

A decorative graphic in the top-left corner of the slide. It consists of a grid of small, colored circles in various colors including blue, green, yellow, orange, red, and purple. The grid is partially obscured by a diagonal line that runs from the top-left towards the bottom-right.

OLENA BIDOVANETS

*MENTAL  
HEALTH  
DURING COVID-  
19 PANDEMIC*

# *COVID 19 PANDEMIC*

- In **January 2020** the World Health Organization (WHO) declared the outbreak of a new coronavirus disease to be a Public Health Emergency of International Concern.
- In **March 2020**, WHO made the assessment that COVID-19 can be characterized as a pandemic.

# *MENTAL HEALTH*

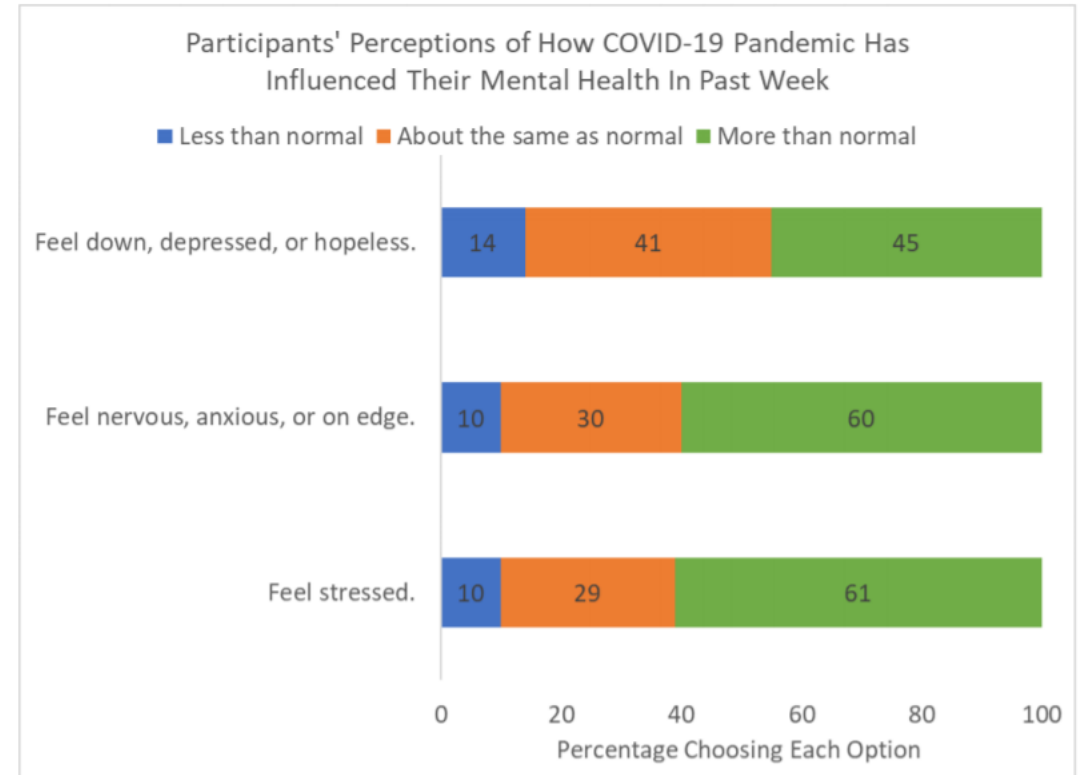
- 1. Mental health issues due to the restrictions, lockdown
- 2. Long Covid

# *SITUATION IN WORLD*

- In general, people say the COVID-19 pandemic make them feel more: down, depressed or hopeless (45%); nervous, anxious or on edge (60%); stressed (61%)

Chapman University

<https://www.chapman.edu/crean/research-centers/covid19-national-mental-health-study.aspx#>



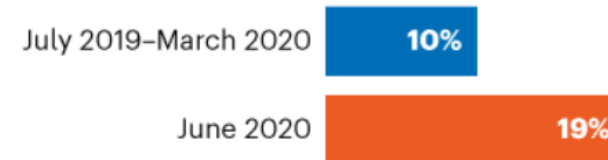
# ACCORDING TO SURVEYS

## COVID'S MENTAL STRESS

The percentage of people experiencing symptoms of depression and anxiety has surged amid the COVID-19 pandemic, data from nationally representative surveys show.

■ Before pandemic ■ During pandemic

### UK adults reporting symptoms of depression



### US adults reporting symptoms of anxiety or depression



©nature

Source: Office for National Statistics (UK data); Centers for Disease Control and Prevention (US data).

