



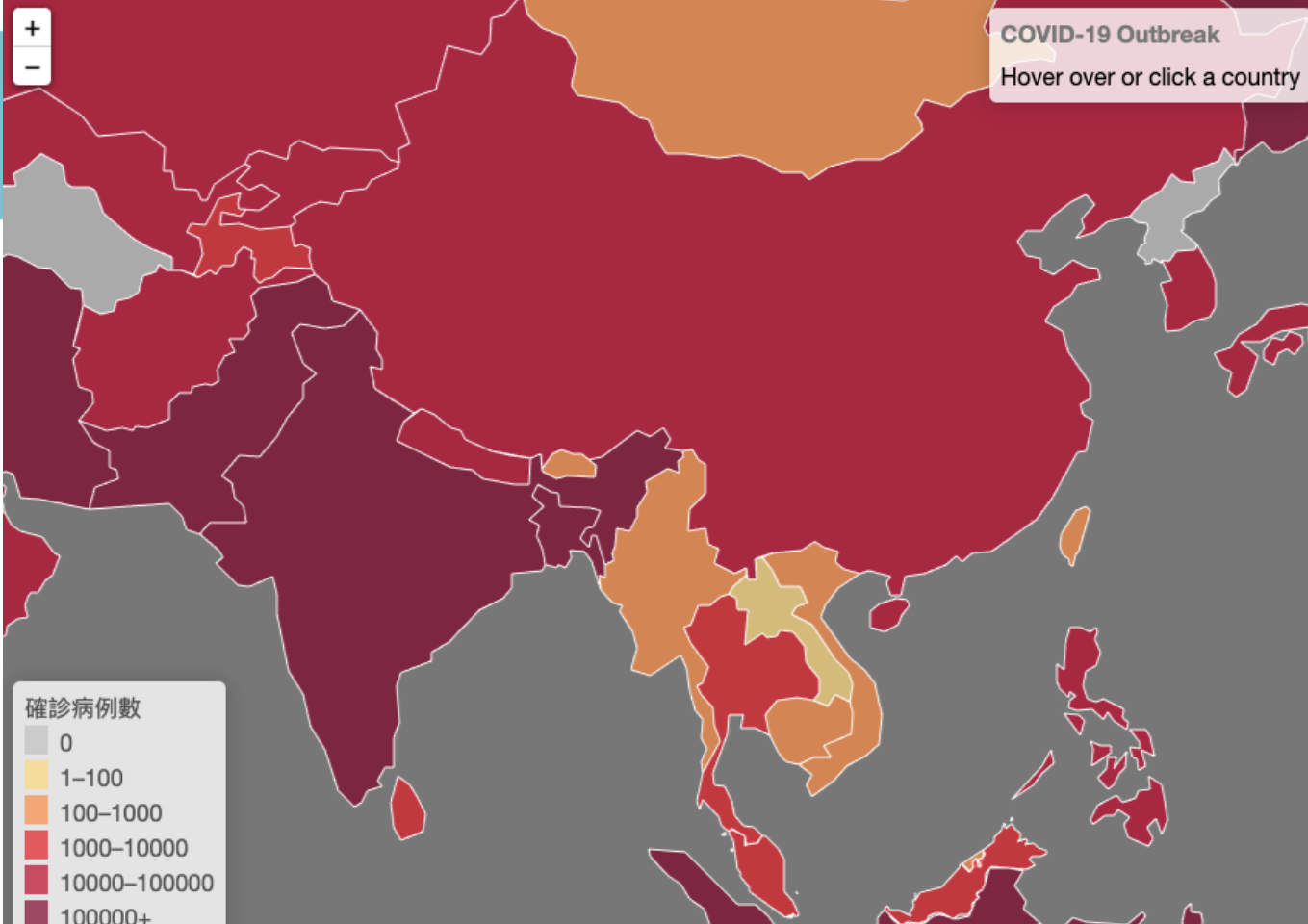
高雄市立凱旋醫院
Kaohsiung Municipal Kai-Syuan Psychiatric Hospital

