



ELSA-Brasil:

The Covid19 Mental Health Cohort

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Researcher**

- The impact of mental health was expected to be huge (“tsunami”)
- Findings from cross-sectional studies
- The ELSA-Brasil Mental Health Cohort
- Ours and worldwide findings
- Tackling the heterogeneity of findings
- Deterioration, Status Quo, Recovery



IHCC Mental Health Working Group

ELSA-BRASIL São Paulo team

- ✓ Isabela Bensenor, PI
- ✓ Paulo Lotufo, PI
- ✓ Daniel Fatori, Post-Doc
- ✓ Paulo Suen, PhD
- ✓ Pedro Bacchi, PhD

IHCC Team Initiative

- ✓ Jordan Smoller (Harvard)
- ✓ Sarah Bauermeister (Oxford)



The COVID-19 pandemic and its restrictive measures



Pandemic impact on mental health: initial studies

Impact of COVID-19 pandemic on mental health in the general population: A systematic review

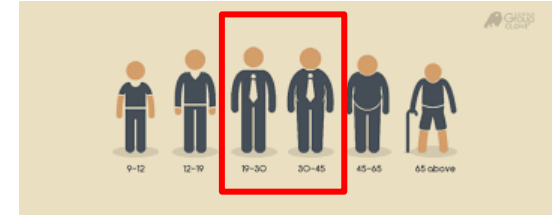
Jiaqi Xiong^a, Orly Lipsitz^c, Flora Nasri^c, Leanna M.W. Lui^c, Hartej Gill^c, Lee Phan^c, David Chen-Li^c, Michelle Iacobucci^c, Roger Ho^{e,f}, Amna Majeed^c, Roger S. McIntyre^{a,b,c,d,*}

Methods: A systematic search was conducted on PubMed, Embase, Medline, Web of Science, and Scopus from inception to 17 May 2020 following the PRISMA guidelines. A manual search on Google Scholar was performed to identify additional relevant studies. Articles were selected based on the predetermined eligibility criteria.

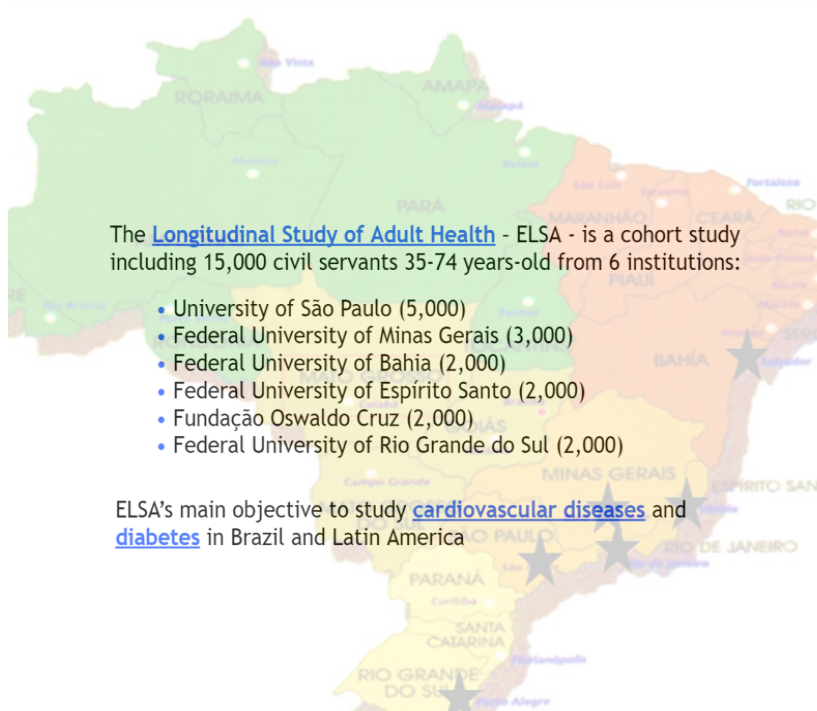
Results: Relatively high rates of symptoms of anxiety (6.33% to 50.9%), depression (14.6% to 48.3%), post-traumatic stress disorder (7% to 53.8%), psychological distress (34.43% to 38%), and stress (8.1% to 81.9%) are reported in the general population during the COVID-19 pandemic in China, Spain, Italy, Iran, the US, Turkey, Nepal, and Denmark. Risk factors associated with distress measures include female gender, younger age group (≤ 40 years), presence of chronic/psychiatric illnesses, unemployment, student status, and frequent exposure to social media/news concerning COVID-19.

