



What are some of the most common mental health conditions?¹²

There are over 200 classified mental health conditions; some of the more prevalent disorders include:¹



Mood disorders

Mood disorders are a group of psychiatric illnesses that can simultaneously affect emotions, energy, and motivation, such as: depression, bipolar disorder, cyclothymia, and hypomania^{2,3}



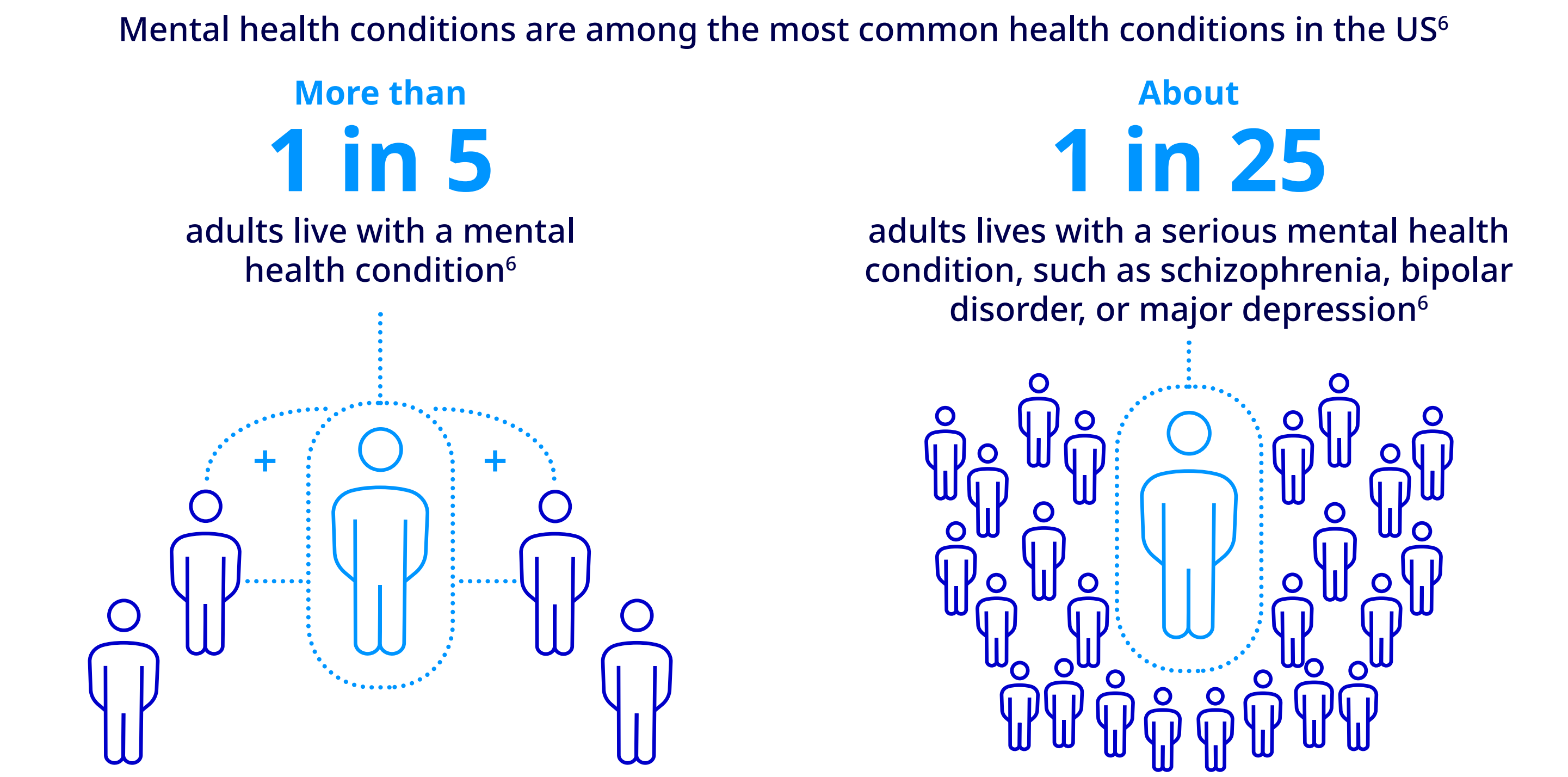
Schizophrenia

Schizophrenia is a chronic brain disorder that is characterized by significant impairments in the way reality is perceived and changes in behavior that can be related to delusions, hallucinations, and disorganized thinking and speech^{4,5}

Mental health includes our emotional, psychological, and social well-being and can influence how we think, feel, and act⁶

How prevalent are mental health conditions among the US adult population?

COVID-19 can be more challenging for people with mental health conditions⁷
People who have a preexisting mental health condition or disorder and have a COVID-19 diagnosis are at a higher risk of death compared with those who don't have preexisting mental health conditions or disorders⁷



What are the pathophysiological impacts of COVID-19 on patients with mental health conditions?

