

ANXIETY AND DEPRESSION AFTER THE COVID-19 PANDEMIC: A LITERATURE REVIEW

RESUMEN

Han sido numerosos los cambios vividos tras el inicio de la actual pandemia por COVID-19 y todavía estamos descubriendo cuáles son las consecuencias que acarrea. En la actualidad, sabemos que han aumentado los casos de diagnósticos de personas con trastornos mentales y problemas psiquiátricos. Según Ballena et. al. (2020), los trastornos psicológicos asociados tras la pandemia se componen tanto de síntomas aislados como de trastornos complejos, destacando entre ellos un claro deterioro de la funcionalidad, insomnio, trastorno de estrés postraumático, ansiedad y depresión.

El objetivo de esta revisión es conocer la relación existente entre la pandemia por COVID-19 y los trastornos de ansiedad y depresión sobre la población española.

Para mejorar la calidad se utilizó la metodología PRISMA. Los criterios de inclusión fueron: artículos realizados sobre la población española, que estuvieran enfocados en las consecuencias de la pandemia y publicados entre 2020 y 2022. Se excluyeron aquellos artículos que no hablaran sobre ansiedad y/o depresión y que se refirieran únicamente al periodo de cuarentena. Se consultaron las bases de datos Pubmed, INE, OMS, Publon, Medline, Pubsych, CSIC, Journal of Public Health and Google academic entre Marzo y Abril del 2022. Se descartaron aquellos artículos que no cumplieran con los criterios de elección establecidos y aquellos duplicados, quedando un total de ocho documentos.

Se analizó un total de tres artículos que cumplieran con los criterios establecidos debido a la escasez de estudios realizados en España. Los resultados advierten un aumento en la ansiedad mayor que en la depresión. Se ha descubierto que algunas conductas simples de la vida pueden disminuir estos trastornos. Seguir investigando podría ayudarnos a establecer un plan de prevención para pandemias futuras, prevenir otras enfermedades mentales y mejorarla salud mental.

Palabras clave: "Ansiedad"; "Depresión"; "Ansiedad por confinamiento"; "Covid-19"; " Impacto pandémico"

ABSTRACT

There have been many changes after the start of the current COVID-19 pandemic and we are still discovering what the consequences are. Currently, we know that the diagnosed cases of people with mental disorders and psychiatric problems have increased. According to Ballena et. al. (2020), the psychological disorders associated with the pandemic are made up of both isolated symptoms and complex disorders, highlighting among them a clear deterioration in functionality, insomnia, post-traumatic stress disorder, anxiety and depression.

The objective of this review is to review the relationship between the COVID-19 pandemic and anxiety/depression disorders in the Spanish population.

To improve quality, the PRISMA methodology was used. The inclusion criteria were: articles about the Spanish population, that were focused on the consequences of the pandemic and published between 2020 and 2022. Those articles that did not talk about anxiety and/or depression and that referred only to the period of quarantine were excluded. The Pubmed, INE, WHO, Publon, Medline, Pubsych, CSIC, Journal of Public Health and Google academic databases were consulted between March and April of 2022. Those articles that did not meet the established selection criteria and those that were duplicated were discarded, leaving a total of eight documents.

A total of three articles that met the established criteria due to the scarcity of studies carried out in Spain were analyzed. The results warn of an increase in anxiety greater than depression. Simple changes to everyday habits have been found to decrease these disorders. Further research may help us to establish a prevention plan for the future pandemics, preventing other mental illnesses and improving mental health.

Keywords: "Anxiety"; "Depression"; "Lockdown anxiety"; " Covid-19"; "Pandemic impact"

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INTRODUCTION

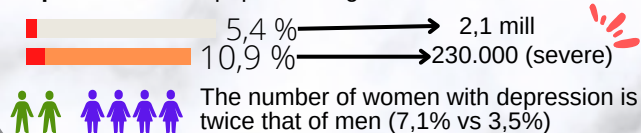
After the pandemic - COVID-19, Ballena et. al. (2020):

Insolated symptoms + **Complex disorders**



Increasing functional impairment insomnia, PTSD, **anxiety** and **depression** among the population.

According to the National Institute of Statistics (2020), **depression** in our population aged 15 and over was:



World Health Organization (2020), warn of an increase in:

27.6% Major Depression **25,6% Anxiety**

There is a possible relationship between both disorders with sociodemographic and economic characteristics.