Nation's Mental Health Change under COVID-19 Pandemic --Taiwan perspectives

Su-Ting Hsu, MD, ScD. ¹ & Frank Huang-Chih Chou, MD, PhD. ²

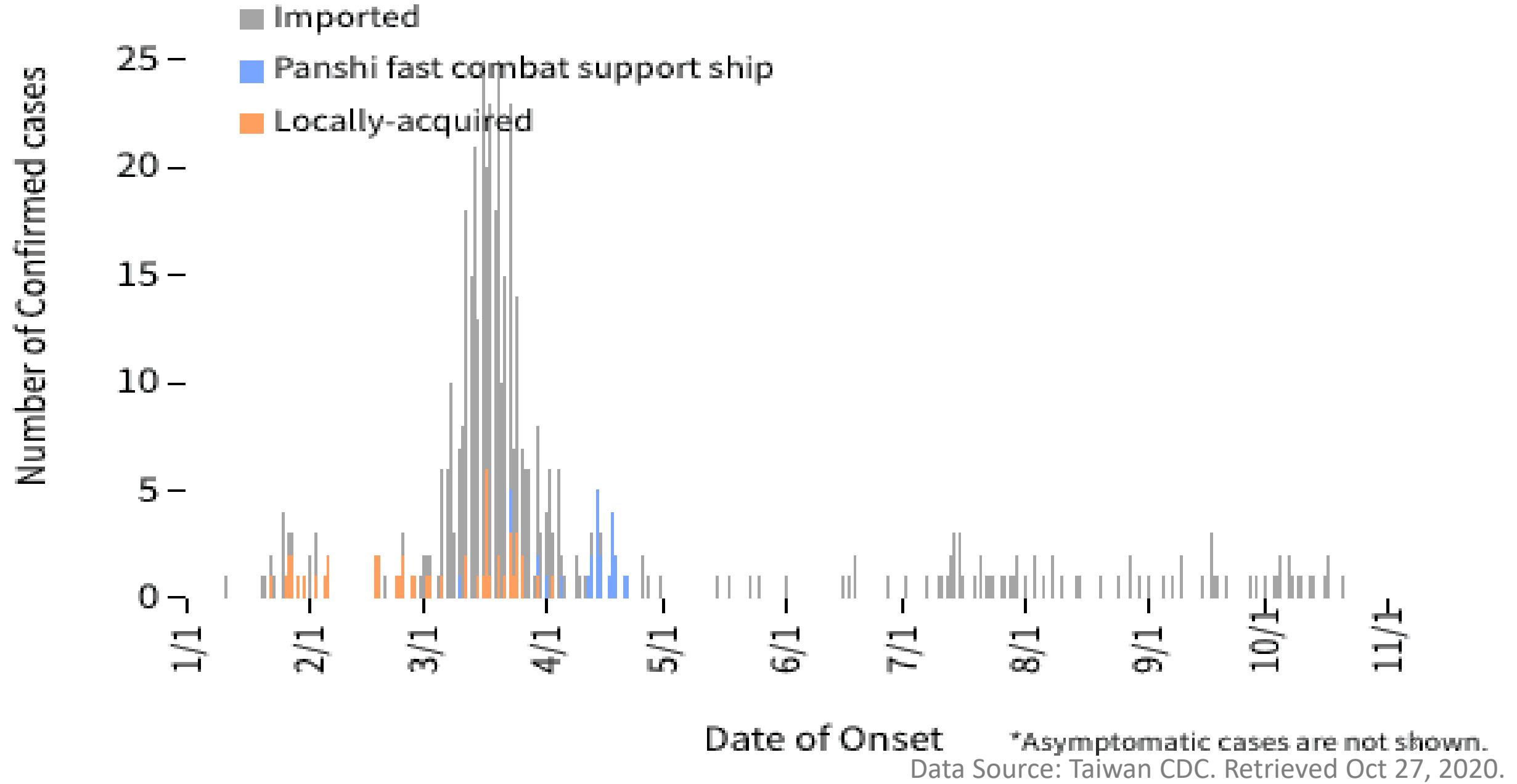
¹ Director, Department of Community Psychiatry, ² Professor & Superintendent,
Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, Kaohsiung, Taiwan

3rd International Mental Health Training Center Taiwan Online Conference "Nation's Mental Health Change Under the COVID-19"
November 11, 2020. Online Conference at Kai-Syuan Hospital, Kaohsiung, Taiwan.



