Mental Health: Literature Review

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Mental Health

This paper aims to understand the impact of the covid-19 pandemic on people's mental health. Disasters may harm the mental health of affected populations. Studies show that 20%to 40% of affected people suffer from mild changes while 30% to 50% suffer moderate to severe psychological distress (Laranjeira et al., 2021). Understanding quantitative information regarding students' mental health will help reinforce positive mental health strategies and adaptive coping and help health and education professionals protect the psychological well-being of the students facing an expanding covid-19 pandemic (Laranjeira et al., 2021).

Mental Health and Psychological Impact during COVID-19 Pandemic: An Online Survey of Portuguese Higher Education Students

This article characterizes the psychological impact of the covid-19 pandemic among Portuguese higher-education students. This research article uses a quantitative study to assess the psychological responses of higher-education students during the covid-19 pandemic. Researchers use convenience sampling to collect students' information (Laranjeira et al., 2021).

Key Points

Researchers selected an online cross-sectional study by convenience sampling among 1522 higher education students (Laranjeira et al., 2021). The survey assessed mental health symptoms along with sociodemographic variables, health related-perceptions, and psychological factors (Laranjeira et al., 2021). The overall prevalence of stress, anxiety, and depression were 35.7%, 36.2 and 28.5% (Laranjeira et al., 2021). Inadequate mental health outcomes are associated with being a female, having no children, living with someone with a chronic disease, and lacking

resilient coping (Laranjeira et al., 2021). The data being significant proved how the pandemic affected students' mental health. The association between mental health outcomes with each covariate is assessed with bivariate logistic regression to identify potential candidates for multivariate logistic regression—those variables with a p-value less than 0.005 in the model (Laranjeira et al., 2021). Researchers concluded that this study could help public health officials create a mentally safe environment (Laranjeira et al., 2021).

Assumptions

The authors of the article did not list any assumptions. The authors declare they had no conflict of interest. Implicit consent for the project was assumed when study participants completed the survey (Laranjeira et al., 2021).

Deficit/Conclusion

The study found moderate stress, anxiety, and depression prevalence in higher education students and highlighted some risk factors significantly associated with the symptoms (Laranjeira et al., 2021). The author suggests that health care practitioners should address these factors and public health policymakers to facilitate a mental health-friendly environment for higher education students (Laranjeira et al., 2021). The authors suggested implicating plans to be cross-sectoral, combining measures to protect and promote mental health with actions to treat additional mentally ill (Laranjeira et al., 2021). Suppose nurses and healthcare practitioners do not focus on how this pandemic has affected the student's mental health. In that case, treating and understanding the psychological aspect of the student's health will be more challenging.

The mental health of university students during the COVID-19 pandemic: An online survey in the UK

This study focuses on understanding university students' mental health status during the pandemic's early stages. Researchers sent a link to a survey deployed in google forms and delivered to students via email (Chen & Lucock, 2022). Stresses and restrictions associated with the pandemic have put university students at greater risk of developing mental health issues (Chen & Lucock, 2022).

Key Points

A cross-sectional online survey at a more prominent university in the United Kingdom got authorized by a university ethics committee. Researchers send a link to the students via email, where they anonymously take a questionnaire that takes up to ten minutes to complete (Chen & Lucock, 2022). Local school administrators sent undergraduates and postgraduates across all seven schools at the university an invitation through their mailing list (Chen & Lucock, 2022). The survey included questions about demographics, lifestyle/living situations, brief mental well-being history, and questions related to covid-19; 1173 students completed the survey (Chen & Lucock, 2022). Results showed high levels of anxiety and depression, with more than 50% experiencing levels above the clinical cut-offs. Females scored significantly higher than males in this regard. Higher levels of distress are associated with lower levels of exercising, higher levels of tobacco use, and several life events associated with the pandemic and lockdown, such as canceled events, worsening in personal relationships, and financial concerns (Chen & Lucock, 2022). The significance levels are represented as *ns* ($p > 0.05$), ($p \leq 0.05$), ($p \leq 0.01$), ($p \leq 0.001$)

on the basis of the associated *p* values (Chen & Lucock, 2022). The data shows how the lockdown affected students' mental health, making the data significant. Researchers conclude that these findings need to be understood as these problems can be the start of ongoing and long-term problems (Chen & Lucock, 2022).

