



# PHIRI

Population Health Information  
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## 52<sup>nd</sup> Rapid Exchange Forum

# COVID-19 IMPACT ON POPULATION'S MENTAL HEALTH

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# 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 anxiety

- 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 middle-income 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 commonly 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](http://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

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- **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.**
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# References

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