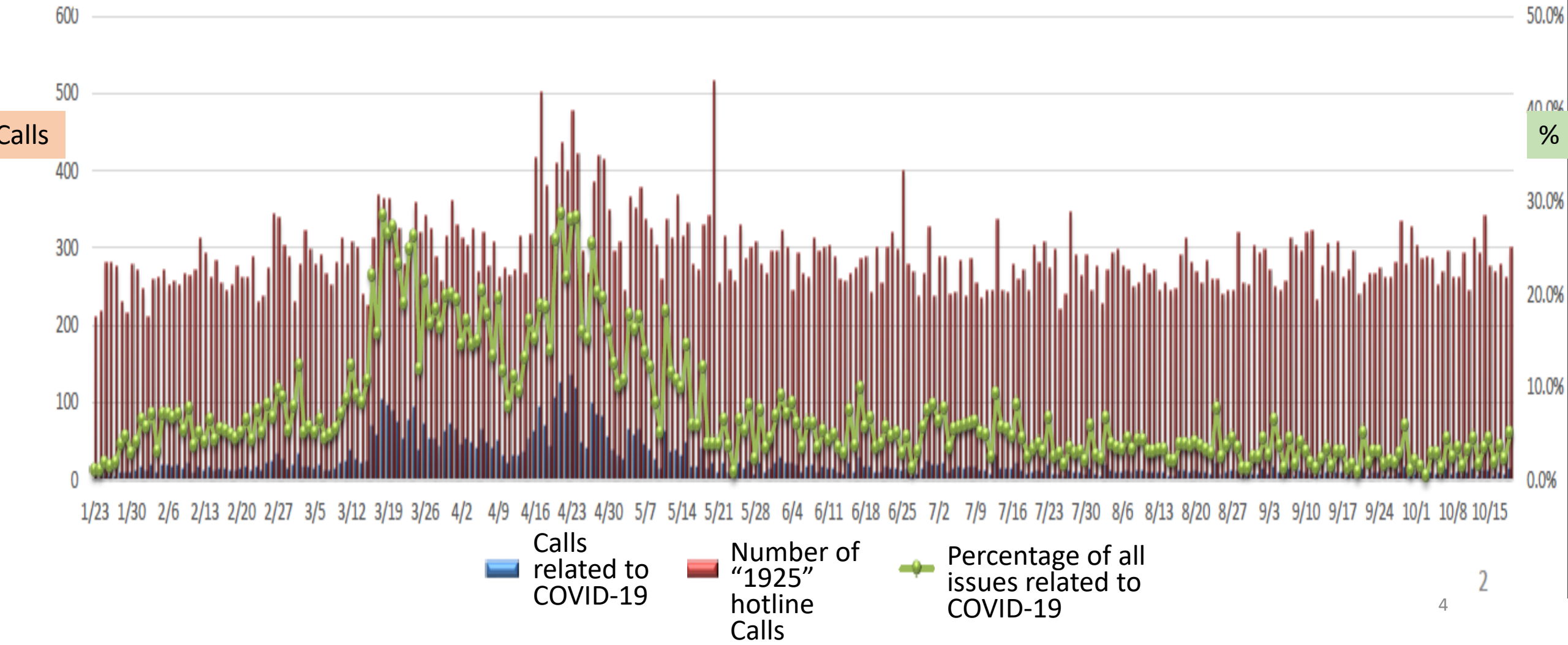
Snapshots of Mental Health Status Related to COVID-19 in Taiwan

Number of Confirmed Cases of COVID-19 - By Date of Onset



National Mental Health Hotline “1925” statistics

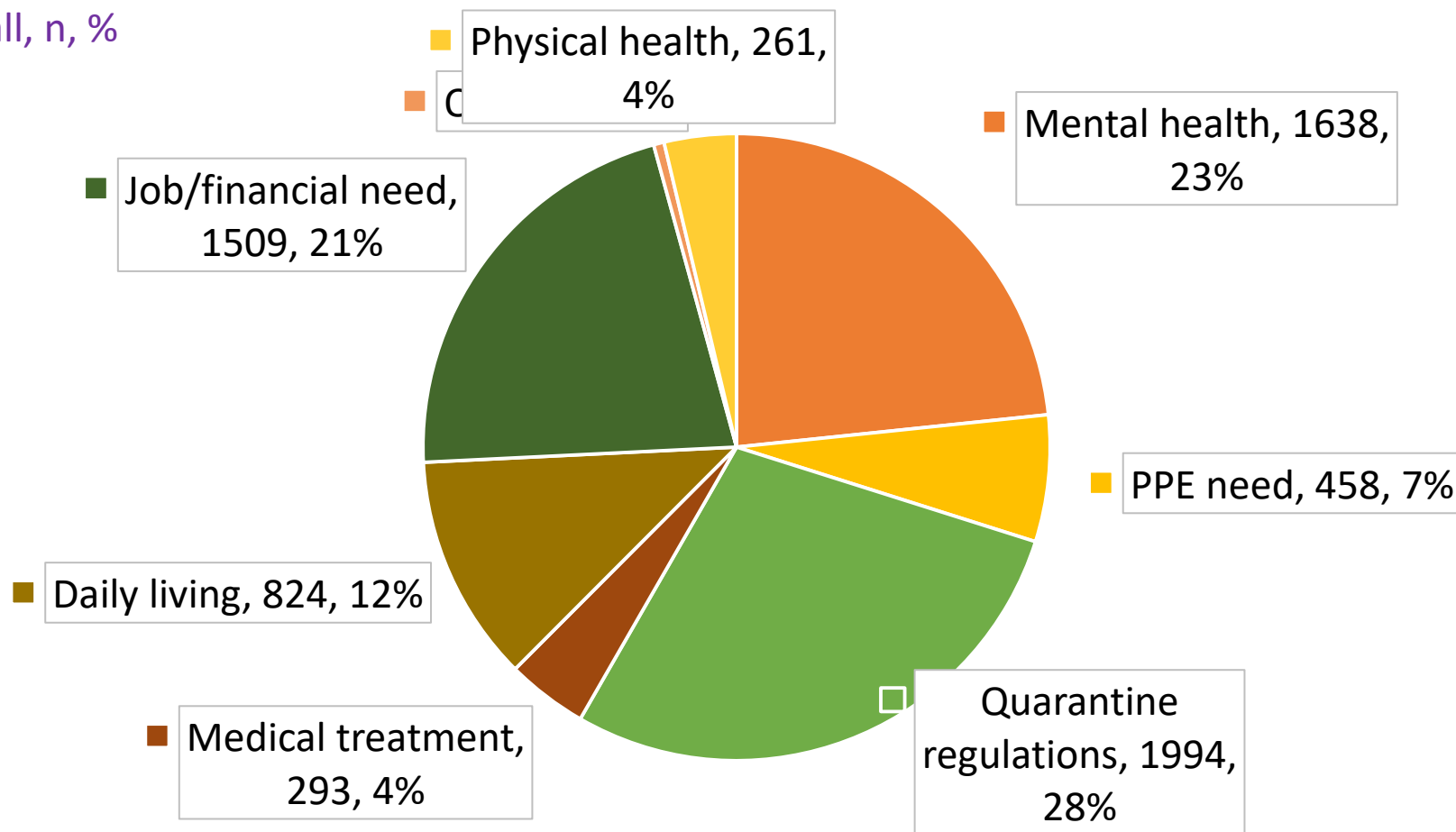
Department of Mental and Oral Health, Ministry of Health and Welfare. (Oct 19, 2020)



