

Mental Health

DURING THE COVID-19 PANDEMIC IN PEOPLE WITH MEDICAL CONDITIONS

Study Authors:

Shirin Modarresi; Hoda Seens; Uzair Hussain; James Fraser; Jacob Boudreau; Joy C. MacDermid



Compared to people with no medical conditions ...

Those who had **a combination of** physical and psychiatric conditions experienced the highest symptoms of anxiety (+12%) and depression (+9%).



Receiving treatment for a medical condition ...

Did not impact the levels of anxiety and depression during the pandemic. This means that the severity of the condition does not exacerbate these negative outcomes OR higher severity may be counterbalanced by effective treatment.



Activity-limiting aspect of a medical condition ...

Did not have an impact on anxiety and depression during the pandemic.



There was an association between the number of medical conditions and mental health ...

In that, those with a higher number of medical conditions experienced more symptoms of anxiety and depression.

This study highlights that ...

With a focus on medical emergencies, people with chronic diseases may have been neglected during the pandemic.

This lack of care may be partially responsible for the increase in anxiety and depression among people with chronic illnesses.

FOR A LIST OF MENTAL HEALTH SERVICES IN ONTARIO, PLEASE VISIT:

WWW.ONTARIO.CA/PAGE/FIND-MENTAL-HEALTH-SUPPORT