- New realities of **working from home**,
- temporary unemployment,
- home-schooling of children,
- **lack of physical contact** with other family members, friends and colleagues





- Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety.

# *“TAIL” OF MENTAL HEALTH*

- Historically, the adverse mental health effects of disasters **impact more** people and **last much longer** than the health effects
- If history is any predictor, we should expect a significant **‘tail’ of mental health** needs that continue long after the infectious outbreak resolves.
- Major events that have shaken societies, such as the 9/11 terrorist attack in New York, have left some people with **psychological distress for years**.
- A study of more than 36,000 New York residents and rescue workers revealed that more than **14 years after the attack, 14% still had post-traumatic stress disorder** and **15% experienced depression** — much higher rates than in comparable populations (5% and 8%, respectively).



# *MEDICAL STAFF*

- **Health care providers** are also particularly vulnerable to emotional distress in the current pandemic,
- given their risk of exposure to the virus,
- concern about infecting and caring for their loved ones,
- shortages of personal protective equipment (PPE),
- longer work hours, and
- involvement in emotionally and ethically fraught resource-allocation decisions.

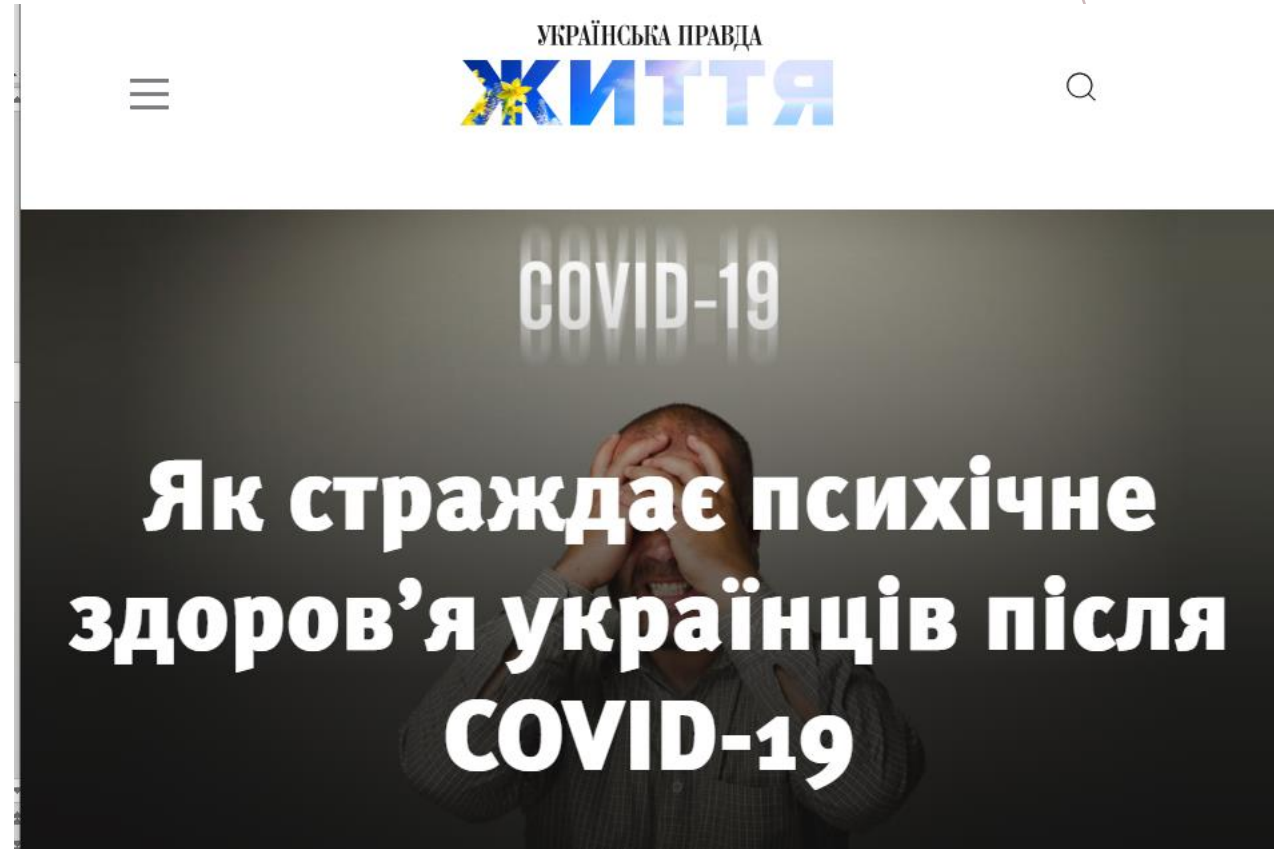
# *LONG COVID. COVID FOG*

- In addition to extreme, persistent physical fatigue, **brain fog, confusion, dizziness, delirium, and other cognitive difficulties** are commonly reported.
- It is thought that Long Covid can cause mental health conditions similar to those experienced as a result of the other acute respiratory coronaviruses such as SARS and MERS, including **anxiety, depression, mania, and memory problems**.

