

## COVID-19 & Mental Health Disorders

New data is constantly coming out about the effects of COVID-19 concerning those who tested positive and all of us who have been affected by the pandemic. A recent article published by Lancet Psychiatry, conducted by Oxford University, studied the incidence rate of neurological and psychiatric outcomes six months post confirmed COVID-19 diagnosis. They looked at the following 14 outcomes: intracranial hemorrhage; ischemic stroke; parkinsonism; Guillain-Barré syndrome; nerve, nerve root, and plexus disorders; myoneural junction and muscle disease; encephalitis; dementia; psychotic, mood, and anxiety disorders (grouped and separately); substance use disorder; and insomnia.

Here are the results from their meta-analysis:

- 34% of patients had been diagnosed with a neurological/MH disorder 6 months after infection
- Of the 34% who had been diagnosed, for 13% of those individuals it was their first recorded neurological/MH diagnosis
- 17% of those diagnosed had anxiety disorders
- 14% of those diagnosed had mood disorders
- 7% of those diagnosed met criteria for a substance use disorder
- 5% of those diagnosed had anxiety

Other statistics to consider from the Virginia Department of Behavioral Health:

- Since COVID-19, there has been a 63% increase in the number of overdose deaths since 2019.
- People with MH diagnoses are 65% more likely to be diagnosed with COVID-19

Sources: <https://www.thelancet.com/action/showPdf?pii=S2215-0366%2821%2900084-5>  
<https://www.vdh.virginia.gov/surveillance-and-investigation/syndromic-surveillance/drug-overdose-surveillance/>

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

For further Information & support:

Tiffany Jones, M.Ed, LPC, CSAC

Substance Abuse Prevention Specialist

[TJJones1@fcps.edu](mailto:TJJones1@fcps.edu)