



Impact of COVID-19 Pandemic on Patients with Depression in Malaysia

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EDITORIAL

Panidemic in Light of Pandemic

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- World Health Organization (WHO) declared COVID-19 a pandemic during that period which points to over 118,000 cases of the coronavirus illness over 110 countries (WHO, 2020)
- ... **a pandemic**; a rarity, as the term often causes unreasonable panic and fear
- ...**maladaptive responses** to the current conditions ...: inflated estimates of threat cost and probability, hypervigilance, deficient safety learning, behavioural and cognitive avoidance, and heightened reactivity to threat uncertainty.
- The result are behaviours such as: reactance to directives of self-quarantining or lockdowns, leading to drastic policing measures by the government; panic-buying and xenophobia...



BRIEF COMMUNICATION

**Impacts of COVID-19 Pandemic on Mental Health in Malaysia:
A Single Thread of Hope**

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Chow Soon Ken, Ng Chong Guan*

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Abstract

Introduction: The COVID-19 pandemic is a catastrophic occurrence that hasexpect to see an **upsurge in anxiety disorders, posttraumatic stress disorders, obsessive-compulsive disorders and aversive social effects of isolation**. On the other hand, we could also postulate that **improvement could be achieved in compliance and supervision of medication, strengthening of the family support and reduction in substance-related psychiatric disorders...**

By understanding both deleterious and potentially favourable effects of a global disaster such as the COVID-19 pandemic, mental health professionals could be better equipped in facing such events.



Anxiety and depression among general population in China at the peak of the COVID-19 epidemic



- The occurrence of anxiety and/or depression was significantly associated with **time spent on COVID-19 related news** per day (odds ratio, OR=1.61, 95% CI: 1.42-1.84, $p<0.001$).
- The prevalence of **depression and/or anxiety was 17.8% among those spending less than 5 min per day** on COVID-19 related news, and **27.9% among those who spent more than one hour**.
- **Three psychosocial stressors** were significantly associated with the development of both anxiety and depression:
 1. *“I worry about myself and my loved ones being infected by COVID-19”*
 2. *“I worry about my income, job, study or ability to pay the loan being affected”*
 3. *“Home quarantine causes great inconvenience to my daily life”*





Article

Depression and Anxiety in Hong Kong during COVID-19

Edmond Pui Hang Choi ^{1,*} , Bryant Pui Hung Hui ²  and Eric Yuk Fai Wan ^{3,4}

Abstract: It has been three months since the first confirmed case of coronavirus disease 2019 (COVID-19) in Hong Kong, and people now have a more complete picture of the extent of the pandemic. Therefore, it is time to evaluate the impacts of COVID-19 on mental health. The current population-based study aimed to evaluate the depression and anxiety of people in Hong Kong during the COVID-19 pandemic. Respondents were randomly recruited and asked to complete

Of the 500 respondents included in the study, **19% had depression** (PHQ-9 score \geq 10) and **14% had anxiety** (GAD score \geq 10)

pandemic. Multiple logistic regression analysis found that not experiencing the SARS outbreak in 2003, being worried about being infected by COVID-19, being bothered by having not enough surgical masks and being bothered by not being able to work from home were associated with a poorer mental health status. Psychological support, such as brief, home-based psychological interventions, should be provided to citizens during the pandemic.



Studies on the Psychological Impact of COVID-19 Pandemic

- Most studies were focus on general public and front liners.
- There is **no study** on its impact on **patients with psychiatric disorders**.
- We believe that this group of patients are highly vulnerable to develop psychological distress during the pandemic.



