



Swiss TPH



Mental Health in the Basel Region and globally

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Swiss TPH Symposium 2021, June 28-30 2021

Agenda

Mental Health – its global relevance

Mental Health – the impact of the COVID-19 pandemic

Mental Health – the pandemic impact in the Basel region

Mental Health – lessons learnt from the COVID-19 pandemic



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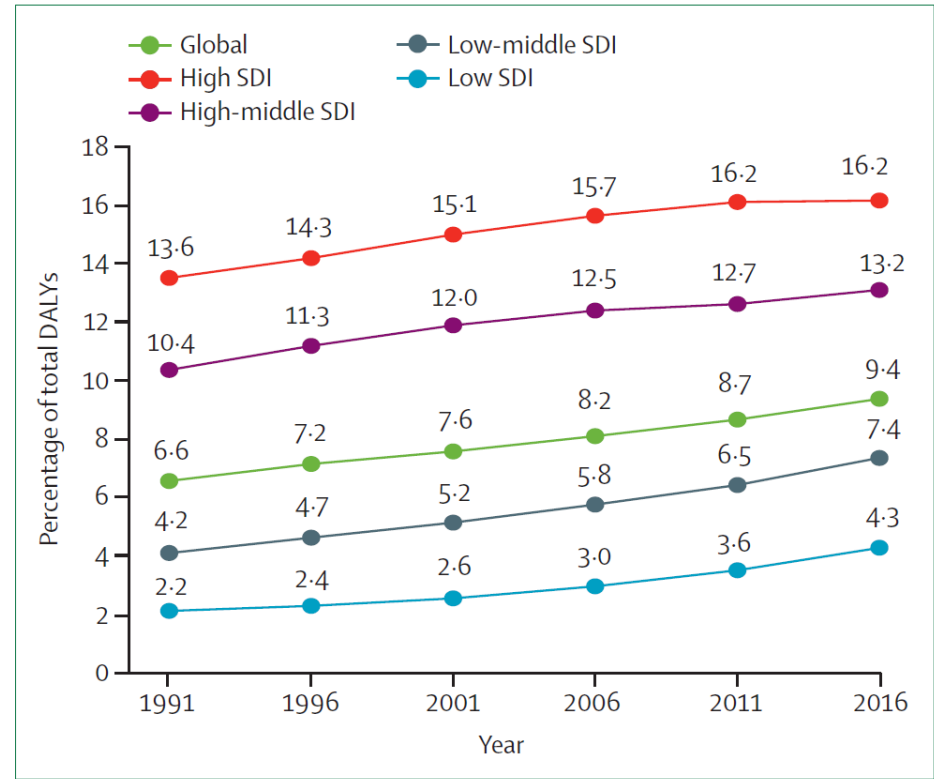
Mental health

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of global importance

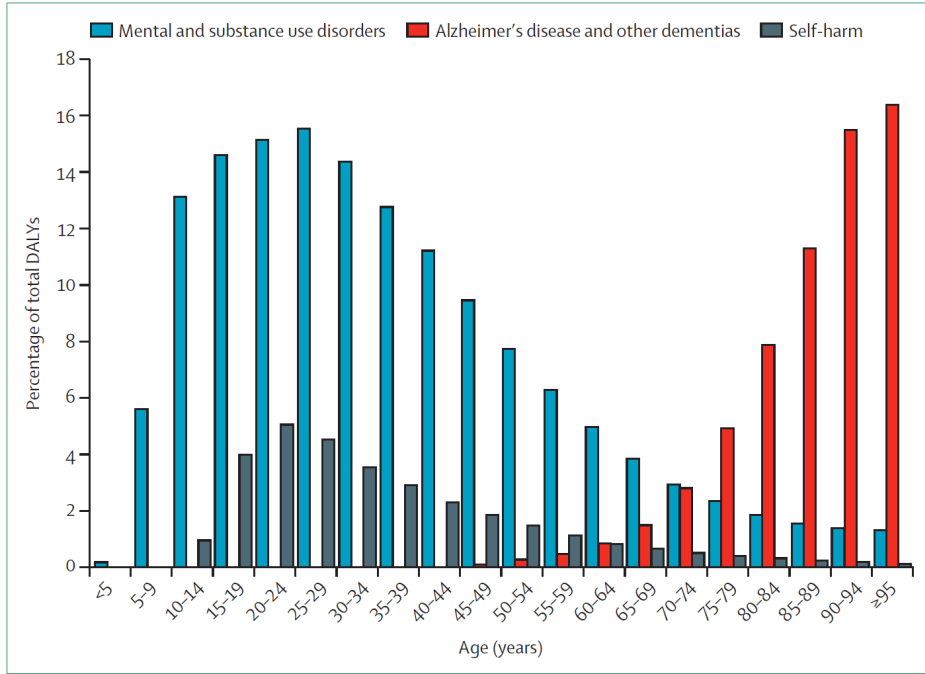
Global mental health

- Mental disorders also include substance use disorders, self-harm and dementia
- The global burden of disease attributable to mental disorders has risen in all countries before the pandemic – in the context of major demographic, environmental, and socio-political transitions
- The pandemic accelerated the increase – particularly among the poor and the young
- All countries can be thought of as developing countries in the context of mental health



The rising burden of mental and substance use disorders, Alzheimer's disease and other dementias, and suicide (self-harm) by SDI groups