Issues related to COVID-19

National Mental Health Hotline “1925” , Feb 18-Oct 19 (N=44977)

Key issue of call, n, %



Psychiatric morbidities of COVID-19

Online
survey

Anxiety symptoms **52.1 %**

(Wong, Hung, Alias, et al. 2020)

Facebook
survey

Sleep disturbance **55.8 %**

(Li, Ko, Chen, et al. 2020)

Suicidal thoughts **10.8 %**

Local
psychiatric
clinics

Visits **7.5 %**

(UDN News. April 15, 2020)

Reimbursement **8.0 %**

Ongoing Projects

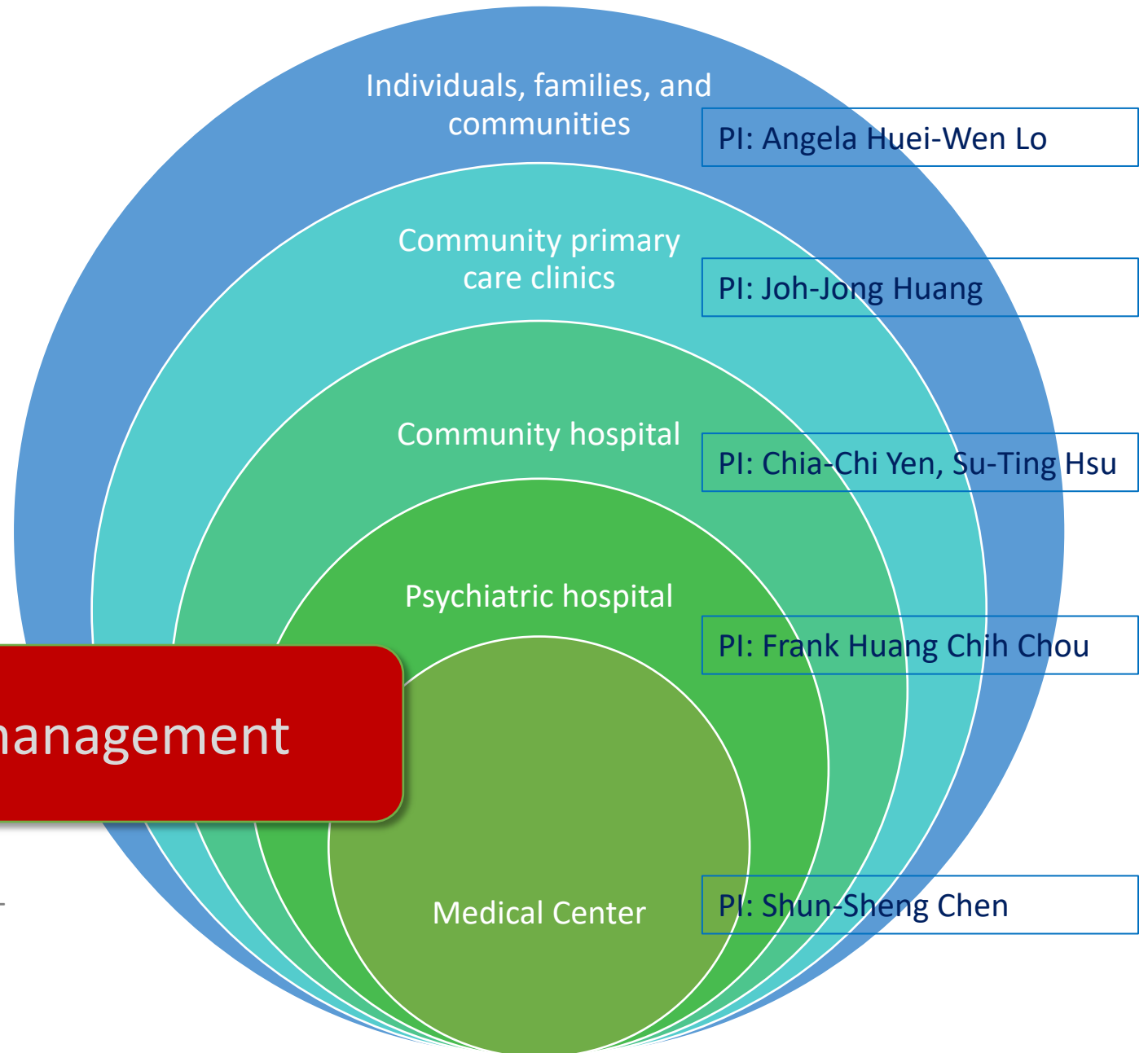
IRB approved

Applying grant of Department of Technology

COVID-19 impact and risk management

PI: Frank Huang Chih Chou

