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Impact van de coronapandemie op mensen met en zonder psychische aandoeningen

Frederike Jörg

Programmameider RGOc

Associate professor Universitair Centrum Psychiatrie, UMCG

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The mental health impact of the COVID-19 pandemic on people with and without depressive, anxiety, or obsessive-compulsive disorders: a longitudinal study of three Dutch case-control cohorts



Kuan-Yu Pan, Almar A L Kok, Merijn Eikelenboom, Melany Horsfall, Frederike Jörg, Rob A Luteijn, Didi Rhebergen, Patricia van Oppen, Erik J Giltay, Brenda W J H Penninx**

Summary

Background The impact of the COVID-19 pandemic on mental health in people with pre-existing mental health disorders is unclear. In three psychiatry case-control cohorts, we compared the perceived mental health impact and coping and changes in depressive symptoms, anxiety, worry, and loneliness before and during the COVID-19 pandemic between people with and without lifetime depressive, anxiety, or obsessive-compulsive disorders.

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Background

- COVID-19 pandemic:
 - quarantine, lockdowns, social distancing, isolation, travel restrictions, interrupted or online (mental) healthcare services
- Influence on mental health
 - Convenience samples UK and USA: rise in psychological distress in general population
 - Greater impact on people with mental disorders
- But: studies in populations with mental disorders:
 - Cross-sectional
 - No pre-pandemic information

Research aims

- Investigate perceived impact pandemic on
 - mental health, fear of COVID-19 and ability to cope
- Investigate change in symptoms of depression, anxiety, worry, loneliness from before to during pandemic
- In populations with (history of) MDD, GAD, OCD*
 - Varying number of disorders
 - Varying level of chronicity

Methods: population

- NESDA, depression & anxiety, start 2004-2007, N=3348, including healthy and at risk population, follow up every 2-3 years
- NESDO, depression in the elderly, start 2007-2010, N=510, including healthy population, follow up 2 and 6 years after baseline
- NOCDA, obsessive compulsive disorder, start 2004-2009, N=419, follow up every two years
- Online COVID questionnaires sent to N=2748 participants*