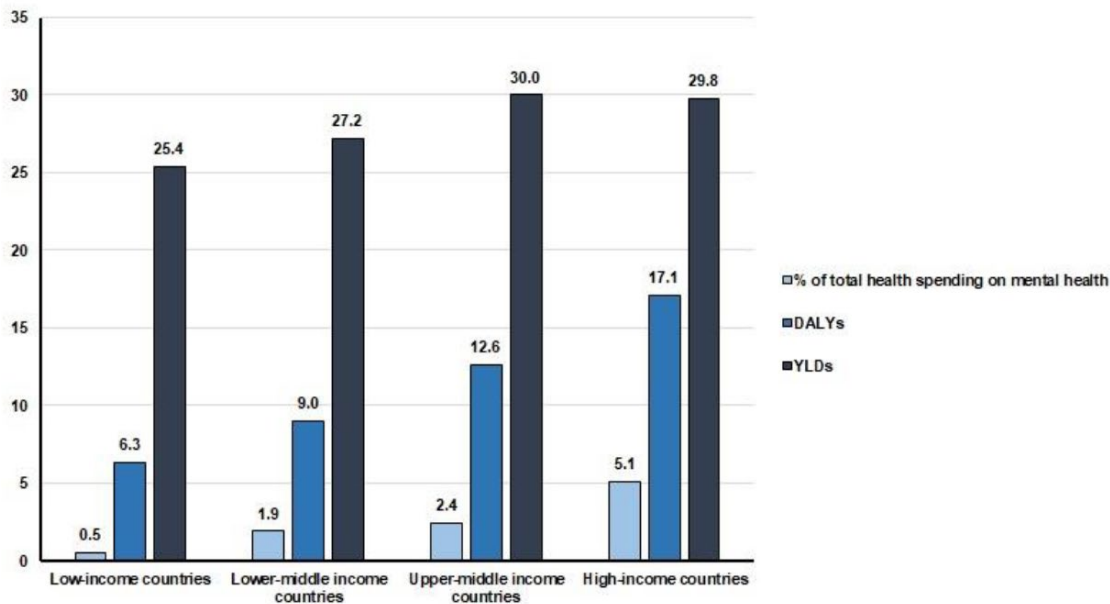
The heavy global burden of poor mental disorders



according to natural history models
> 13 Mio deaths attributable to mental disorders in 2010

-
poor mental health
**top-ranking contributor to
years lived with disability**

Inadequate investments into mental health care



1% (Nigeria) to 18% (US) of people with anxiety, mood, or substance use disorders used mental health services in previous year according to World Mental Health Survey

The vicious circle of poor mental health and poverty

Determinants of poor mental health

- Social disadvantage
 - Poverty
 - Childhood adversity
 - Violence
- Environmental threats
- Political conflicts
- Poor social support
- Delayed intervention

Consequences of poor mental health

- Loss of income
 - Poor educational attainment
 - Reduced employment opportunities
 - Reduced productivity
 - Intergenerational transmission of poverty
- Higher risk of substance abuse
- Poor social network
- Unhealthy lifestyle
- Increased cardiovascular disease risk
- Poor residential conditions
- Different health seeking behaviour and treatment compliance



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Mental health

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the impact of the pandemic

COVID-19 pandemic and mental health

Direct effect of pandemic

- Fear of contagion
- Perception of danger
- Infection
- Long COVID

Indirect effect of containment

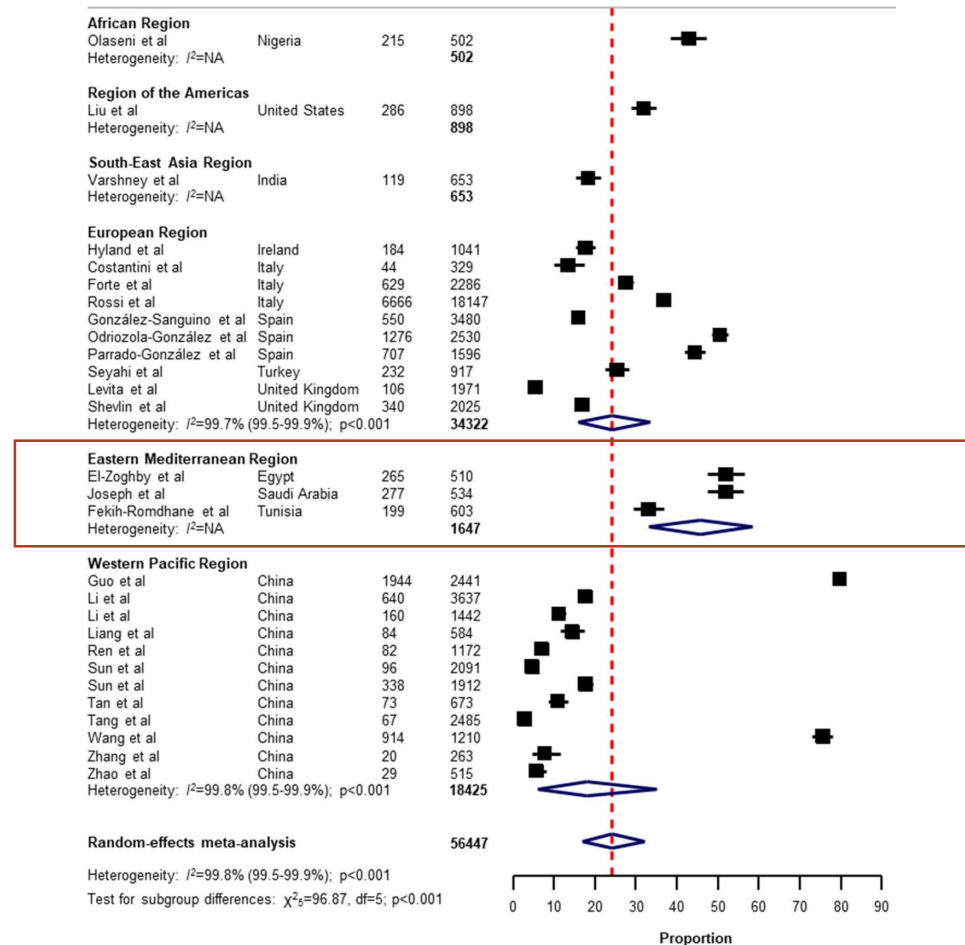
- Financial and economic threats
- Social isolation
- Restrictions to healthy lifestyle
- Restrictions in access to health care