Co-PI: Vincent Shieh, Shun-Sheng Chen, Angela Huei-Wen Lo, Joh-Jong Huang, Chia-Chi Yen, Su-Ting Hsu



COVID-19 Impact on people living or working in Kai-Syuan Psychiatric Hospital

- Survey methodology
- Convenient sampling
 - 155 community residents (including family members and outpatient patients)
 - 557 institutionalized patients
 - 109 lower exposure employees
 - 565 higher exposure employees
- Self-administered questionnaire:
 - Demographic data
 - Disaster-related Psychological Screening Test (DRPST)
 - Disaster Coping Screening Scale
 - Short Form-12 v2 Health Survey (SF-12v2)





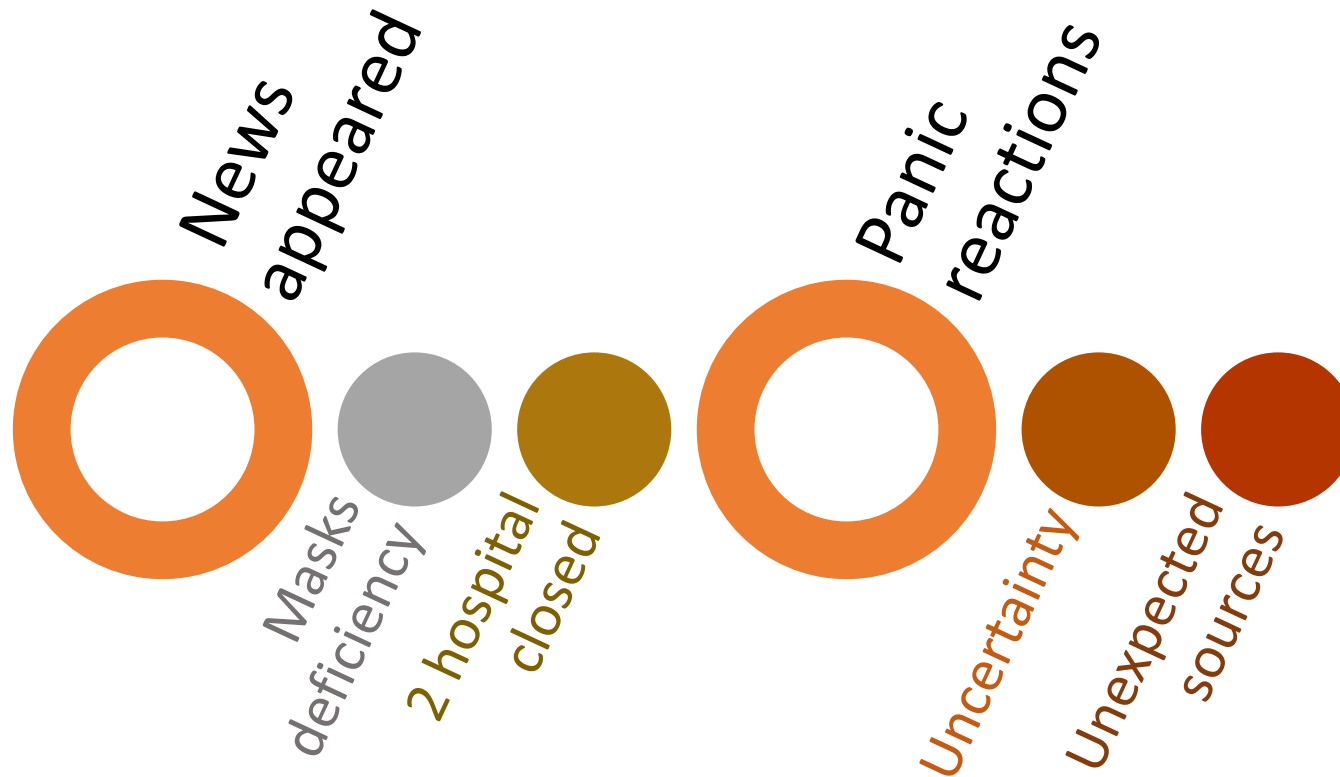
Strategies of Promoting Mental Health in Taiwan under COVID-19