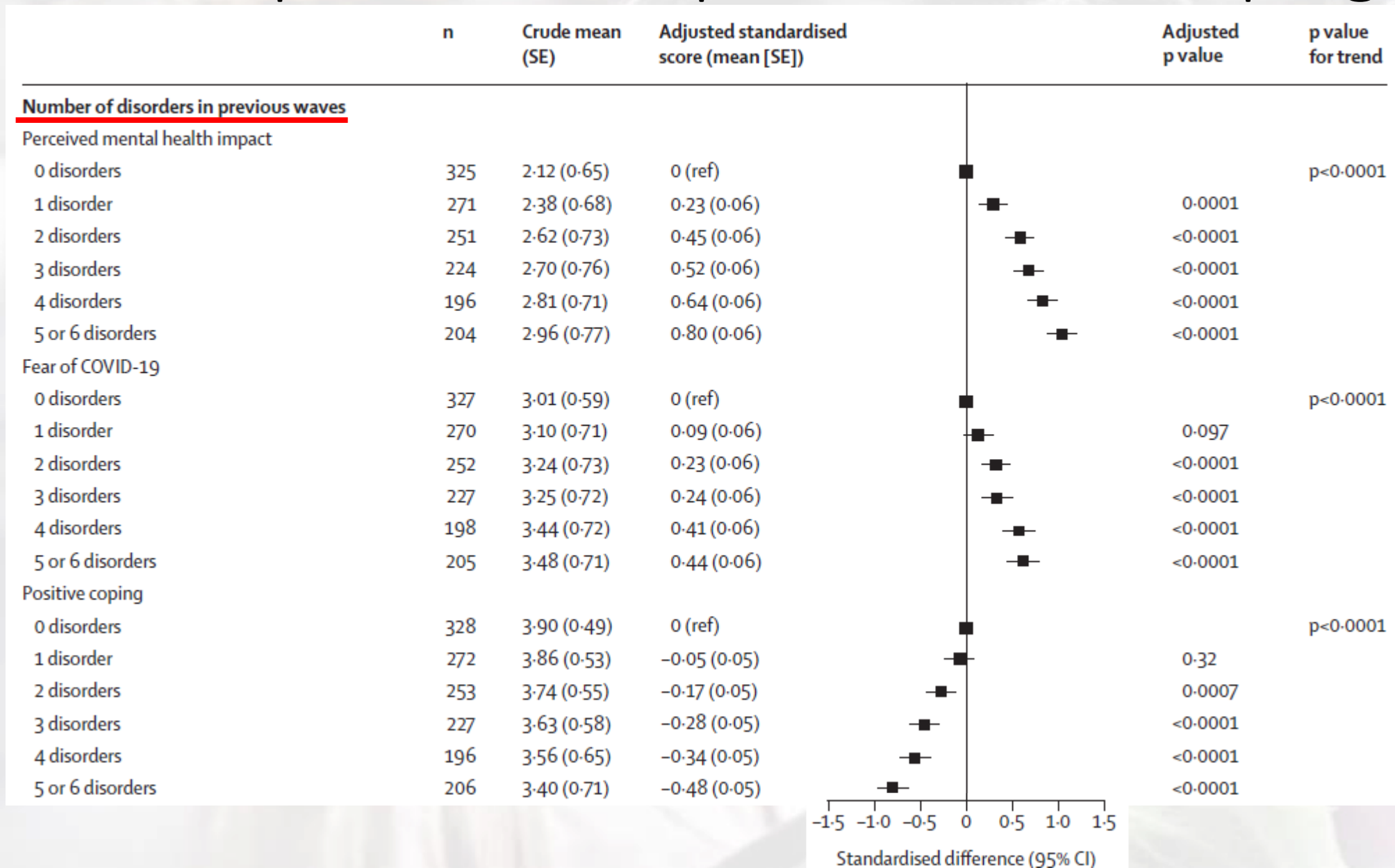
Methods: questionnaires + procedure

- Quick Inventory of Depressive Symptoms (QIDS, 16 items)
- Beck Anxiety Inventory (BAI, 21 items)
- Penn State Worry Questionnaire (PSWQ, 11 items)
- De Jong Gierveld Loneliness Scale (6 items)
- 21 COVID-related items:
 - Perceived impact on emotional state and health behaviors
 - Ability to cope with situation
 - Fear of COVID (e.g. strictly follow rules)
- Online questionnaires
- Sent every two weeks from April 1 – May 13, 2020

Methods: statistical analyses

- Burden of mental health disorders: severity and chronicity
 - Severity: number of lifetime disorders (0-6)
 - Chronicity: number of waves with current diagnosis (0, <50%, >50%)
- Linear regression to compare COVID-19 dimensions between people with different number and chronicity of mental health disorders
- Linear mixed models to compare depression, anxiety, worry and loneliness from before to during COVID-19 pandemic across groups
- NB: pre-pandemic symptom severity = mean across all pre-pandemic waves

Results: perceived impact, fear and coping



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Percentage of previous waves with disorders

Perceived mental health impact

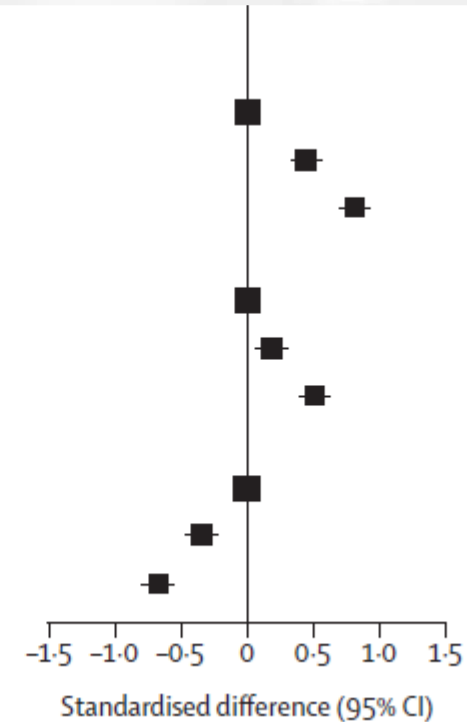
0% waves with disorders	694	2.28 (0.69)	0 (ref)		p<0.0001
1-50% waves with disorders	394	2.65 (0.74)	0.34 (0.04)	<0.0001	
51-100% waves with disorders	383	2.93 (0.75)	0.62 (0.05)	<0.0001	