Mental health issues among the general population during the COVID-19 pandemic: a meta-analysis

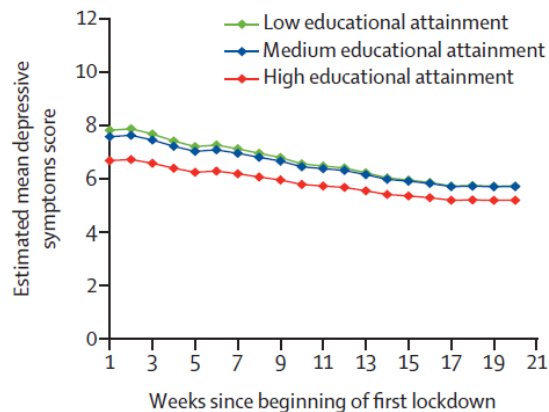
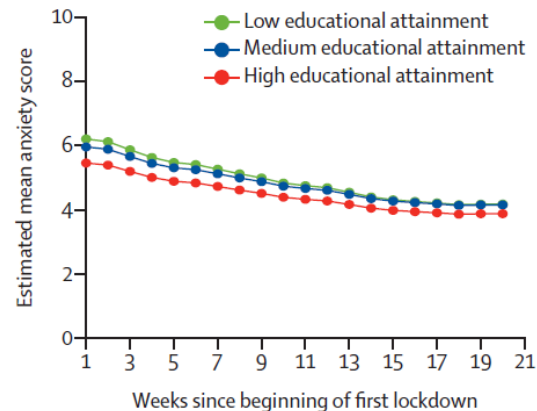
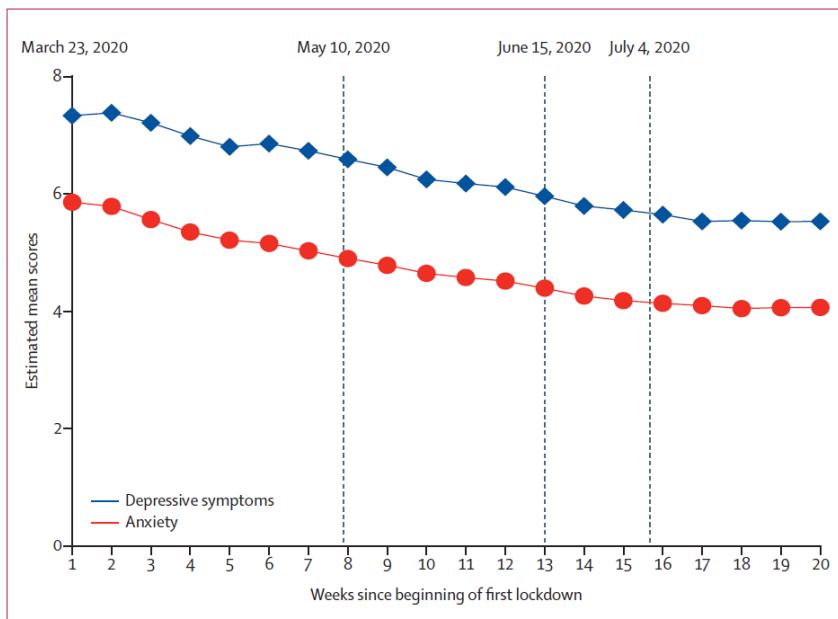
January 2020 to June 2020:

- 28% depression
- 27% anxiety
- 24% post-traumatic stress symptoms
- 37% stress
- 50% psychological distress
- 28% sleep problems

high compared to pre-pandemic
different by prevalence of other stressors
long-term course and consequences?