Limitations: A significant degree of heterogeneity was noted across studies.

Conclusions: The COVID-19 pandemic is associated with highly significant levels of psychological distress that, in many cases, would meet the threshold for clinical relevance. Mitigating the hazardous effects of COVID-19 on mental health is an international public health priority.



The ELSA-Brasil Study



Mental Health Cohort

March 15, 2020: Lockdown in São Paulo

March-April, 2020: Arrangements for virtual assessment of ELSA-Brasil São Paulo participants

April – May, 2020: Ethics Committee, FAPESP approval

[Impacto na saúde mental da pandemia do novo Coronavírus \(COVID-19\) nos participantes do Estudo Longitudinal de Saúde do Adulto \(ELSA-Brasil\) do estado de São Paulo](#)

Processo: 20/05441-9

Linha de fomento: Auxílio à Pesquisa - Regular

Vigência: 01 de julho de 2020 - 30 de junho de 2022

Área do conhecimento: Ciências da Saúde - Medicina - Clínica Médica

Pesquisador responsável: [Isabela Judith Martins Bensenor](#)   

Beneficiário: [Isabela Judith Martins Bensenor](#)   

Instituição-sede: Hospital Universitário (HU), Universidade de São Paulo (USP), São Paulo, SP, Brasil

Pesq. associados: [André Russowsky Brunoni](#); [Giovanni Abrahão Salum Júnior](#); [Itamar de Souza Santos](#); [Ives Cavalcante Passos](#); [Leandro da Costa Lane Valiengo](#); [Paulo Andrade Lotufo](#); [Renério Fráguas Junior](#)



Aims

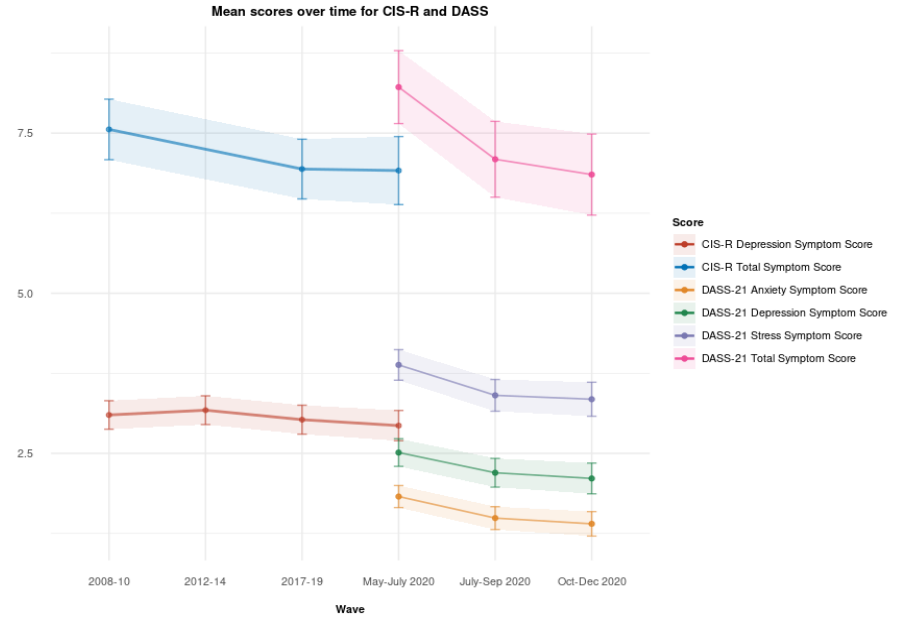
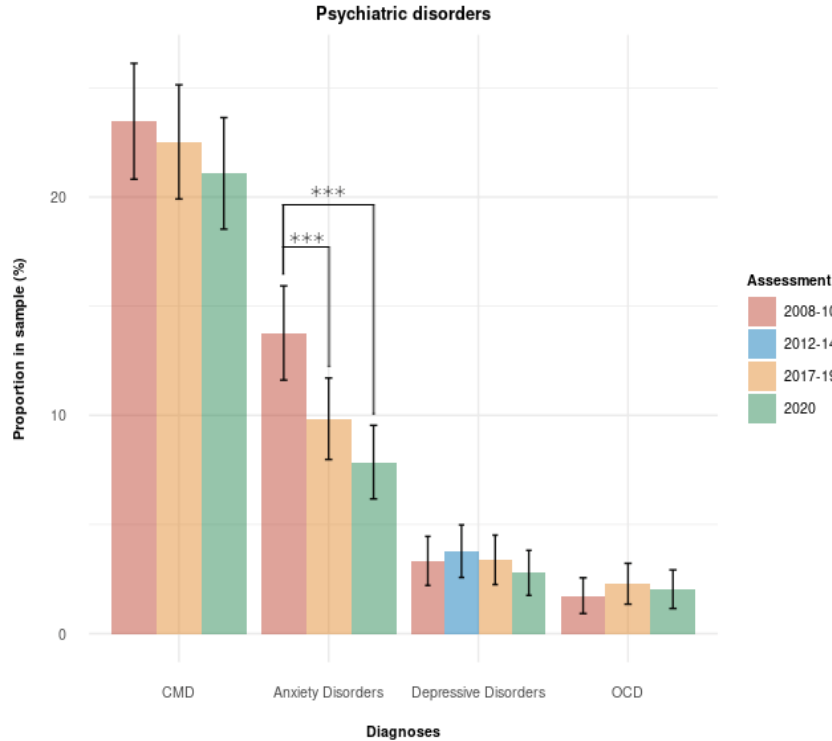
- 1) to assess the rates of psychiatric disorders and symptoms before and during the pandemic.
- 2) to investigate whether several clinical and demographic variables, as well as leisure activities, and quarantine behaviors during the pandemic would be associated with clinical outcomes.