Impact of COVID-19 on Patients with Major Depressive Disorder

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Unpublished Data

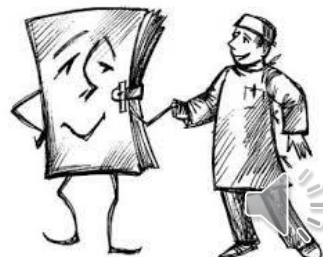


Study Design

- Design : Cross-sectional study
- Location : University Malaya Medical Centre
- Mode : Online Survey - Google Forms
- Time : Apr – May 2020
- Subjects : Diagnosed with Major Depressive Disorder (DSM 5)

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Unpublished



Measurement Tools

	Tool	Measure
1	Montgomery–Åsberg Depression Rating Scale (MADRS)	Depressive symptoms
2	General Anxiety Disorder 7 (GAD 7)	Anxiety symptoms
3	Insomnia Severity Index (ISI)	Insomnia symptoms
4	Social Media Addiction Scale for COVID 19 Pandemic (SMACOP)	Addiction toward COVID 19 related social media news
5	Knowledge, Attitude and Practice toward COVID 19 Pandemic	Knowledge, Attitude and Practice



Results (N = 178)

Age , mean (sd)	31.23 (13.90)
Gender , n (%)	
- Male	62 (34.8)
- Female	116 (65.2)
Ethnicity , n (%)	
- Malay	97 (54.5)
- Chinese	47 (26.4)
- Indian	26 (14.6)
- Others	8 (4.5)
Marital status , n (%)	
- Single	115 (64.5)
- Married	47 (26.4)
- Divorced	9 (5.1)
- Stable partner	3 (1.7)
- Others	4 (2.2)
Social media usage , n (%)	
- Yes	161 (90.4)
- No	17 (9.6)

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Unpublished



Results

Anxiety			
Total GAD 7, mean (SD)		16.8	6.27
Category of GAD7, n (%)			
- Mild		23	12.9
- Moderate		54	30.3
- Severe		101	56.7
Depression			
Total MADRS, mean (sd)		21.03	4.62
Category of MADRS, n (%)			
- Mild		65	2.8
- Moderate		113	63.5
Insomnia			
Total ISI, mean (sd)		20.25	6.51
Category of ISI, n (%)			
- No Insomnia		5	2.8
- Subthreshold insomnia		29	16.3
- Moderate insomnia		65	36.5
- Severe insomnia		60	33.7

*



Results

	Knowledge	Attitude	Practice	KAP	GAD7	ISI	SMACO
Knowledge	1.000	-0.053	0.158*	0.864**	-0.063	-0.080	0.016
Attitude	-0.053	1.000	0.327**	0.259**	-0.007	-0.012	0.003
Practice	0.158*	0.327**	1.000	0.569**	-0.165*	-0.155*	-0.329**
KAP	0.864**	0.259**	0.569**	1.000	-0.144	-0.146	-0.107
GAD7	-0.063	-0.007	-0.165*	-0.144	1.000	0.636**	0.262**
ISI	-0.080	-0.012	-0.155*	-0.146	0.636**	1.000	0.261**
SMACO	0.016	0.003	-0.329**	-0.107	0.262**	0.261**	1.000
MADRS	0.011	0.089	-0.076	-0.018	0.652**	0.563**	0.169*

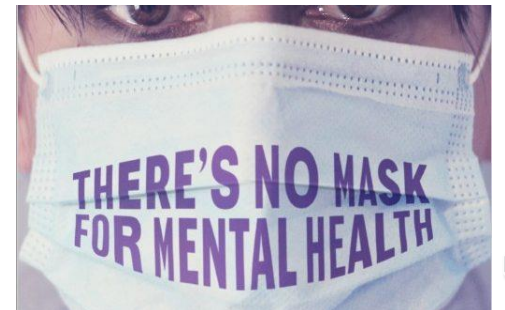
* $p < 0.05$, ** $p < 0.01$, KAP = Knowledge, Attitude and Practice toward COVID 19, GAD 7 = General Anxiety Disorder 7, MADRS = Montgomery–Åsberg Depression Rating Scale

Depressive symptoms are associated with anxiety symptoms, insomnia symptoms and addiction to COVID 19 related social media news.