The growth trajectories of depression and anxiety symptoms scores: non-representative longitudinal study in UK



Research and evidence need

- Population-based long-term studies
- Long-term individual mental health trajectories as a result of the pandemic
- Learning on determinants of resilience (personal; structural)



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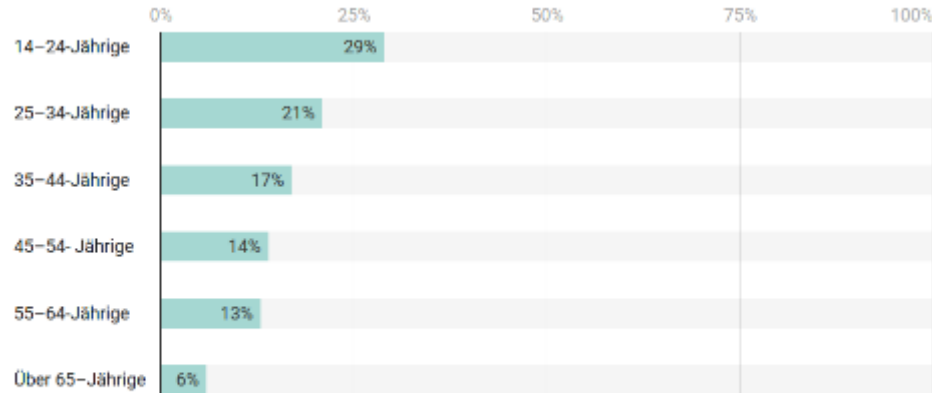
Mental health

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the pandemic impact in the
Basel region

Impact of pandemic on depression and suicide in Switzerland

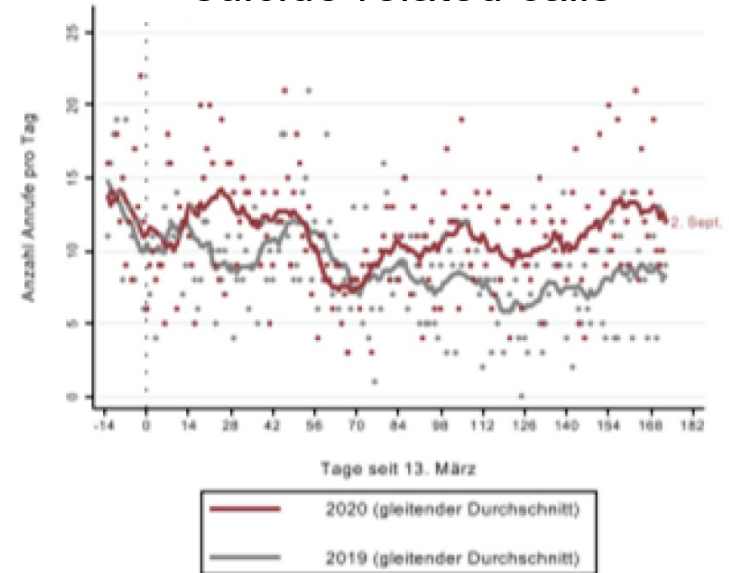
Häufigkeit schwerer depressiver Symptome nach Altersgruppe in Prozent



Die Resultate beziehen sich auf den Erhebungszeitraum vom 11.–19. November 2020. In diesem Zeitraum haben 11'612 Personen aus der gesamten Schweiz an der anonymen Online-Umfrage unter www.coronastress.ch teilgenommen.

