Teo https://pubmed.ncbi.nlm.nih.gov/34679110/)
- Italy: 37% (emotional exhaustion) (Ghio 2021 https://www.mdpi.com/1660-4601/18/18/9929/htm)
- United Arab Emirates: 52.8% had moderate-to-high (Ajab 2021)
- **China:** 50.4%
- UK: 79% moderate-to-severe (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8083639/)







Impact of the COVID-19 pandemic – a mental health service perspective

Byrne et al. 2021

- The COVID-19 pandemic has been an unprecedented challenge for health care provision.
- Throughout the pandemic there has been evidence of increased levels of relapse in people with
 pre-existing mental health conditions... and...Increased mental health problems in people
 with no previous mental health disorders.
- Greater carer strain has been seen in mental health services ... and decreased or variable access to health care services, 24-hour care and day care services.
- There have also been negative effects on the mental health care service and workforce.
- The pandemic **negatively impacted on mental health education, research and training**, all embedded in mental health services.
 - Positive and innovative solutions to the pandemic challenges were developed.



References

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