Fear of COVID-19

0% waves with disorders	696	3.09 (0.66)	0 (ref)		p<0.0001
1-50% waves with disorders	397	3.23 (0.71)	0.13 (0.04)	0.0024	
51-100% waves with disorders	386	3.47 (0.74)	0.36 (0.04)	<0.0001	

Positive coping

0% waves with disorders	700	3.87 (0.52)	0 (ref)		p<0.0001
1-50% waves with disorders	396	3.66 (0.58)	-0.21 (0.04)	<0.0001	
51-100% waves with disorders	386	3.46 (0.67)	-0.40 (0.04)	<0.0001	

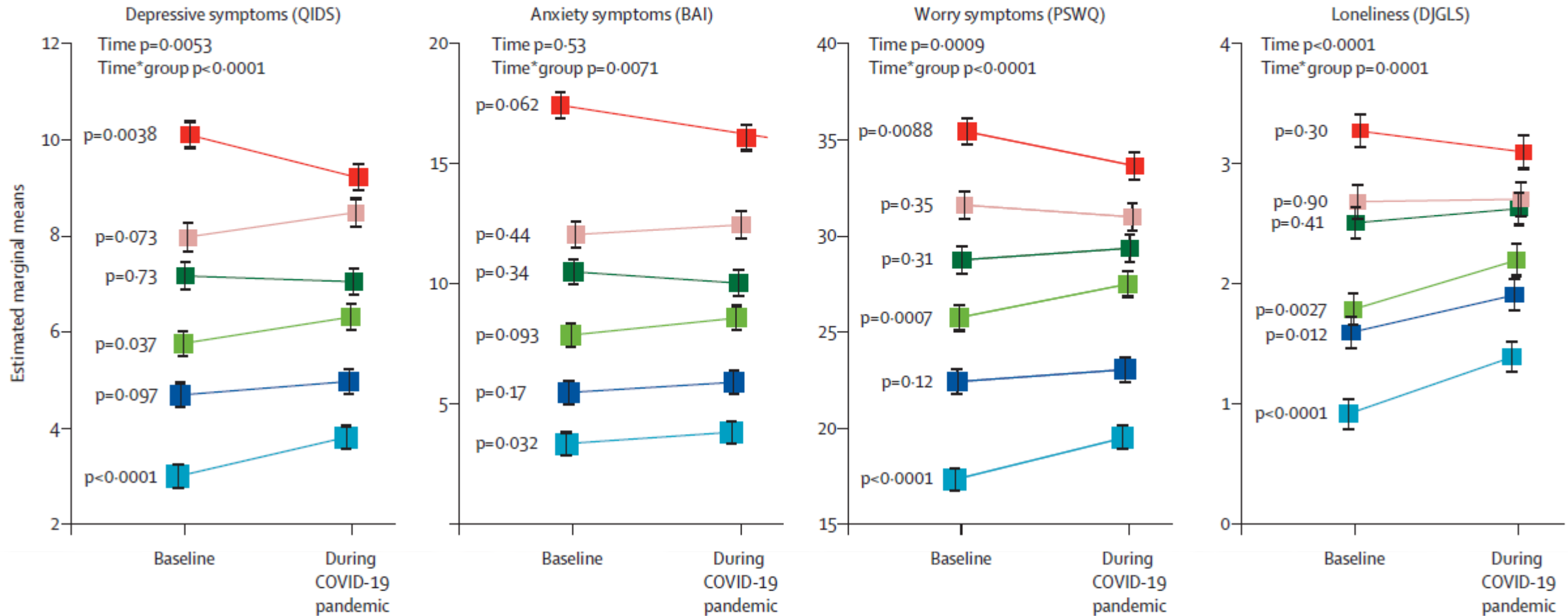


Results: change in symptoms

A

Number of lifetime disorders

— 5 or 6 — 4 — 3 — 2 — 1 — 0

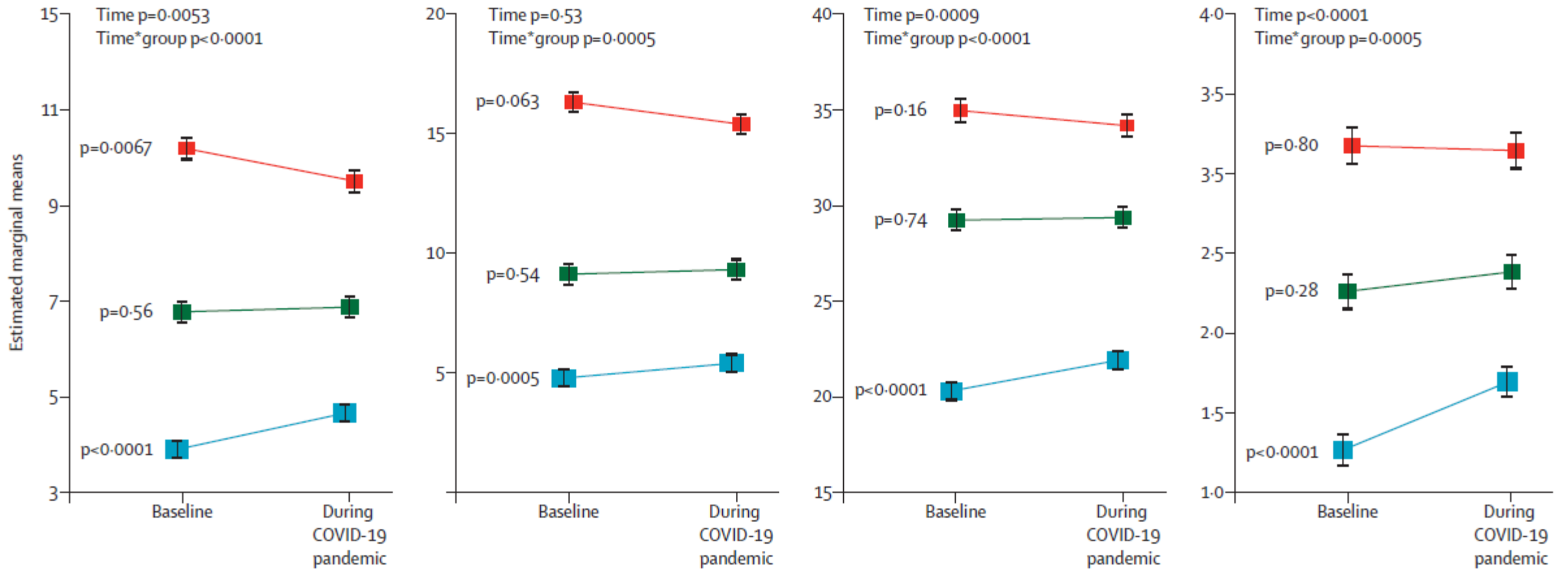


Results: change in symptoms

B

Percentage of previous waves with disorders

— 0% — 1-50% — 51-100%



Conclusion

- The higher the burden of mental illness (severity and chronicity), the greater the perceived impact of the pandemic on emotional state, fear and ability to cope.
- Depression, anxiety, worry and loneliness higher among people with than without mental disorder
- Symptoms barely changed among those with high burden, but slightly increased in people without mental disorder.

Discussion

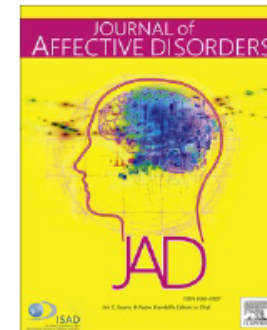
- Symptoms in people with pre-existing mental health disorders did not worsen, possibly due to their situation being more in sync with society
- However, in absolute terms, their symptoms are much higher than in those without pre-existing mental health disorders
- Increase in symptoms among 'healthy' population modest and most likely temporary, i.e. normal reaction to crisis
- Perceived impact, fear and inability to cope among vulnerable population reason to stay alert