Assumptions

Researchers stated they could assume some students have been experiencing high levels of depression and anxiety for the first time (Chen & Lucock, 2022). The authors of the paper do not list any conflict of interest. Authors have declared that no competing interests exist (Chen & Lucock, 2022).

Deficit/Conclusion

Given the global context for these increased levels of psychological distress, the author sees mental health in students as important to understand. This reasoning is acceptable as mental health among the population has increased since the pandemic. Suppose nursing does not focus on the increasing mental health problems due to the pandemic. In that case, it will become more challenging to understand and help those suffering from depression and anxiety, which may not have had these issues if not for the lockdowns.

A Longitudinal Investigation of the Effects of the COVID-19 Pandemic on the Mental Health of Individuals with Pre-existing Severe Mental Illnesses

Individuals with severe mental illnesses, including schizophrenia spectrum illnesses and affective disorders, may be at risk for adverse mental health outcomes related to the covid-19 pandemic (Pinkham et al., 2020). This study compares the severity of pre-pandemic symptoms and affective experiences to current symptoms to consider the possibility (Pinkham et al., 2020). Participants completed a one-time phone survey describing day-to-day experiences (Pinkham et al., 2020).

Key Points

This study uses one hundred and forty-two individuals in the survey. Ninety-two have schizophrenia spectrum illnesses, and fifty-six have affective disorders. The participants are from the ongoing ecological momentary assessment studies that sampled day-to-day experience and symptoms severity before the covid-19 pandemic (Pinkham et al., 2020). Participants completed a one-time phone survey asking about these experiences/symptoms between April and June 2020 (Pinkham et al., 2020). Contrary to expectations, there were no significant changes in mood experiences of psychotic symptoms over time, and sleep duration was also unaffected (Pinkham et al., 2020). Participants reported a slight increase in the number of substances used, and increased well-being was associated with being female and spending less time alone- pre-pandemic (Pinkham et al., 2020). The current survey (mean (SD)=225.55 (115.82) days) is a covariate, and the p-value for significance is .05 (Pinkham et al., 2020). The data was significant in showing that not all of those with mental health problems worsened during the pandemic. Researchers suggest that continued assessment is required to determine whether resilience will persist as the pandemic progresses (Pinkham et al., 2020).

Assumptions

Researchers assumed that participants would report significant changes in their mood experiences or psychotic symptoms (Pinkham et al., 2020). Authors report selection bias when selecting the participants (Pinkham et al., 2020). The authors reported no more assumptions than the ones already reported.

Deficit/Conclusion

During the relatively early stage of the pandemic, the participants did not report worsening symptoms but were resilient at the beginning of the pandemic. The number of positive cases and death increased drastically after the publication of this study, and more extended longitudinal studies are needed to determine mental health stability (Pinkham et al., 2020). The study being done early in the pandemic makes the data insignificant as it cannot prove that people with severe mental health issues did not get worse during the pandemic. Nurses may be unable to use this information to help the mentally ill as the data is insignificant.

Conclusion

Two of the articles have provided data that shows the covid-19 pandemic causes the development of some form of mental health issues involving depression and anxiety. One article shows how people with already diagnosed mental health issues were doing well during the covid-19 pandemic. However, the data was insignificant due to the study being during the earlier times of the pandemic. This information will help healthcare workers better understand today's society of dealing with mental health issues post covid-19 lockdown. Patient outcomes will be better due to healthcare workers providing a more mental health-friendly environment for the youth and older adults. This information can help train workers in the healthcare field about

mental health disorders such as depression and anxiety to improve the quality of patient outcomes.

References

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