Quelle: Corona Stress Study • Einbetten • Erstellt mit Datawrapper

suicide-related calls



COVCO Basel

– a public health perspective on the pandemic impact

Impact of SARS-CoV-2



Impact of containment measures



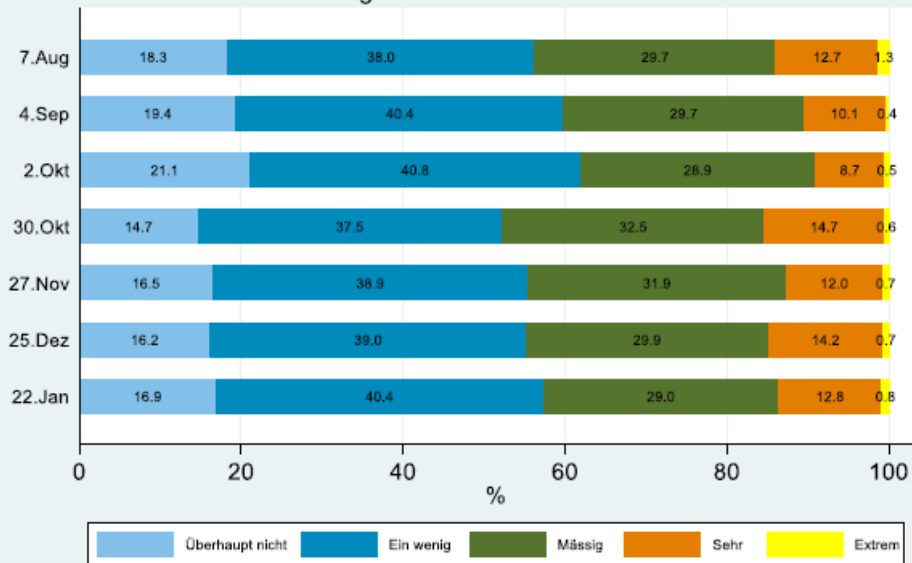
CORONA
IMMUNITAS



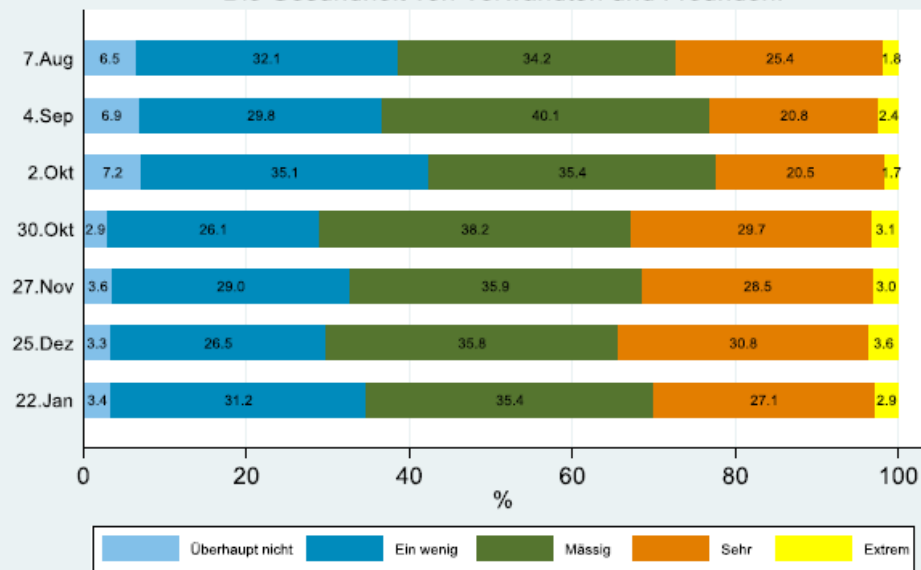
COVCO
BASEL

Fear of consequences of pandemic for health (own/family member).....

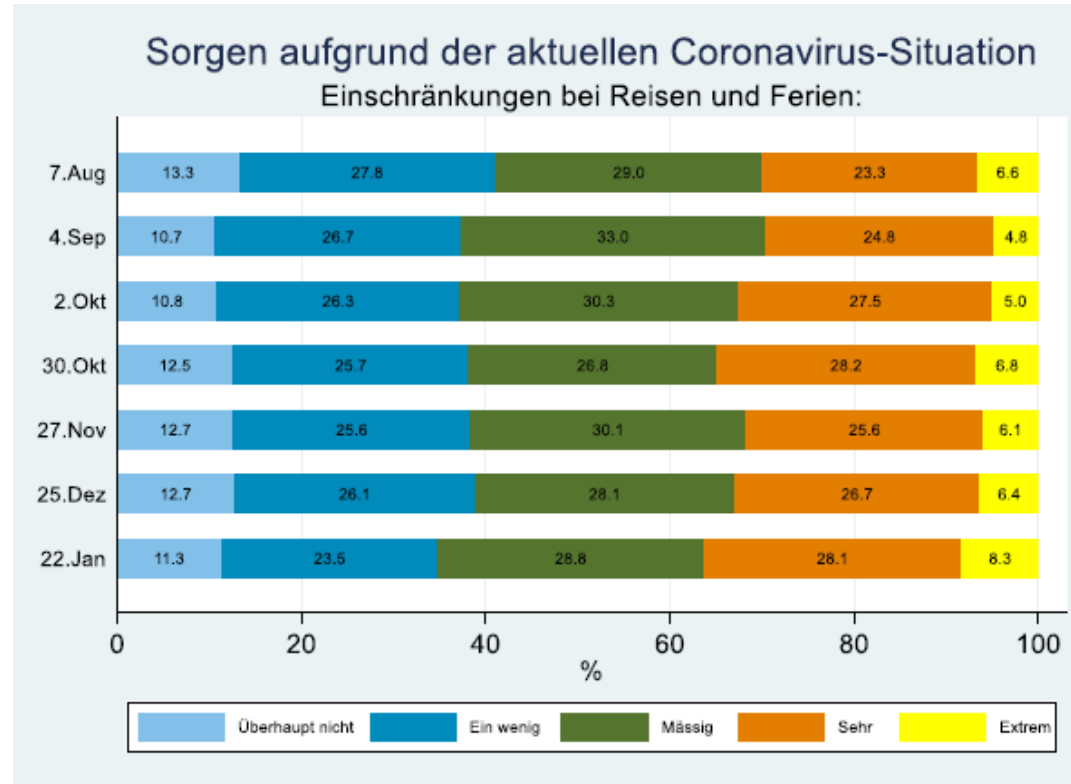
Sorgen aufgrund der aktuellen Coronavirus-Situation
Folgen für meine Gesundheit:



Sorgen aufgrund der aktuellen Coronavirus-Situation
Die Gesundheit von Verwandten und Freunden:



....but more worries
about travel/holiday
restrictions



Careseeking among persons in need of psychological support

	M2 (7. Aug)	M3 (4. Sep)	M4 (2. Oct)	M5 (30. Oct)	M6 (27. Nov)	M7 (25. Dez)	M8 (22. Jan)
N	560	1274	1969	2816	3494	3913	4366
Not seeking psycho- logical care out of fear of infection	4.00%	3.80%	3.31%	8.84%	7.98%	9.62%	12.22%

Change in depressive symptoms depends on household income

DEPRESSION							
	M2 (7. Aug)	M3 (4. Sep)	M4 (2. Oct)	M5 (30. Oct)	M6 (27. Nov)	M7 (25. Dez)	M8 (22. Jan)
N	543	1230	1909	2733	3392	3790	4234
Alle	2.95%	2.03%	1.78%	2.52%	2.83%	3.01%	3.54%
< CHF 3000	2.17%	4.72%	4.24%	6.42%	8.42%	5.90%	8.66%
CHF 3000 - 6000	1.55%	1.11%	1.86%	2.03%	3.17%	3.55%	3.58%
CHF 6000 - 9000	4.26%	2.31%	1.91%	2.34%	1.87%	2.36%	3.14%
CHF 9000 - 12000	1.19%	1.28%	1.16%	1.84%	1.51%	2.65%	2.28%
CHF 12000 - 15000	0.00%	0.00%	0.57%	2.54%	2.90%	3.69%	3.85%
> CHF 15000	5.45%	2.96%	1.79%	2.10%	2.68%	1.52%	2.83%

