



COVID-19 Impacts: Addressing Mental Health Issues in Adults

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How significant is the impact of COVID-19 on mental health?

Systematic review of the prevalence of symptoms of depression, anxiety, trauma and other forms of psychological distress in the general population during the pandemic.

- Data collected in China, Spain, Italy, Iran, the US, Turkey, Nepal and Denmark

The COVID-19 pandemic is associated with highly significant levels of psychological distress that, in many cases, would meet the threshold for clinical relevance.

Risk factors associated with distress measures:

- Female gender
- Age \leq 40 years
- Presence of chronic/psychiatric illnesses
- Unemployment
- Student status
- Frequent exposure to pandemic-related social media/news

Identifying warning signs

- 1 Guiding principles of psychiatric diagnosis remain the same
- 2 Differentiate normal stress vs adjustment disorder vs a relapse of the underlying diagnosis
- 3 Avoid over-attributing symptoms to the COVID-19 pandemic
- 4 Consider how distress may be manifesting as other behaviours e.g. eating disorders, increased alcohol consumption, avoidance of appointments

Special populations

PARENTS

Keep a 'normal' routine, use home time to do activities together, virtual play dates, limit/restrict everyone's social media time

Kelymentalhealth.ca or FoundryBC

- Tips for talking to your child/supporting your child during COVID-19
- Taking care of yourself during COVID-19

TEACHERS

Resilienteducator.com



PaRx

A Prescription
for Nature

Benefits:

- Free
- Compliant with public health guidelines
- Written Rx is more likely to result in change
- 2 hours/week, 20+ minutes at a time

Cross-sectional study done since the pandemic showed that psychological distress was worse if participants reported the following:

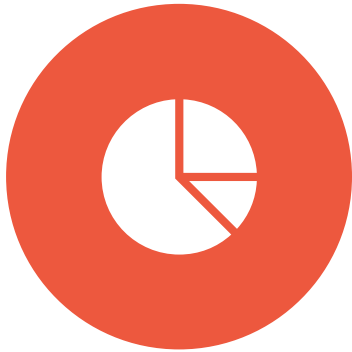
- Urban, in a deprived area, no access to or sharing residential outside space, fewer visits to green space (environment), younger, female, worse illness (COVID-19) representations, and greater threat perception (illness beliefs).

Forest-based interventions are beneficial to the cardiovascular system, immune system, and mental health.

Virtual exposure to forest environments reduced perceived anxiety levels in people forced by lockdown. Although significant, the effects were observed only in the short term.

PRACTICAL TIPS

Key pearls to support mental wellness



SELF-CARE - EXERCISE AND
HEALTHY DIET
WRITTEN CARE PLAN (+
FOLLOW UP) - "SMART" GOALS



MAKE SOCIAL CONNECTION A PRIORITY
DOES NOT HAVE TO BE FACE-TO-FACE
MEET OUTSIDE



LIMIT TIME ON SOCIAL MEDIA
WORK-FROM-HOME TIME
SLEEP HYGIENE (NO SCREENS
2 HOURS BEFORE BED, NO
ALCOHOL/SUBSTANCES)