

The Impact of COVID 19 On People's Mental Health

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Introduccion

- Mental Health
- Pandemic
- Depression and Anxiety
- Previous Pandemics
- Lockdown

Aim and objectives

- Identify factors that lead to mental health problems
- Analyse the effect of the pandemic on these factors
- Determine whether these factors are modifiable or not



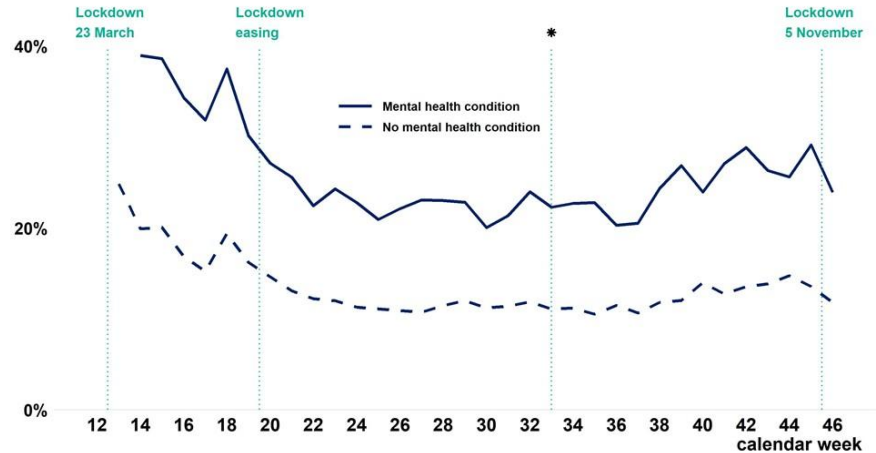
Methods

- Statistics from various sources such as WHO and Mind.org
- Studies made during the height of the pandemic
- Papers from research bodies

Major stress: COVID-19

UCL COVID-19 Social Study. Panel of 20,000 to 70,000 adults weighted to the national population. Data provided by UCL and used with permission (% reporting).

* Change in sample methodology from Week 33 - see text for more details



Literature review

Source citation	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Jia, R., Ayling, K., Chalder, T., Massey, A., Broadbent, E., Coupland, C. and Vedhara, K. (2020).	Analyse the effects of COVID 19 on mental health	Online survey involving adults from 18 to 77 years of age	More 70 percent of people reported mild to severe feelings of anxiety and depression more commonly around younger people.
(<i>The Impact of Coronavirus on Mental Health Mind Research</i> , n.d.)	The effects of COVID 19 on mental health	Survey of 12 thousand people	A third of participants reported that their mental health had been severely affected during the period of the pandemic

Results

- Increased psychological morbidity was evident in this UK sample
- Mental health problems found to be more common in young people, women and people with health risk factors
- Covid 19 Loneliness

In an online survey carried out during the pandemic;

- 64 percent reported feelings of depression
- 57 percent reported feelings of anxiety
- 31.6 reported moderate to severe anxiety
- 26 percent moderate to severe anxiety

Discussion

- Wide range of candidates
- Validated measures
- Research could have been more extensive.
- The form of survey studies can leave out a few people and limit the potential for research

Conclusion

- COVID 19 has taken a very big toll on people's mental health.
- People are struggling with long term mental health problems.
- People's work and life has been affected.
- People need extra support these days and mental health problems have to be taken more seriously.

References

<https://bmjopen.bmj.com/content/10/9/e040620#>

<https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>