Change in unhealthy lifestyle during pandemic

Increase in mean daily sitting hours 5.94 to 6.72

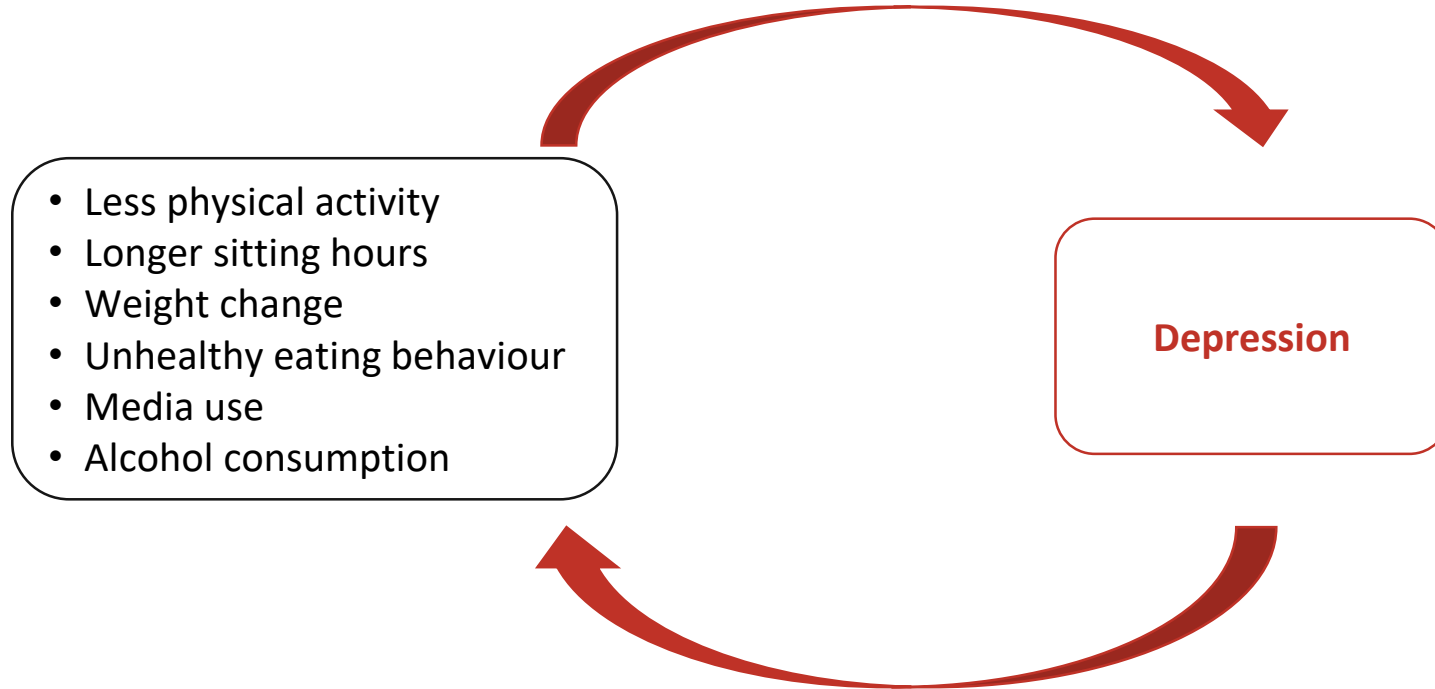
Change in body weight (+/- > 3kg) since start of pandemic: ~12%

Unhealthy eating behaviour: 15-20%, tendency for increase among 18-49 yrs

Increase in self-reported unhealthy media consumption: from 15% to 21% among 18-49 yrs

Increase in self-reported unhealthy alcohol consumption: from 5% to 10% among 49-65 yrs