- Initial research undertaken in the USA of 62,000 people who have had Covid-19 has shown that **18%** developed a **mental health condition** such as depression, anxiety or dementia within three months of their Covid-19 diagnosis.
- What is **not certain** is whether the cause of the mental health condition was a direct result of the disease or if it was due to the stress of the pandemic and conditions such as isolation during the illness – or **even a combination of the two**.

# UKRAINE

- Survey conducted 6 weeks (14.12.2020 – 24.01.2021)
- 866 respondents with COVID 19
- 5 questions about physical health and 5 questions about mental health
- Expected – outcomes would be similar to other countries
- Instead:



# *UKRAINE*

- "How has your state of health changed after the disease?" - **every second** respondent answered that he felt worse (**47.9%**).
- While the severity of the disease, only 2.5% rated the disease as severe, and **34.8%** - **moderate**.
- **The majority** of respondents (63%, 602 out of 866) stated that their **usual mood had changed**.
- Thus, patients noted the appearance of previously uncharacteristic **irritability, anxiety, anticipation of the worst, fear**.
- **Sleep problems** were observed in **63.8%** of respondents (549 out of 866).
- In **18%** of cases (154 out of 866), the quality of **relationships with family, friends, colleagues deteriorated**.

# *HEALTHY WAYS TO COPE WITH STRESS*

- **Take breaks** from watching, reading, or listening to news stories, including those on social media.
- **Take care of your body.**
  - Take **deep breaths**, stretch, or meditate.
  - Try to **eat healthy**, well-balanced meals.
  - Exercise regularly.
  - Get **plenty of sleep**.
  - **Avoid** excessive alcohol, tobacco, and substance use.
  - Continue with **routine preventive measures** (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
  - **Get vaccinated** with a COVID-19 vaccine when available.

# *HEALTHY WAYS TO COPE WITH STRESS*

- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.
- **Prevention efforts** such as screening for mental health problems, psychoeducation, and psychosocial support.



# *HELPING OTHERS COPE*

- Stay connected with your friends and families
- Helping others cope stress through phone calls, video

Every cloud has a  
silver lining





## EXERCISE AND EATING

# *A GREAT CHANCE*

- “When people experience intense feelings of anxiety or stress, one way some people try to cope with this is eating a sugary or salty comfort food that gives a temporary distraction.
- If people can manage it, **this is a great chance** to carve out time to do online yoga, take walks (safely socially distancing) with your partner, or invest in a small set of weights or exercise bike for your home.” said Dr. Frederick, an associate professor of health psychology at Chapman University and lead investigator of the study





- More attention to mental health among professionals and general population

МНЧУ

Гарячі лінії   Онлайн освіта   Законодавство   наГАЙдайки   Корисні матеріали   Для кого цей сайт   Про проект   Новини

У ЗДОРОВОМУ ТІЛІ – ЗДОРОВА ПСИХІКА

ДЕПРЕСІЯ – ТОЙ САМИЙ ПЕРЕЛОМ  
Коли болить, кажи

ШУКАЮ ДОПОМОГУ  
Час подбати про себе:  
коли слід звернути увагу  
на своє психічне здоров'я

PAHO

TOPICS COUNTRIES RESOURCES NEWS ABOUT

## Mental Health and COVID-19

Fear, worry, and stress are normal responses during times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing these feelings in the context of the COVID-19 pandemic.

Added to the fear of contracting the virus in a pandemic such as COVID-19 is the impact of

fight on by efforts to contain and slow down  
ing new realities of social distancing,  
nt, home-schooling of children, and lack of  
it is important that we look after our mental,

ng guidance and assistance to the Region of  
to help support the mental and overall well-  
it require extra support during this difficult

mental health during the COVID pandemic will  
ble.



EN | FR

Health Info   Science & Research   Education   Get Involved   Driving Change   DONATE

## Mental Health and the COVID-19 Pandemic



# LET US DREAM

*THE PATH TO  
A BETTER FUTURE*

# POPE FRANCIS



- Pope Francis treats the **coronavirus as a metaphor**, saying people all experience their own "Covids," in the sense of a forced stoppage in their lives that reveals "**what needs to change**: our lack of internal freedom, the idols we have been serving, the ideologies we have tried to live by, the relationships we have neglected."