凱旋醫院

Kaohsiung Municipal Kai-Syuan Psychiatric Hospital

SARS 2003: Negative impact

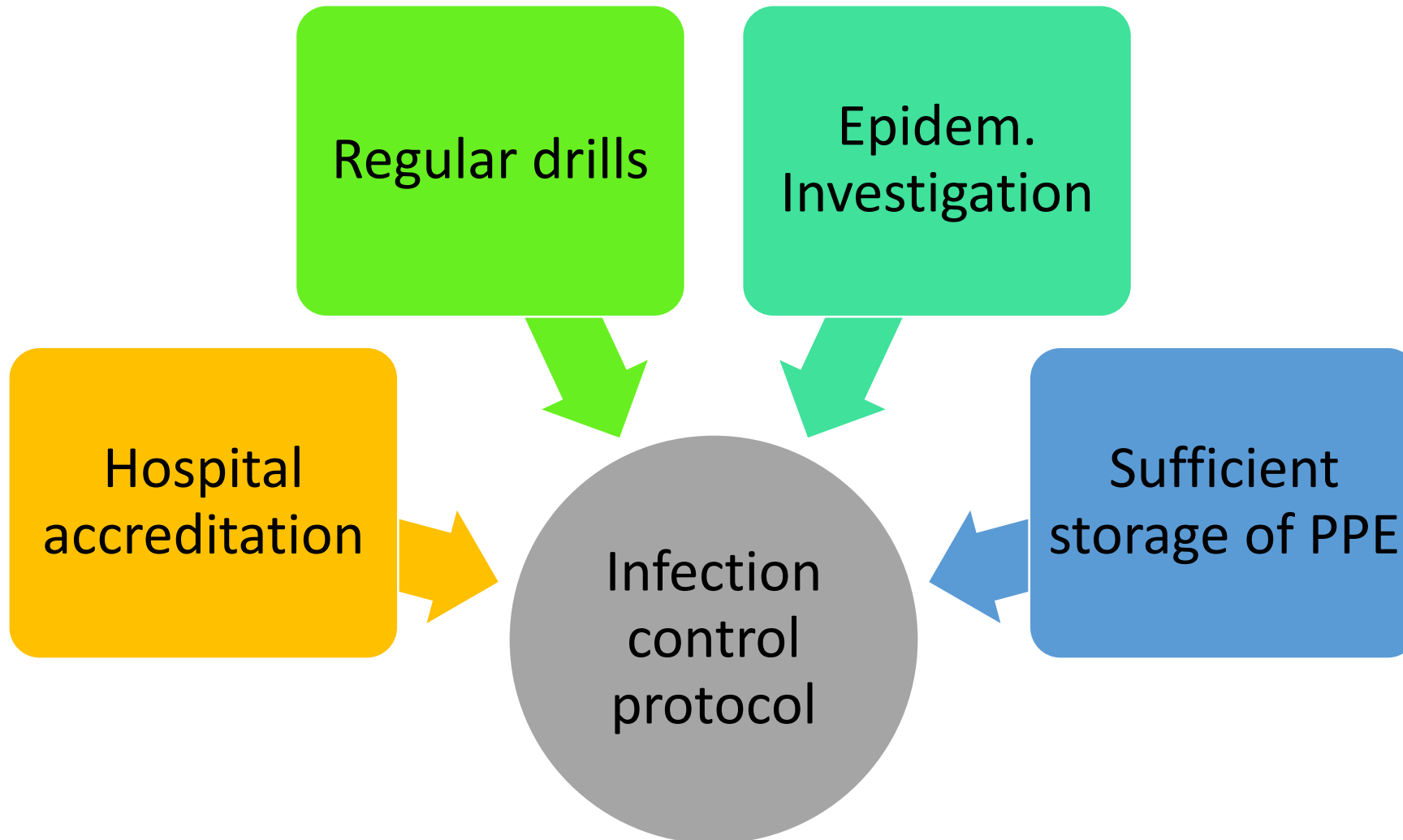


Prevalence of
depressive
symptoms

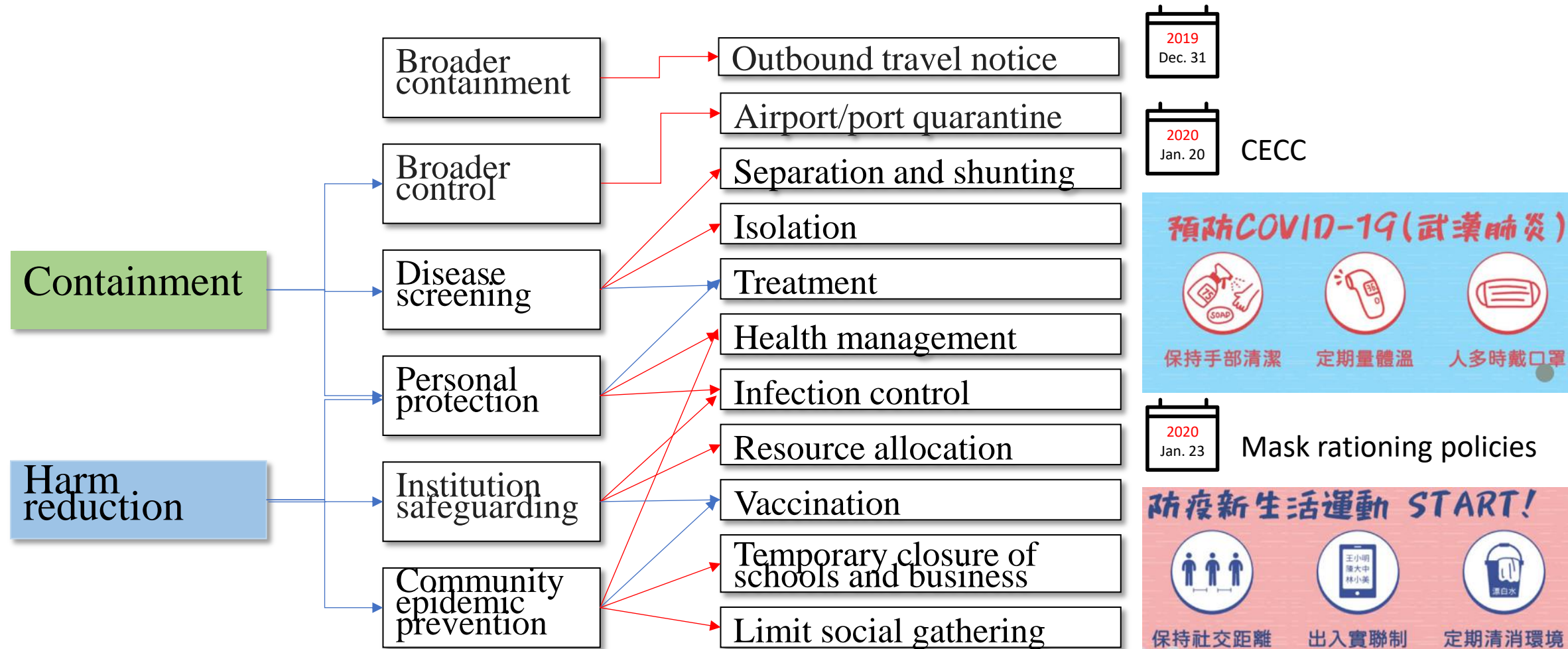
3.7%

(Ko, Yen, Yen, & Yang, 2006)

SARS 2003: Positive impact



National strategies of infection control in Taiwan



National mental health strategies in COVID-19 outbreak



Policies and
health
information

Psycho-
education

Mental
health
screening

Vulnerable
populations

- children, the elder
- front line health workers
- the suspected, the ill, in quarantine

Health information provided in 10 languages

Taiwan Centers for Disease Control
衛生福利部疾病管制署

Home 中文版 Sitemap RSS

About CDC Diseases & Conditions Programs & Campaigns Data & Statistics International Cooperation

⚠ ATTENTION Coronavirus disease 2019 (COVID-19)



Wear surgical masks when coughing or sneezing.



Wash hands thoroughly with soap.



Avoid crowded places, including hospitals.

[Click to see communication resources in 7 languages.](#)

