

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

**Topic: Risk factors for depression
and anxiety among adults in the
United Kingdom during COVID-19**

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Introduction

- Literature review: Understanding the importance of how COVID-19 affected adult people's lives negatively with the contribution of depression and anxiety. Investigating risk factors and investigating the impacts of this mental health issues
- Aim: Discovering the risk factors of anxiety and depression during Covid-19 among adults living in the United Kingdom and making recommendations for possible improvements
- Objectives: Using secondary research and looking after primary research academic articles with adult participants living in the United Kingdom. Looking for qualitative and quantitative research

Methods

- Type of source: primary resources, academic articles, systematic literature reviews, and data analysis methods
- Used databases: ProQuest, PubMed, UWTSD Library
- Inclusion criteria: Published between 2013-2023, in English language, location is in the United Kingdom, searched among adults over the age of 18 years old, specified on depression and anxiety
- Exclusion criteria: not published outside the United Kingdom, not searched for young people under the age of 18 years old, not published before 2013

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Pailing & Reniers (2018)	Discovering the psychosocial maturity and how it affects mental health later	Participants between 16-35 years old completed a self-report measuring assessing risk-taking behaviour	Depressive and anxious symptoms association with risk-taking behaviour
Smith et al. (2020)	Assess the impact of COVID-19 self-isolation/social distancing on mental health	Measured the relation between anxiety, depression, and COVID-19 with 932 participants in the UK	People living in the UK with lower income, are self-isolated, have addiction such as smoking and have physical disability associated with higher levels of poor mental health

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
O'Connor et al. (2021)	Get insights about how COVID-19 affecting mental health long-term	Using a quota survey measuring the mental health and well-being of adults in the UK during the first 6 weeks following the COVID-19 lockdown.	There is a relation between anxiety and depression disorder and COVID-19 and could worsen mental health disorders
Shevlin et al. (2020)	Specifically looking after anxiety and depression disorders connected to COVID-19	Online survey made between adults 18 years and older and measured depression and anxiety during pandemic	It is explaining how the pandemic contributed anxiety in people

Results

- 421 000 men and women receiving mental health treatments due to depression and anxiety between the age of 18-35 years old and it is connected to depression and anxiety disorders (Pailing and Reniers, 2020).
- Specific anxiety about Covid-19 was greater in older participants of the survey based on this article also, depression and anxiety affected more likely people whom they are having lower income and dealing with financial difficulties due to the pandemic (Shevlin et. al, 2020)
- Data are showing that the rates of suicide are raised in each wave during a pandemic. The first week was 8.2% and the third week increased the numbers to 9.8% it is a proficient of increasing rates of anxiety and depression due to the uncertain situation during Covid-19 (O'Connor et. al, 2021)
- Poor mental health and an increasing number of depression and anxiety rates were 36,8% higher during the pandemic than during the non-pandemic time in the UK which was approximately 25% (Smith et al, 2020)

Discussion

- People living alone are more likely to suffer or develop depression and anxiety disorders than people living with someone
- People with pre-existing mental health conditions are more likely to develop lower well-being scores and with its improvement could positively contribute to their depression and anxiety problems such as joining mental health support services and doing physical activities
- Mental health impacts decision-making and could increase risk-taking behaviour but pre-assessment could be improving patient mood by treating depression
- With the lockdown the anxiety and depression rates increased with getting financial difficulties and people got isolated but eased this situation with the opportunities in the online world such as face-to-face appointments in applications

Conclusion

- Depression and anxiety rates could be lowered if people are surrounded by others around them and not letting themselves alone
- Making positive changes in well-being such as making time for daily exercises or finding mental health support services could improve mental health well-being and lower the symptoms of depression and anxiety
- Covid-19 had a major impact on people's mental health and well-being and the number of people suffering from depression and anxiety rates are increased and need to improve mental health care services to shorten waiting times and to provide everyone with the right care

References

- Pailing, A. & Reniers, R. (2018) *Depressive and socially anxious symptoms, psychosocial maturity, and risk perception: Association with risk-taking behaviour* [Online]. Available from: <https://www.proquest.com/docview/2088918601/9DDD7B44A1044EEAPQ/5?accountid=130472&forcedol=true> (Accessed: 22 March 2023)
- Smith et al. (2020) *Correlates of symptoms of anxiety and depression and mental wellbeing associated with COVID-19: a cross-sectional of UK-based respondents* [Online]. Available from: <https://pubmed.ncbi.nlm.nih.gov/32562931/> (Accessed: 28 March 2023)
- Shevlin et al. (2020) *Anxiety, depression, traumatic stress and COVID-19-related anxiety in the UK general population during the COVID-19 pandemic* [Online]. Available from: <https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S205647242000109X> (Accessed: 22 March 2023)
- O'Connor et al. (2020) *Mental health and well-being during the COVID-19 pandemic: longitudinal analyses of adults in the UK COVID-19 Mental Health & Wellbeing study* [Online]. Available from: <https://www.proquest.com/docview/2532446135/AED6F2597E164185PQ/66?accountid=130472> (Accessed: 22 March 2022)