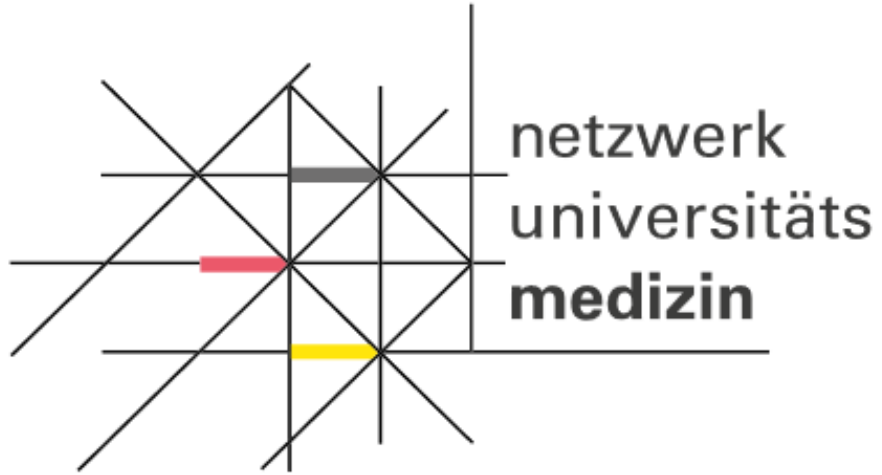


# Auswirkungen der COVID-19-Pandemie auf die psychische Gesundheit

## How does the COVID-19 pandemic affect our emotional and mental health

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# Method





[www.deutschlandfunkkultur.de](http://www.deutschlandfunkkultur.de)

[www.deutschlandfunk.de](http://www.deutschlandfunk.de)





[www.swr.de](http://www.swr.de)

[www.evangelisch.de](http://www.evangelisch.de)





[www.familie.de](http://www.familie.de)

**UKD** Universitätsklinikum  
Düsseldorf

**i f a m**  
INSTITUT FÜR ALLGEMEINMEDIZIN

**chs**  
centre for  
health & society

**hhu** Heinrich Heine  
Universität  
Düsseldorf



[www.zdf.de](http://www.zdf.de)

# Scientific evidence

How does the COVID-19 pandemic affect our emotional and mental health

- Impact of COVID-19 and other pandemics and epidemics on people with pre-existing mental disorders: systematic review and suggestions for clinical care

# Scientific evidence

## How does the COVID-19 pandemic affect our emotional and mental health

- Prevalence of anxiety in the COVID-19 pandemic: An updated meta-analysis of community-based studies (Santabarbara J et al. (2021) Progress in Neuropsychopharmacology & Biological Psychiatry 109:110207)

- Rates of anxiety in the general population more than 3 times higher (7% / 25%) during the COVID-19 pandemic

### Risk factors:

- Initial or peak phase of the outbreak
- Female sex, younger age
- Marriage, social isolation
- Unemployment and student status
- Financial hardship, low educational level
- Insufficient knowledge of COVID-19
- Epidemiological or clinical risk of disease



# Scientific evidence

## How does the COVID-19 pandemic affect our emotional and mental health

- Prevalence of stress, anxiety, depression among the general population during the COVID-19 pandemic: a systematic review and meta-analysis (Salari et al. (2020) BMC Globalization and Health 16:57)

- Prevalence of stress in the general population 30%; of anxiety 32%; of depression 34%

### Risk factors:

- Prevalence of anxiety and (to a lesser degree) of depression higher in Asia
- Prevalence of stress higher in Europe
- Anxiety: following COVID-19 news
- Female sex
- Younger age (group 21-40 yrs)
- Financial hardship
- Higher levels of education



# Scientific evidence

## How does the COVID-19 pandemic affect our emotional and mental health

- Impact of COVID-19 pandemic on mental health in the general population:

A systematic review (Xiong et al. (2020 Dec) J Affect Disord 277:55-64)

- Rates of symptoms of anxiety 6-51%; of depression 15-48%; of post-traumatic stress disorder 7-54%; of psychological distress 34-38%

Risk factors:

- Female sex
- Younger age (group <40 yrs)
- Unemployment, student status
- Lower education level (inconsistent)
- Frequent exposure to social media/news concerning COVID-19
- Presence of chronic/psychiatric illness





- Better and well-balanced information!
- Take special care for the younger generation!
- We need more contacts, more meetings!

