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Analyzing the Effects of the COVID-19 Pandemic on Mood Disorders in Patients

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Analyzing the Effects of the COVID-19 Pandemic on Mood Disorders in Patients



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Background

- The COVID-19 pandemic brought about restrictions on social interactions, altered work settings/job losses, decreased access to groceries and essentials, and more¹
- With strict prevention measures and isolating quarantine experiences, it was anticipated that the lockdown would have psychological effects²
- Some contributing psychological stressors included duration of quarantine, fear of infection, boredom, lack of supplies, inadequate information, and finances³
- This study aimed to quantify and evaluate any change in mood disorder diagnoses since the onset of the COVID-19 pandemic

Hypothesis

- The diagnosis of anxiety, major depressive, and adjustment disorders will be increased during the COVID-19 pandemic compared to the year prior to the pandemic

Methods

- De-identified EMR data showed rates of diagnoses for specific mood disorders at the Rowan Family Medicine department
- The frequency of mood disorder diagnoses was analyzed over time to see any changes by using their ICD-10 codes
- Quantitative data was analyzed from March 2020- March 2021 and compared to the same time period from the prior year, March 2019- February 2020

Results

ICD-10 Breakdown	Categories	3/19-2/20	3/20-3/21
F30-F39, Mood (affective) disorders	Major depressive disorders	3059	3581
F40, Phobic anxiety disorders, F41, other anxiety disorders	Anxiety Disorders	4480	5961
F43, Reaction to severe stress, and adjustment disorders	Adjustment Disorders	416	563
	PTSD	132	184
Total		8087	10289

Table 1: The ICD-10 Codes Categorized

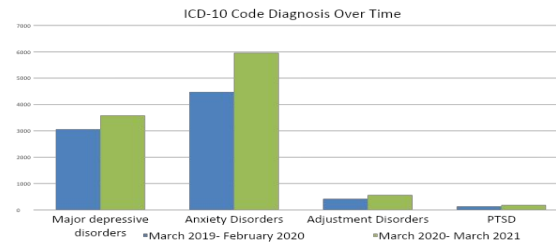


Figure 1: Differences in ICD-10 Diagnoses from before the COVID-19 Pandemic to During.

Results

- There was a significant increase of overall diagnoses from March 2019-February 2020 to March 2020-March 2021 ($p < .001$)
- There were significant increases in the diagnosis of all mood disorder per category:
 - Major depressive disorders: there was a 7.8% increase in diagnosis ($p < .0001$)
 - Anxiety disorders: there was a 14.2% increase in diagnosis ($p < .0001$)
 - Adjustment disorders: there was a 15.0% increase in diagnosis ($p < .0001$)
 - PTSD: there was a 16.4% increase in diagnosis ($p < .0041$)

Conclusion

- The results of this study suggest the COVID-19 pandemic is associated with significant levels of psychological distress, leading to increased mood, anxiety and adjustment disorder diagnoses
- In addition to addressing physical health and viral transmission, there is a need for more effective responses to the challenges the pandemic poses on mental health

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