

## **COVID-19 and Mental Health (31<sup>st</sup> January 2021)**

Information with regards COVID-19 is emerging at a rapid pace, this bulletin will highlight various guidance and other articles – most websites and articles are open access at the time of writing. Should an article be difficult to obtain please contact us and we will obtain it on your behalf.

If you require a search for information or knowledge with respect to a particular group of patients (e.g. pregnant or elderly, with asthma or psychological illness) please do let us know and we will endeavour to search for you.

**Further information and resources are also available on the library website at <http://www.hantshealthcarelibrary.nhs.uk/covid-19-resources.asp>**

### **BRIEFINGS AND REPORTS**

English Longitudinal Study of Ageing (ELSA) **The experience of older people instructed to shield or self-isolate during the Covid-19 pandemic** (updated 13.10.20) [540eba\\_5e1ce6de279947e7adc0a09b23d5fe53.pdf](http://540eba_5e1ce6de279947e7adc0a09b23d5fe53.pdf) (filesusr.com)

Age UK **The impact of Covid-19 to date on older people's mental and physical health** [the-impact-of-covid-19-on-older-people\\_age-uk.pdf](http://the-impact-of-covid-19-on-older-people_age-uk.pdf)

What Works Centre for Wellbeing **How has Covid-19 and the associated lockdown measures affected mental health and wellbeing in the UK?** <https://whatworkswellbeing.org/wp-content/uploads/2020/11/Covid-Mental-health-briefing-Nov-2020-.pdf>

### **Articles:**

**[Psychological effects caused by the COVID-19 pandemic in health professionals: A systematic review with meta-analysis](#)**

**Author(s)** da Silva, Flaviane Cristine Troglia; Neto, Modesto Leite Rolim

**Source** Progress in Neuro-Psychopharmacology & Biological Psychiatry; Jan 2021; vol. 104

Psychological suffering by health professionals may be associated with the uncertainty of a safe workplace. Front-line professionals exposed and involved in the diagnosis and treatment of COVID-19 patients are more susceptible...Health professionals, regardless of their age, showed significant levels of mental disorders. We observed a prevalence of anxiety and depression. Insomnia was a risk factor for both.

[Available in full text at Progress in neuro-psychopharmacology & biological psychiatry from Unpaywall](#)

### [Can mental health apps be effective for depression, anxiety, and stress during a pandemic?](#)

**Author(s)** Longyear, Robert L.; Kushlev, Kostadin

**Source** Practice Innovations; Jan 2021

COVID-19 is poised to exacerbate the global mental health crisis because social isolation, unemployment, and economic recession are risk factors for negative mental health consequences. Because the need for social distancing can make face-to-face services less accessible, people may turn to mental health apps as an accessible and inexpensive solution. But are the claims about the efficacy of these apps supported by evidence? We identified 19 published articles on PubMed of peer-reviewed randomized clinical trials of mental health apps focused on stress, anxiety, and depression...

[Available in full text at Practice Innovations from Unpaywall](#)

### [The impact of the coronavirus disease 2019 \(covid-19\) pandemic on healthcare workers with pre-existing psychiatric conditions](#)

**Author(s)** MacKenzie, Megan; Daviskiba, Sydney; Dow, Miriam; Johnston, Peyton; Balon, Richard [et al.](#)

**Source** Psychiatric Quarterly; Jan 2021

Both healthcare workers (HCWs) and psychiatric patients during the COVID-19 pandemic appear to have elevated prevalence of psychiatric symptoms, but little is known about HCWs with psychiatric diagnoses. To examine their response to the pandemic, we

analyzed their perspective, and association with psychiatric symptoms and stress among HCW with psychiatric diagnosis .... HCWs with psychiatric diagnoses reported a range of perception of the impact of the pandemic on their symptoms with increased severity associated with worse psychiatric outcomes and more stress from avoiding physical contact with others. There is a growing importance to protect HCWs mental health, including those with pre-existing psychiatric diagnosis, and proactively counter psychosocial consequences of healthcare crises.

[Available in full text at The Psychiatric quarterly from Unpaywall](#)

### [A qualitative exploration of the impact of COVID-19 on individuals with eating disorders in the UK](#)

**Author(s)** Brown, SiennaMarisa; Opitz, Marie-Christine; Peebles, A. Imogen; Sharpe, Helen; Duffy, Fiona [et al.](#)

**Source** Appetite; Jan 2021; vol. 156

COVID-19 may have substantial impact on the mental health at a population level, but also has the potential to significantly affect those with pre-existing mental health difficulties such as eating disorders. This qualitative study explores the impact of COVID-19 and associated public health measures on adults with eating disorders within the UK. We conducted 10 in depth interviews with adults (24–38 years) with a self-reported eating disorder during lockdown... Overall, the impact of the lockdown was experienced as a catalyst for either increased disordered eating behaviours or for a drive for recovery, depending on individual circumstances going into these restrictions. This study is the first in depth interview approach with adults with mixed eating disorder presentations in the UK during COVID-19. Findings have important implications for post lockdown intervention care and practice.