> [Psychol Med.](#) 2021 Apr 21;1-30. doi: 10.1017/S0033291721001719. Online ahead of print.

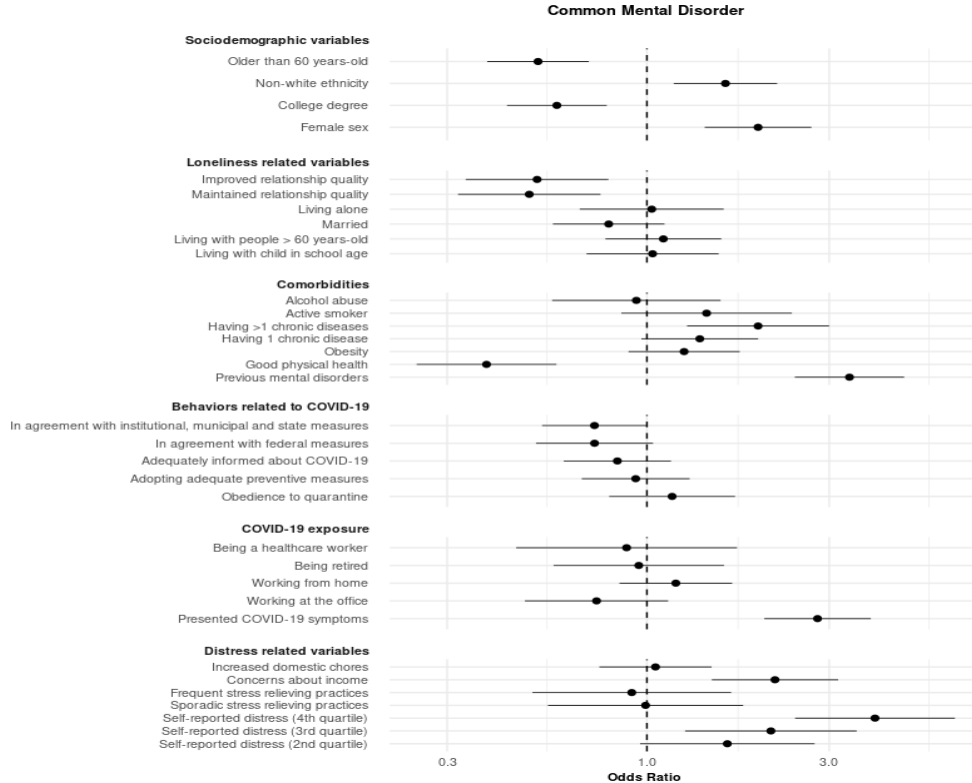
Prevalence and risk factors of psychiatric symptoms and diagnoses before and during the COVID-19 pandemic: findings from the ELSA-Brasil COVID-19 Mental Health Cohort

Andre R Brunoni ^{1 2 3 4}, Paulo Jeng Chian Suen ⁴, Pedro Starzynski Bacchi ³, Lais Boralli Razza ^{2 3},