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad



Research paper

Mental health and perceived impact during the first Covid-19 pandemic year: A longitudinal study in Dutch case-control cohorts of persons with and without depressive, anxiety, and obsessive-compulsive disorders



Almar A.L. Kok^{a,b,*}, Kuan-Yu Pan^{a,b}, Nathaly Rius-Ottenheim^c, Frederike Jörg^{d,e},
Merijn Eikelenboom^{a,b}, Melany Horsfall^{a,b}, Rob Luteijn^{a,b}, Patricia van Oppen^{a,b},
Didi Rhebergen^f, Robert A. Schoevers^d, Erik J. Giltay^{c,1}, Brenda W.J.H. Penninx^{a,b,1}

^a Department of Psychiatry, Amsterdam Public Health, Amsterdam University Medical Center, Vrije Universiteit, Amsterdam, Netherlands

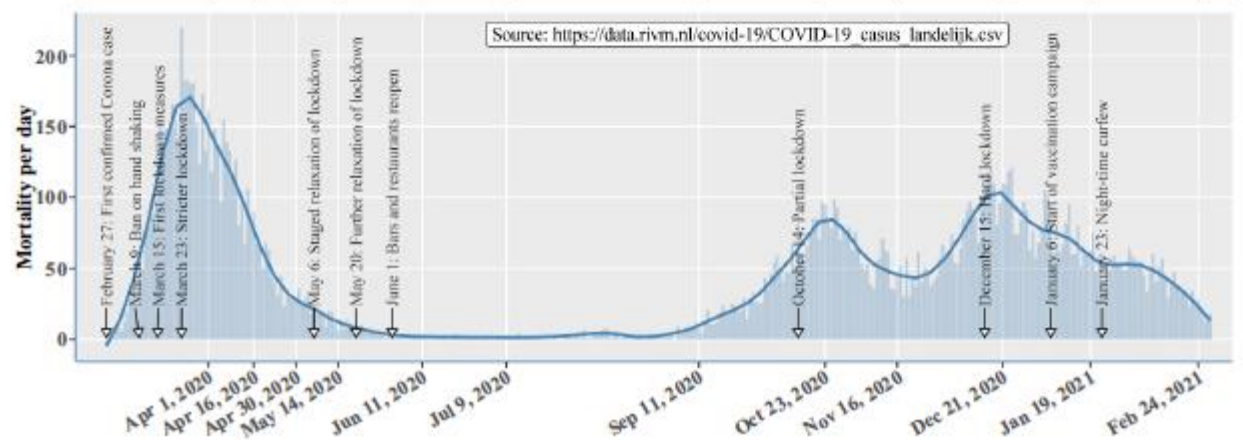
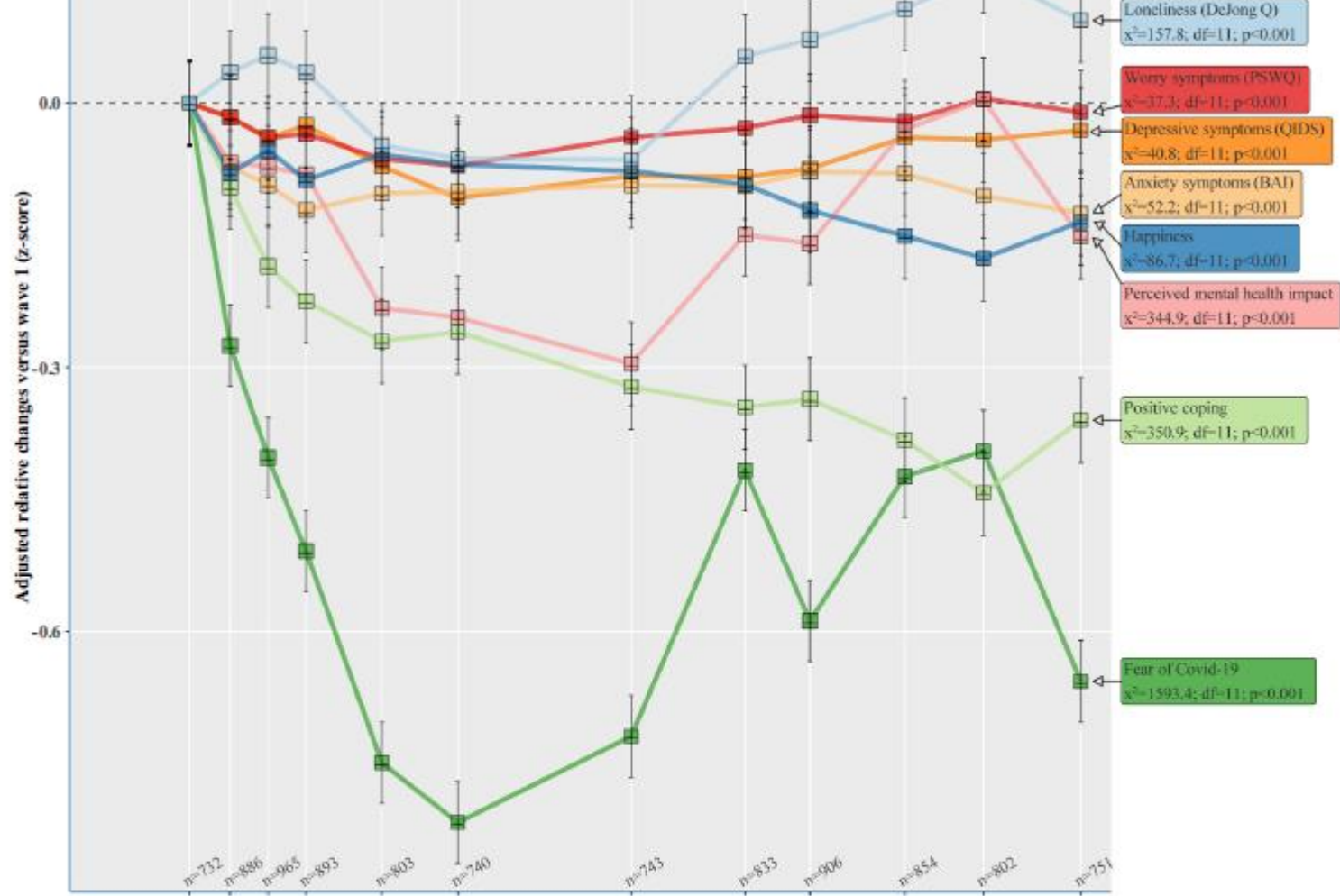
^b Geestelijke gezondheidszorg (GGZ) InGeest Specialized Mental Health Care, Amsterdam, Netherlands