Temporal changes in lifestyle and addictive behaviour





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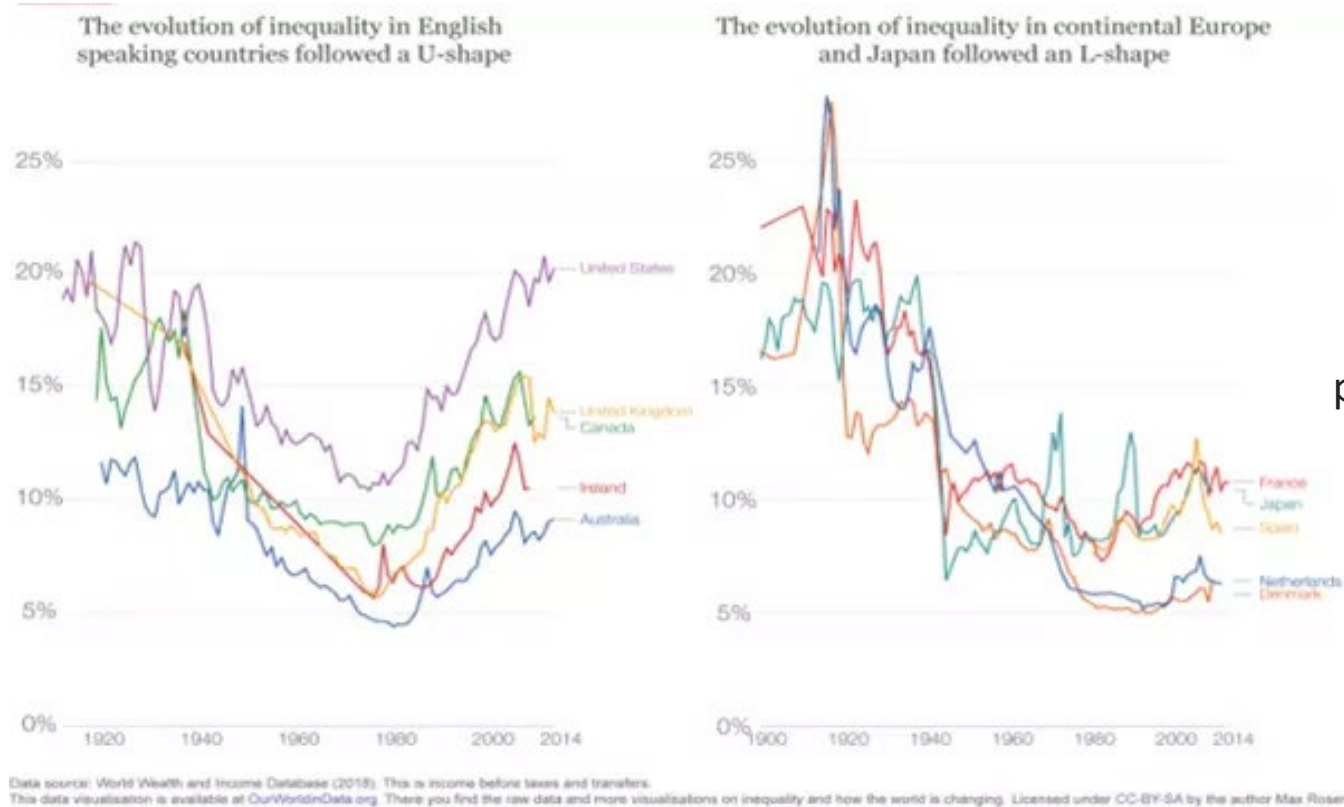


Mental health

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Lessons learnt from the
COVID-19 pandemic

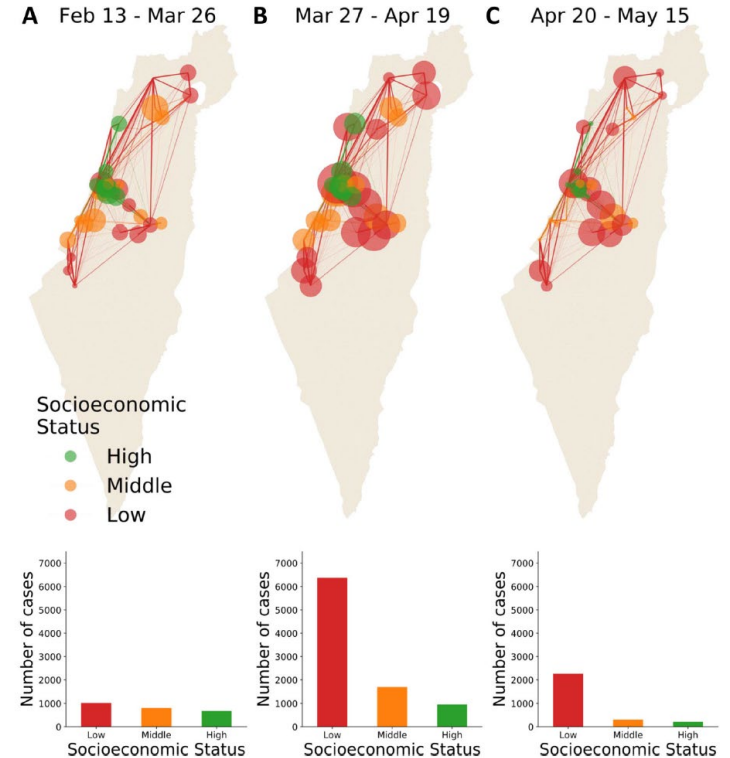
The COVID-19 pandemic increased social inequality globally



poverty not among
GBD risk factors
!

Poverty – a main driver of the pandemic

- Poverty:
 - Less home office
 - crowded living space
 - Lower adherence to containments (hygiene; quarantine)
- Poor neighborhoods for targeted lockdowns?:
 - Mind the social inequity and mental health gap!



Association between mobility and poverty in COVID-19 transmission in Israel

What medicine – What investments?

Early Life and End-of-Life Medicine

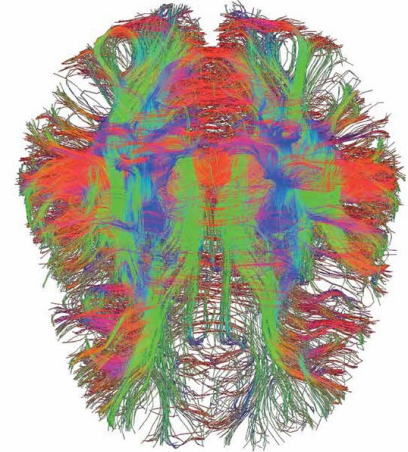


Early childhood/
Rare diseases

«The Healthy Citizen
and Wellbeing Gap»