Pandemic impact on mental health: ELSA-Brasil - 2020



Pandemic impact on mental health: ELSA-Brasil - 2020

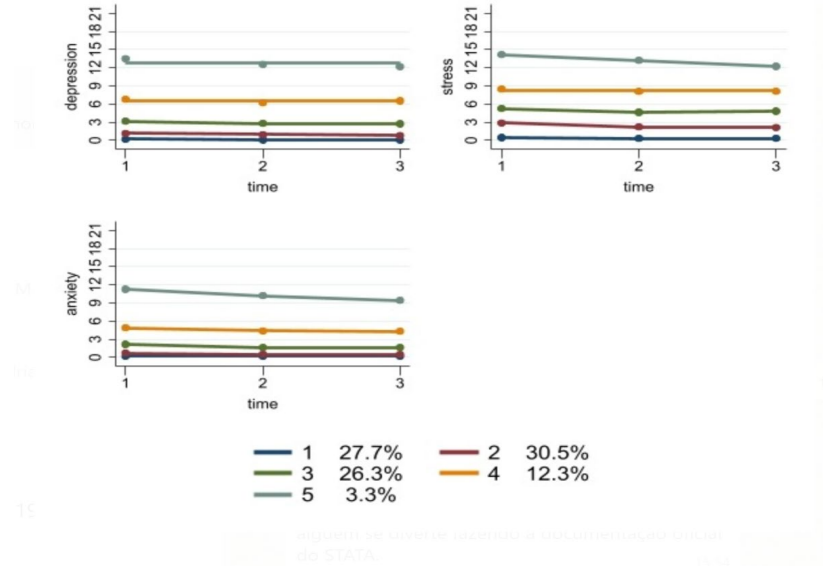
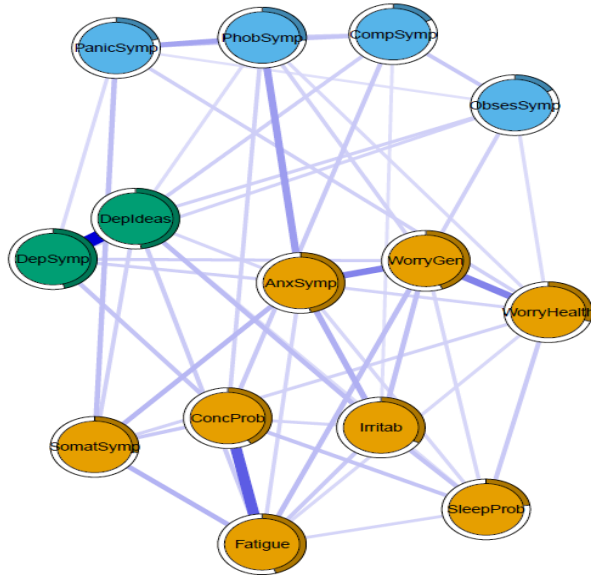


Risk factors

- > 60 years-old
- Non-white ethnicity
- Absence of college degree
- Loneliness
- Concerns about income
- Increased distress
- Low quality of personal relationships

Tackling the heterogeneity of pandemic impact on mental health: ELSA-Brasil - 2020

2020

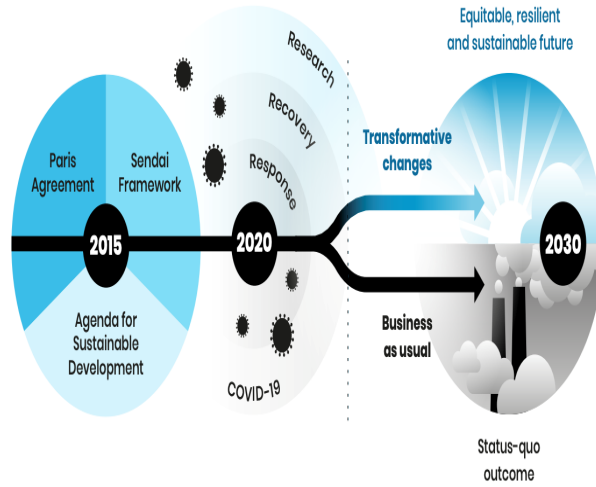
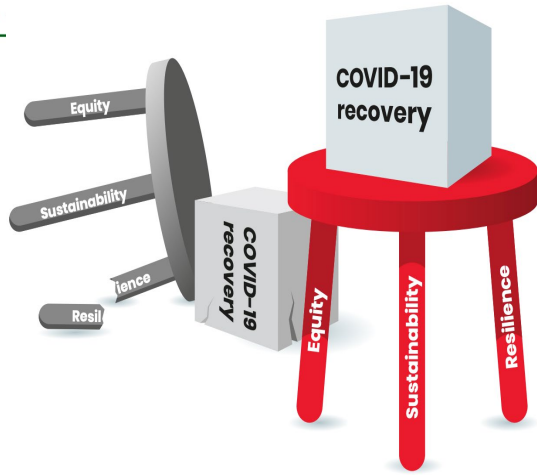


Suen... Brunoni, in preparation

Fatori... Brunoni, in preparation



Deterioration or Recovery?



