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## Severe COVID-19 linked with mental health outcomes

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Serious COVID-19 illness is associated with an increased risk of long-term adverse mental health outcomes, a study published in *The Lancet Public Health* journal said.

The researchers found that hospitalised patients with a SARS-CoV-2 infection were more likely to experience depressive symptoms up to 16 months after diagnosis compared to those never infected. Patients who were bedridden for seven days or more had higher rates of depression and anxiety, compared to those diagnosed with COVID-19 but never bedridden, they said. The study found symptoms of depression and anxiety subsided within two months for non-hospitalised patients with COVID-19.

However, patients who were bedridden for seven days or more remained at increased risk of depression and anxiety over the 16-month study period. The researchers looked at symptom-prevalence of depression, anxiety, COVID-19 related distress, and poor sleep quality among people with and without a diagnosis of COVID-19 from 0-16 months. The analysis drew upon data from seven groups across Denmark, Estonia, Iceland, Norway, Sweden, and the UK.