Defeat Dementia

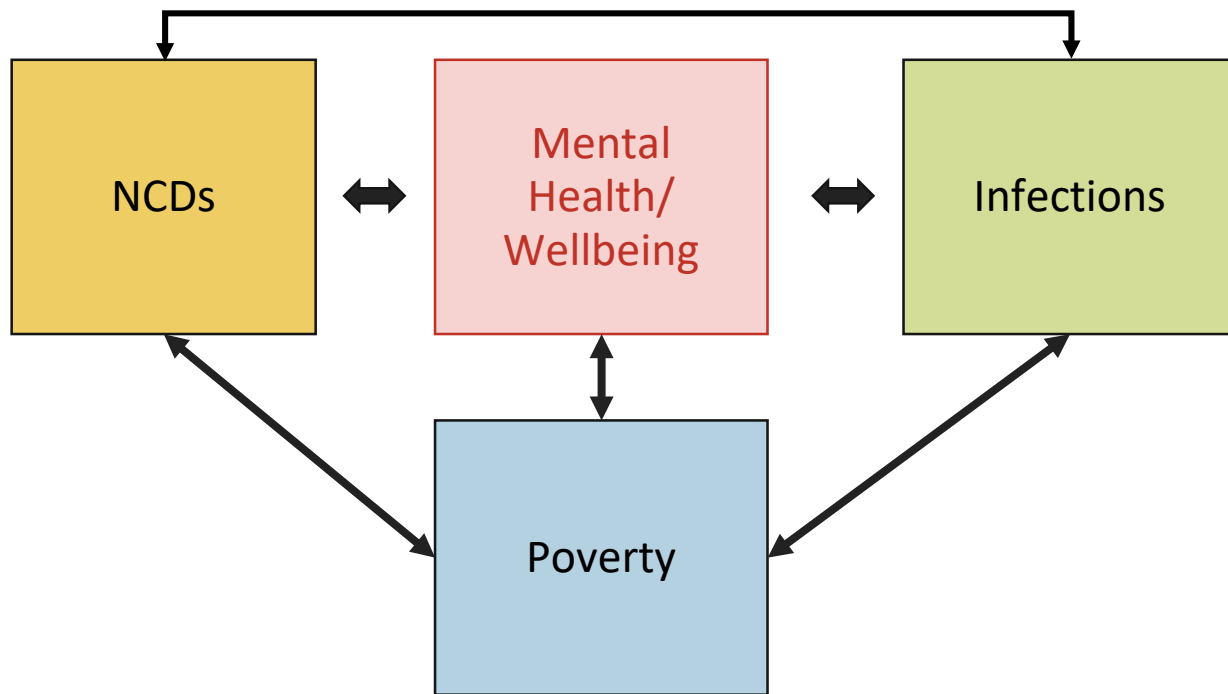
The evidence and a vision for action



Alzheimer's
Research
UK

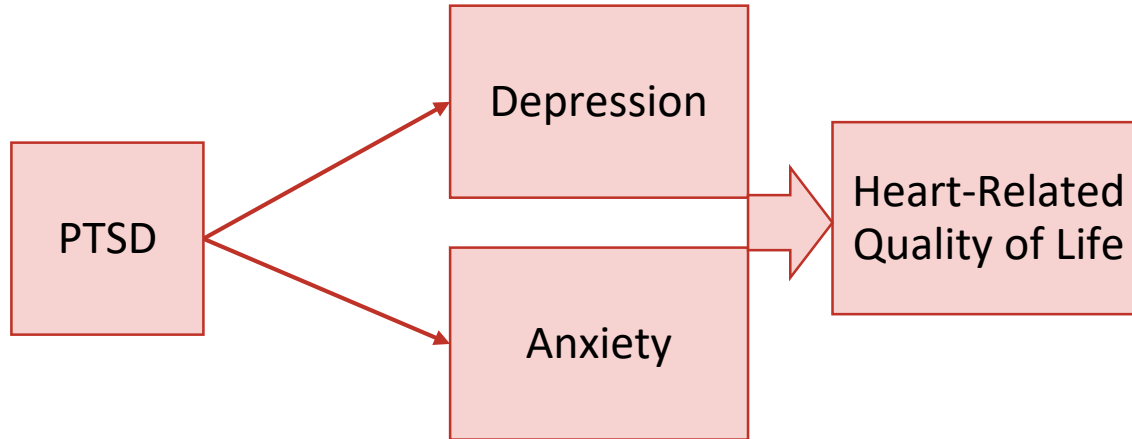
The Power
to Defeat
Dementia

The integrated view on mental health



Post-Traumatic Stress Disorder impact on heart related quality of life through depression and anxiety

CARMEN Study on heart disease patients in Palestine



- 20% lower heartQoL before the pandemic
- ...and now – triple burden of pandemic, social inequity and conflict?

Goals of global mental health – 6 key action point

- Scaling up of mental health services as an essential component of universal health coverage
- Address barriers and threats to mental health
 - Lack of awareness of social and economic value of mental health promotion
 - Stigmatization and discrimination
 - Global challenges to mental health (e.g. climate change, migration, social inequity)
- Mental-health-in-all-policies (education, workplaces, social welfare, gender empowerment, child & youth services, health services, humanitarian assistance, environment, urban planning)
- Benefit from new opportunities for intervention (non-specialist; digital)
- Additional investments – building on existing budgets (integrated mental care)
- Strengthen research

Acknowledgement



- COVCO Team under operational lead of Dr. M. Imboden, Swiss TPH
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- ESKAS
- Freiwillige Akademische Gesellschaft



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