衛生福利部 Ministry of Health and Welfare
衛生福利部疾病管制署 TAIWAN CDC
財團法人歐巴尼紀念基金會 Taiwan Urban Foundation
มูลนิธิอุบัยยานิดามานี ไสวัน

วันสุขอนามัยมือโลก
ใช้มือควบคุมโรค
ใช้มือคุ้มครองไต้หวัน

ล้างมืออย่างถูกวิธี
เพื่อต้องทำ 5 สิ่งนี้

ก่อนรับประทานอาหาร ก่อนสัมผัสกับเด็ก หลังเข้าห้องน้ำ หลังสั่งน้ำมูก ก่อนและหลังเยี่ยมผู้ป่วย







4 langkah untuk memakai topeng yang betul

step 1
Buka
buka pembungkusan
Semak topeng tidak mempunyai kerosakan

step 2
Guna
Gantungkan tali kedua-dua hujung topeng di belakang telinga
Letakkan kawat di jambatan hidung
Tarik topeng dari atas hidung ke dagu

step 3
Tekan
Cubit kawat mengikut lengkungan hidung
Supaya topeng ditutup lebih erat

step 4
Padat
Semak topeng dan muka
Pastikan semua bahagian ditutup rapat

2020/02/01
Central Epidemic Command Center
Ministry of Health and Welfare
TAIWAN CDC

Sopan Santun Memakai Masker Saat Naik Transportasi umum

Harus memakai masker sepanjang perjalanan! Bagi yang ditegur dan tidak menaati, dapat didenda maksimal 15 ribu NTD.