[Available in full text at Appetite from Unpaywall](#)

### [COVID-19 and mental health deterioration by ethnicity and gender in the UK.](#)

**Author(s)** Proto, Eugenio; Quintana-Domeque, Climent

**Source** PloS one; 2021; vol. 16 (no. 1)

We use the UK Household Longitudinal Study and compare pre-COVID-19 pandemic (2017-2019) and during-COVID-19 pandemic data (April 2020) for the same group of individuals to assess and quantify changes in mental health ... among ethnic groups in the UK. We confirm the previously documented average deterioration in mental health for the whole sample of individuals interviewed before and during the COVID-19 pandemic. In addition, we find that the average increase in mental distress varies by ethnicity and gender...

[Available in full text at PLoS one from Public Library of Science \(PLoS\)](#)

### [Loneliness in the UK during the Covid-19 pandemic: cross-sectional results from the Covid-19 Psychological Wellbeing Study](#)

**Author(s)** Groarke, Jenny M.; Berry, Emma; Graham-Wisener, Lisa; McKenna-Plumley, Phoebe E.; McGlinchey, Emily [et al.](#)

**Source** PLoS ONE; 2020; vol. 15 (no. 9)

Loneliness is a significant public health issue. The COVID-19 pandemic has resulted in lockdown measures limiting social contact. The UK public are worried about the impact of these measures on mental health outcomes. Understanding the prevalence and predictors of loneliness at this time is a priority issue for research... Findings suggest that supportive interventions to reduce loneliness should prioritise younger people and those with mental health symptoms. Improving emotion regulation and sleep quality, and increasing social support may be optimal initial targets to reduce the impact of COVID-19 regulations on mental health outcomes.

[Available in full text at PLoS ONE from Public Library of Science \(PLoS\)](#)

### [Standing up for health – improving mental wellbeing during COVID-19 isolation by reducing sedentary behaviour](#)

**Author(s)** Diamond, Rowan; Byrd, Erin

**Source** Journal of Affective Disorders; Dec 2020; vol. 277 ; p. 232-234

The global COVID-19 outbreak and its management are disrupting ways of life and increasing the risk of poor mental and physical health for many. The restrictions on movement have made some forms of physical activity harder to achieve and increased the chances of more sedentary behaviour. Independent of exercise taken, sedentary

behaviour can have a negative impact upon mental health, especially by lowering mood. We suggest evidence-based ways of reducing sedentary behaviour with commentary on how they may be adapted for life at home...

[Available in full text at Journal of Affective Disorders from Unpaywall](#)

### [The impact of the early phase of the covid-19 pandemic on mental-health services in europe](#)

**Author(s)** Thome, Johannes; Deloyer, Jocelyn; Coogan, Andrew N.; Bailey-Rodriguez, Deborah; da Cruz e Silva, Odete A. B. [et al.](#)

**Source** The World Journal of Biological Psychiatry; Dec 2020

The current COVID-19 pandemic confronts psychiatric patients and mental health services with unique and severe challenges. In order to identify these trans-national challenges across Europe, an ad-hoc survey was conducted among 23 experts, each answering for one European or aligned country. A number of important themes and issues were raised for the impact of COVID-19 on mental health and mental health services, barriers to service provision and future consequences....

[Available in full text at The world journal of biological psychiatry : the official journal of the World Federation of Societies of Biological Psychiatry from Unpaywall](#)

**Self**  
How can I...

**Talk to  
someone**

**Get  
professional  
wellbeing  
support**

**Access  
support  
for daily  
challenges**

**Keep  
connected**

**For HHFT staff:**



The infographic is a blue rectangular box with rounded corners. It contains three yellow-bordered rounded rectangles, each representing a different support service. To the right of these boxes is a stylized logo of a person in a dynamic pose, colored in shades of orange and green. Below the three boxes, there is text about national well-being support and a call to action to visit the Staff Health & Wellbeing Hub on Trustnet.

Staff Emotional Wellbeing Helpline	Chaplaincy Staff Support Line	COVID-19 Response Team
01962 824297 8:30-16:30 7 days a week sew.helpline@hhft.nhs.uk CONFIDENTIAL	07917642955 16:30-22:30 7 days a week CONFIDENTIAL	01256 262142 07:00-19:00 7 days a week Trustnet > COVID FAQs

National Wellbeing Support from NHS England/Improvement  
0300 131 7000, 7.00am - 11.00pm, 7 days a week  
Text FRONTLINE to 85258

**Visit the Staff Health & Wellbeing Hub on Trustnet for more information.**

HHLS Libraries are no longer physically staffed due to the COVID-19 pandemic, but we are all working from home and will continue to support your information and knowledge needs. Please contact us as per the details below or any other alternative means. Thank you.

**SHFT:** [library.moorgreen@southernhealth.nhs.uk](mailto:library.moorgreen@southernhealth.nhs.uk)

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