Implications

- **During the pandemic period, please...**
 - Ensure that the patients are compliance with their treatment
 - Monitor their depressive symptoms closely
 - Look into the concurrent anxiety symptoms
 - Ask about their sleep patterns or issues
 - Advice on the risk of addiction to “COVID 19 related social media news”



Suggestions

Monitor COVID 19 related Social Media News Addiction

Social Media Addiction Scale for COVID 19 Pandemic (SMACOP)

In the past one month/ Dalam masa sebulan yang lepas

	Very Rarely/ Sangat Jarang	Rarely/ Jarang	Sometimes / Kadang-kadang	Often/ Kerap	Very often/ Sangat kerap
1.How often have you thought about COVID-19 related news/updates on social media? Berapa kerap anda memikir mengenai berita COVID-19 melalui media sosial?					
2.How often have you felt an urge to use social media more and more to search about COVID-19 related news/updates? Berapa kerap anda rasa terdesak untuk menggunakan media sosial dengan lebih kerap untuk mencari berita mengenai COVID-19?					
3. Have you failed while trying to cut down usage of social media to search about COVID-19 related news/updates? Adakah anda gagal semasa mencuba untuk mengurangkan penggunaan media sosial untuk mencari berita mengenai COVID19?					
4.Became restless when you were prohibited from using social media to find on Covid19 related news/ updates? Adakah anda menjadi resah apabila dilarang untuk menggunakan media sosial untuk mencari berita mengenai COVID19?					
5.Have you had negative impact towards your daily activities, job or studies due to Usage of social media to find information regarding Covid-19 news/updates? Adakah anda mengalami kesan negatif terhadap aktiviti harian, kerja, atau pembelajaran, disebabkan penggunaan media sosial untuk mencari berita mengenai COVID19					

Reference: Cecilie Schou Andreassen, Joël Billieux, Mark D. Griffiths, Daria J. Kuss, Zsolt Demetrovics, Elvis Mazzoni, Ståle Pallesen (2016), The Relationship Between Addictive Use of Social Media and Video Games and Symptoms of Psychiatric Disorders: A Large-Scale Cross-Sectional Study, Psychology of Addictive Behaviors, 2016, Vol. 30, No. 2, 252–262 0893-164X/16/\$12.00 <http://dx.doi.org/10.1037/adb0000160>



Suggestions

- Monitor anxiety symptoms

GAD-7 Anxiety

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Column totals ____ + ____ + ____ + ____ =

Total score ____

0–4: minimal anxiety

5–9: mild anxiety

10–14: moderate anxiety

15–21: severe anxiety

Primary Care Evaluation of Mental Disorders
Patient Health Questionnaire (PRIME-MD-PHQ).
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Suggestions

- Monitor Insomnia symptoms

Insomnia Severity Index

The Insomnia Severity Index has seven questions. The seven answers are added up to get a total score. When you have your total score, look at the 'Guidelines for Scoring/Interpretation' below to see where your sleep difficulty fits.

For each question, please CIRCLE the number that best describes your answer.

Please rate the CURRENT (i.e. LAST 2 WEEKS) SEVERITY of your insomnia problem(s).

Insomnia Problem	None	Mild	Moderate	Severe	Very Severe
1. Difficulty falling asleep	0	1	2	3	4
2. Difficulty staying asleep	0	1	2	3	4
3. Problems waking up too early	0	1	2	3	4

4. How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

Very Satisfied Satisfied Moderately Satisfied Dissatisfied Very Dissatisfied
0 1 2 3 4

5. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

Not at all
Noticeable A Little Somewhat Much Very Much Noticeable
0 1 2 3 4

6. How WORRIED/DISTRESSED are you about your current sleep problem?

Not at all
Worried A Little Somewhat Much Very Much Worried
0 1 2 3 4

7. To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?

Not at all
Interfering A Little Somewhat Much Very Much Interfering
0 1 2 3 4

Total score categories:

0–7 = No clinically significant insomnia

8–14 = Subthreshold insomnia

15–21 = Clinical insomnia (moderate severity)

22–28 = Clinical insomnia (severe)

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Conclusion

- Please take good care of your depressed patients during the pandemic period
- Always advice them NOT to over-use the social media in searching for the COVID 19 related news
- Monitor their sleep pattern
- Check on their anxiety symptoms



THANK YOU



PTM