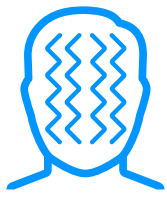
SARS-CoV-2 enters cells through an enzyme receptor and can damage the endothelial cells of the brain vasculature, causing inflammation^{8,9}

Inflammation can cause thrombi formation and brain damage, which ultimately leads to neuropsychiatric symptoms^{8,9}




COVID-19 can cause short- and long-term neuropsychiatric symptoms and long-term brain sequelae. These are unrelated to respiratory deficiency and can present before, during, or after respiratory symptoms, suggesting independent brain damage⁸


Presenting symptoms may be new-onset or re-exacerbation of existing brain or behavioral symptoms, and can include:⁸




Anxiety




Brain fog




Depression



Psychosis




Seizures



Suicidal behavior

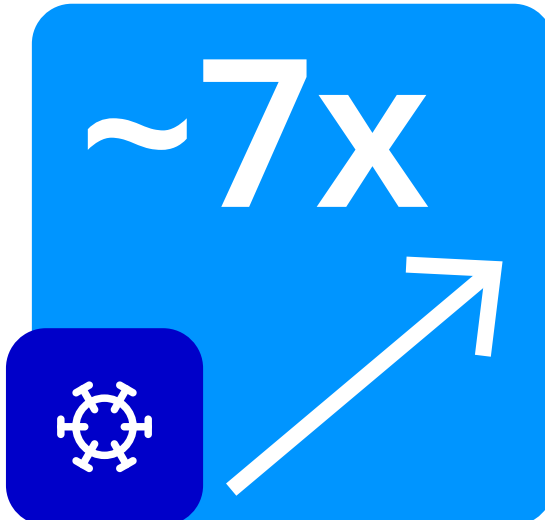
What is the interaction between mental health conditions and severe COVID-19?

Individuals who suffer from schizophrenia/psychosis, major depressive disorder, and bipolar disorder have been shown to have higher risks of COVID-19 infection, hospitalization, and mortality¹⁰



Having mood disorders, including depression and schizophrenia spectrum disorders, can increase a person's chances of progressing to severe COVID-19^{11,12}


~7x



Patients in a clinical trial diagnosed with depression or schizophrenia within the past year demonstrated a **~7x increased likelihood of COVID-19** compared to patients without mental health conditions¹³

Depression AOR: 7.64 (7.45–7.83; P<0.001)
Schizophrenia AOR: 7.34 (6.65–8.10; P<0.001)


Wang Q, et al. *World Psychiatry*. 2021;20(1):124–30.



There is an increased risk of COVID-19 infections among people with mental health conditions who also belong to minority groups⁷

Compared to their White counterparts, African-American patients recently diagnosed with a mental health condition were shown to have a **higher risk of COVID-19**¹³


3.8x



higher risk of COVID-19 infection with recent diagnosis of **depression**¹³

Depression AOR: 3.78 (3.58–3.98; P<0.001)
Schizophrenia AOR: 2.33 (1.84–2.97; P<0.001)


2.3x



higher risk of COVID-19 infection with recent diagnosis of **schizophrenia**¹³


Wang Q, et al. *World Psychiatry*. 2021;20(1):124–30.

Are mental health conditions associated with long COVID?

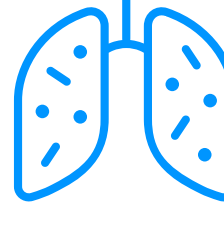


Mental health conditions or psychological distress, such as anxiety and depression, are one of several comorbidities that have been associated with a **32–42% increased risk of long COVID**^{14,15}

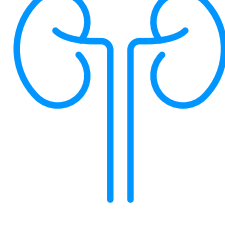
Comorbidities associated with a higher risk of long COVID:¹⁴




Mental health conditions




Respiratory diseases




Chronic kidney disease



Diabetes



Immunosuppression



Ischemic heart disease

References:

1. MHA. Mental Illness and the Family: Recognizing Warning Signs and How to Cope. <https://www.mhanational.org/recognizing-warning-signs#:~:text=There%20are%20more%20than%20200,habits%20and%20for%20social%20withdrawal.> (Accessed August 2023). 2. Rakofsky J, et al. *Continuum (Minneapolis, Minn)*. 2018;24(3):BEHAVIORAL NEUROLOGY AND PSYCHIATRY:804–27. 3. NIH. Mood Disorder: <https://www.ncbi.nlm.nih.gov/books/NBK558911/#:~:text=The-se%20include%20bipolar%20disorder%2C%20cyclothymia,increase%20in%20morbidity%20and%20mortality.> (Accessed August 2023). 4. WHO. Schizophrenia: <https://www.who.int/news-room/fact-sheets/detail/schizophrenia.> (Accessed August 2023). 5. APA. What is Schizophrenia?: <https://www.psychiatry.org/patients-families/schizophrenia/what-is-schizophrenia.> (Accessed August 2023). 6. CDC. About Mental Health: <https://www.cdc.gov/mentalhealth/learn/index.htm.> (Accessed August 2023). 7. NIH. Mental Health During the COVID-19 Pandemic: <https://covid19.nih.gov/covid-19-topics/mental-health.> (Accessed August 2023). 8. Boldrini M, et al. *JAMA Psychiatry*. 2021;78(6):682–3. 9. da Silva Lopes L, et al. *Acta Neurol Belg*. 2021;121(5):1117–22. 10. Hassan L, et al. *Mol Psychiatry*. 2022;27(2):1248–55. 11. CDC. Underlying Medical Conditions Associated with Higher Risk for Severe COVID-19: Information for Healthcare Professionals: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/underlyingconditions.html.> (Accessed August 2023). 12. CDC. People with Certain Medical Conditions: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html.> (Accessed August 2023). 13. Wang Q, et al. *World Psychiatry*. 2021;20(1):124–30. 14. Tsampasian V, et al. *JAMA Intern Med*. 2023;183(6):566–80. 15. Wang S, et al. *JAMA Psychiatry*. 2022;79(11):1081–91.

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