^c Department of Psychiatry, Leiden University Medical Center, Leiden, Netherlands

^d University of Groningen, University Medical Center Groningen, University Center for Psychiatry, Interdisciplinary Centre for Psychopathology and Emotion Regulation, Groningen, Netherlands

^e GGZ Friesland, Research Department, Leeuwarden, Netherlands

^f Mental Health Care Institute GGZ Centraal, Amersfoort, Netherlands



Verder lezen:

- Pan KY, Kok AAL, Eikelenboom M, Horsfall M, Jörg F, Luteijn RA, Rhebergen D, Oppen PV, Giltay EJ, Penninx BWJH. The mental health impact of the COVID-19 pandemic on people with and without depressive, anxiety, or obsessive-compulsive disorders: a longitudinal study of three Dutch case-control cohorts. *Lancet Psychiatry*. 2021 Feb;8(2):121-129. doi: 10.1016/S2215-0366(20)30491-0.
- Kok AAL, Pan KY, Rius-Ottenheim N, Jörg F, Eikelenboom M, Horsfall M, Luteijn R, van Oppen P, Rhebergen D, Schoevers RA, Giltay EJ, Penninx BWJH. Mental health and perceived impact during the first Covid-19 pandemic year: A longitudinal study in Dutch case-control cohorts of persons with and without depressive, anxiety, and obsessive-compulsive disorders. *J Affect Disord*. 2022 May 15;305:85-93. doi: 10.1016/j.jad.2022.02.056.