Tidak Memakai Masker **SALAH**

Memakai Penutup Mata **SALAH**

Membuka Bagian Hidung **SALAH**

TAIWAN CDC
中央流行病學指揮中心
Pusat Komando Wabah (CECC)
財團法人歐巴尼紀念基金會
Taiwan Urban Foundation
Quỹ Taiwan Urban dĩch thuật

Ngày Vệ sinh bàn tay Thế Giới
Dập dịch triệt để
Bảo vệ Đài Loan

7 khẩu hiệu rửa tay đúng cách

Trong

Ngoài

Đan

Khum

14



Photo from UDN News, April 3, 2020, <https://health.udn.com/health/story/120950/4465745>

中央流行疫情指揮中心指揮官陳時中今宣布，為了防堵有極端的個案，今起，搭乘捷運必須要戴口罩，第一時間沒有佩戴將會柔性勸導，若是屢勸不聽，將可依法開罰3000元以上、1萬5000元以下罰鍰。記者侯永全/攝影

防疫心理健康5大招

- 洗手
- 戴口罩
- 安全距離
- 看新聞
限30分鐘
- 找紓壓管道
- 做運動
- 聯繫親友
互相鼓勵
- 找出正向希望
一定會戰勝疫情

安

安全

靜

平靜

能

能力

繫

聯繫

望

希望

安心專線：1925

Department of Mental and Oral Health promotes mental health information for different populations, and provides hotline.

★請務必照常看醫生、吃藥

☆維持原來的心理衛生服務

- 醫院
- 診所
- 心理治療所
- 心理諮商所
- 22縣市社區心理衛生中心
- 安心專線：1925

Psychoeducation and Hotline Provision

動起來 防疫生活！
做好防護，積極重新投入生活吧！動起來



情緒 大腦 身體
有煩惱就說出來 面對問題處理它 不忘防疫新生活



恐慌
焦慮

防疫心理健康

安心專線：1925

Other Issues

- Domestic violence (Lin, 2020)
- Substance use
- Gaming behaviors

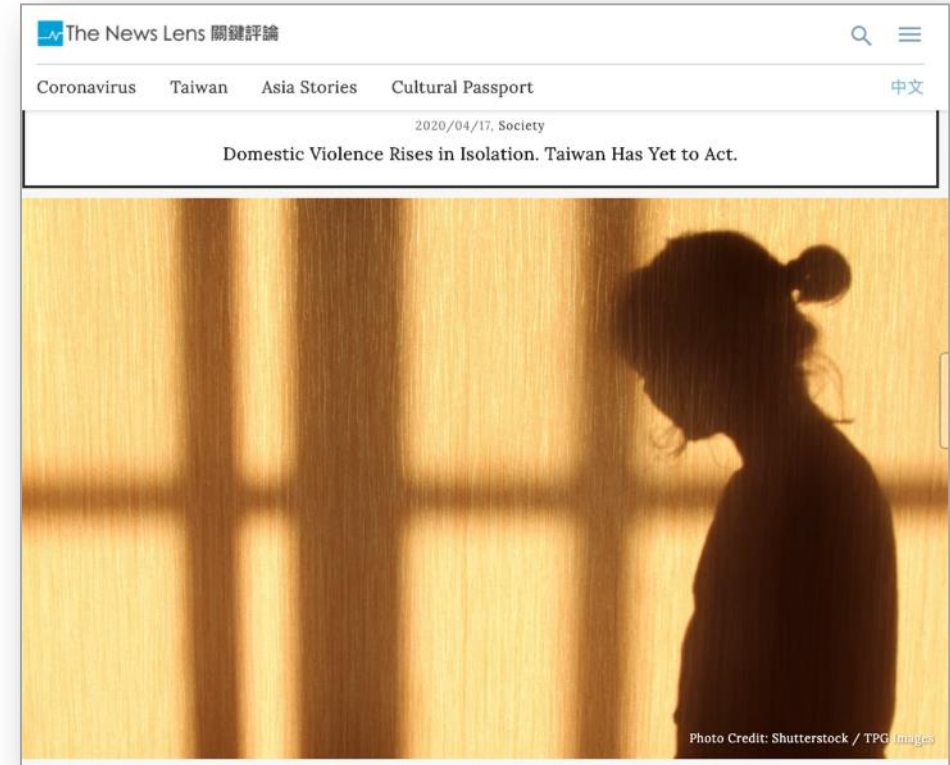


Photo from the News Lens, April 17, 2020,
<https://international.thenewslens.com/article/133990>

Summary

Despite of experiences of SARS, evidence shows COVID-19 pandemic has impact on mental health to certain degree.

Unknown infectious sources lead to greater panic reaction.

Longer term sequela and maladaptive behaviors need to be paid attention.

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Thank You for Attention