Quick-win



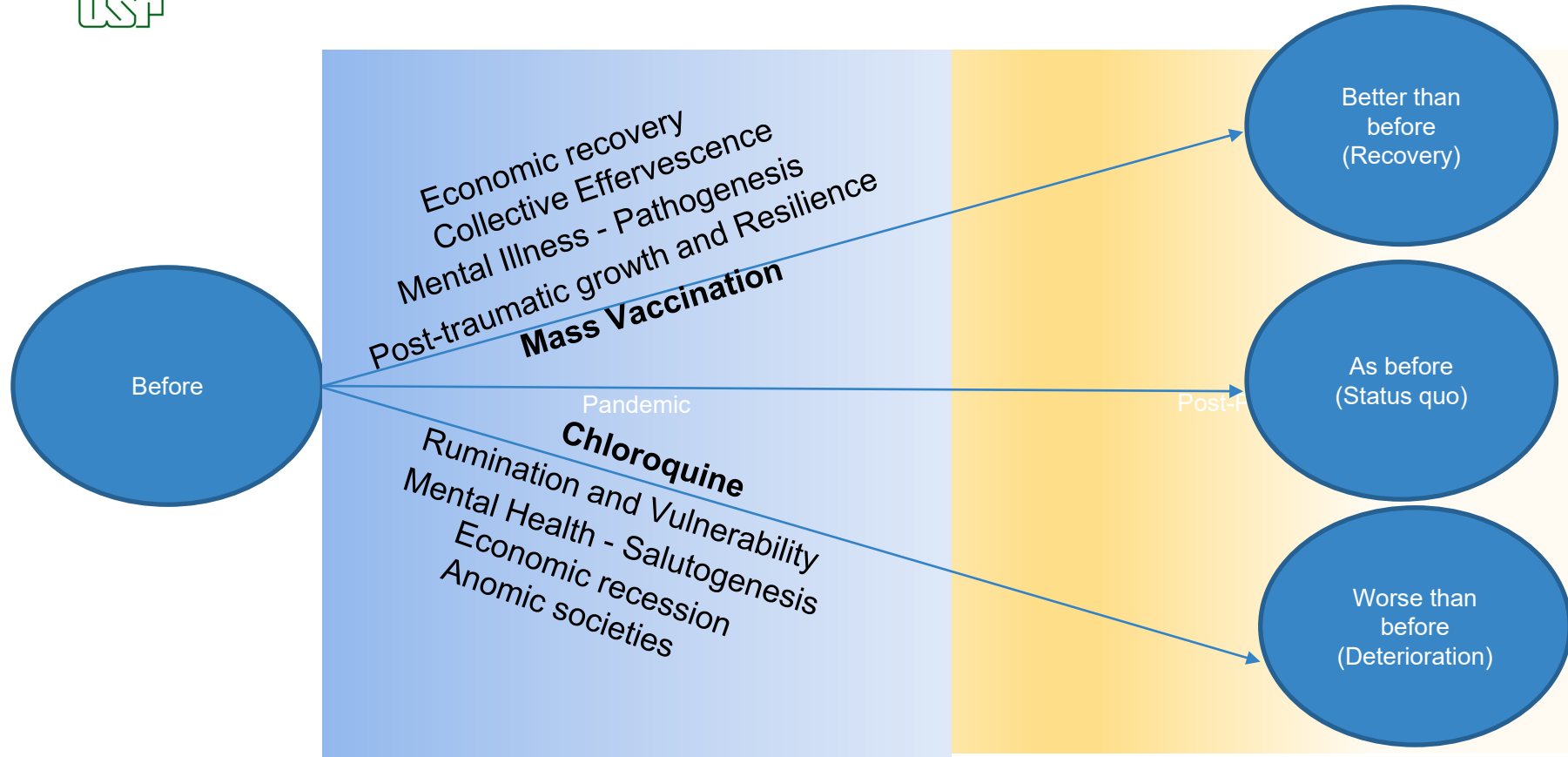
Best-buy



Game-changer

Strategies and Pathways

What will be the pandemic aftermath?





Thank you!
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