OBJECTIVE

To study the relationship between the COVID-19 pandemic, **anxiety** and **depression** on the **Spanish population**

METHOD

KEYWORDS

"Anxiety"; "Depression";
"Lockdown anxiety"; "Covid-19"; "Pandemic impact"

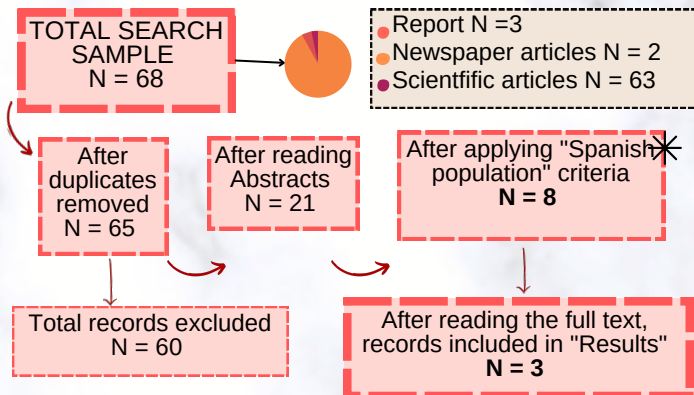
The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guide has been used to help improve processing and quality.

INCLUSION CRITERIA

- Spanish population *
- Focussing on the consequences of the pandemic
- Concentrating on anxiety and depression
- Publication date 2020 - 2022

EXCLUSION CRITERIA

- Other mental disorders
- Only referring to the lockdown



DATABASES

PUBMED (n=14), INE (n=3), WHO (n=2), PUBLON (n=6), MEDLINE (n=3), PUBSYCH (n=11), CSIC (n=2), Journal of Public Health (n=8), and Google academic (n=19)

RESEARCH DATES

29th of March and April 01st, 04th and 16th of 2022

RESULTS

STUDY	PARTICIPANTS	INSTRUMENTS	RESULTS
Fullana et. al., 2020 Descriptive study, survey design	N = 5.545 (1.146 were desecrated, final sample of 4.399) General Spanish adult population	Online anonymus survey system (sociodemographic and labor questions) Generalized anxiety disorder (GAD-7) Patient Health Questionnaire-9 (PHQ-9)	- Anxiety: 39% mild, 11% moderate and 4% severe - Depression: 29% mild, 9% moderate and 6% severe. A 65% from 4.399 had symptoms of depression or anxiety (Mean age: 47, Women: 73%) Best predictors of low-anxiety and low-depression: to have a healthy diet and not being informed of the knews very often
Osamiz et. al., 2021 Descriptive study, stadistical design	N = 1.633 Teachers from different educational centers Gender: - Woman: 79,7% - Man: 20,3% Age mean: 42,6 SD: 9,96	Questionnaire Depression Anxiety Stress Scales (DASS-21)	- Anxiety: 49,4% 12,2% mild, 21,5% moderate, 7,6% severe and 8,1% extremely severe - Depression: 32,2% 12,7% mild symptoms, 11,9% moderate, 4,3% severe and 3,2% extremely severe. - Stress symptoms: 50,6%
Dosil et.al., 2021 Descriptive study, stadistical design	N = 421 Health professionals Gender: Women: 338 Men: 83 Age: Min: 18, max: 74	Online questionnaire sent by e-mail Spanish version of the Depression Anxiety and Stress Scale-21 (DASS-21) and the Spanish version of the Athens Insomnia Scale (EIA)	- Anxiety: 37% - Depression: 27,4% - Stress symptoms: 46,7% - Sleep problems: 28,9% There were higher levels on women for anxiety and stress.

LIMITATIONS

- Cross-sectional studies: we cannot compare the results before and after the pandemic
- The sample was used for convenience, the differences between gender should be put into context
- Selection bias: Non-probabilistic sample, it was a voluntary participation (those with emotional affectation)
- Each article takes a different sample
- There is a possibility that anxiety and depression are due to the covid disease itself
- No article differentiates between people who have been affected by covid and those who have not, the same with previous mental disease

DISCUSSION

Anxiety levels are greater than **depression** levels, although these are still alarming.

These are the first studies carried out in Spain that examine the **impact** of the pandemic on mental health. The lack of research on the Spanish population made it difficult to find studies dealing with anxiety and depression.

There are several **causes** that aggravate anxiety and depression. Some international studies speak about "**behaviors**", and the **direct** and **indirect** consequences of the pandemic.

It is important to raise awareness of **the importance of mental health** after the pandemic to extend the **intervention** and **prevention**, offering empirically proven **treatments** to as many people as possible.

The incidence of **other disorders** such as suicidal behavior, self-harm or eating disorders may be related to the pandemic. It should be noted the increase in consumption of alcohol, tabaco, prescribed drugs.

To sum up, this review is focussed on anxiety and depression levels, but there are several causes and consequences that need to be investigated in Spain.

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