



Lessons from Lockdown: Findings from the UCL-Penn Global COVID Mental Health Study

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GlobalCOVIDStudy.com | [@GlobalC19Study](https://twitter.com/GlobalC19Study)

3rd December 2020 | 7-8pm





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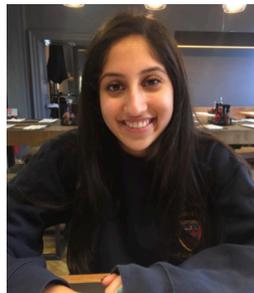
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30-minute Online Survey (8 translations)

Timeline

Sample (N, 18y+)

30-minute Online Survey (8 translations)

Timeline

- W1: 17 April – 14 July
- W2: *17 October – 31 January*
- W3: 17 April – mid-July 2021

Sample (N, 18y+)

2,276 (n = **1,829**)
920~ (80%; new = 71)

30-minute Online Survey (8 translations)

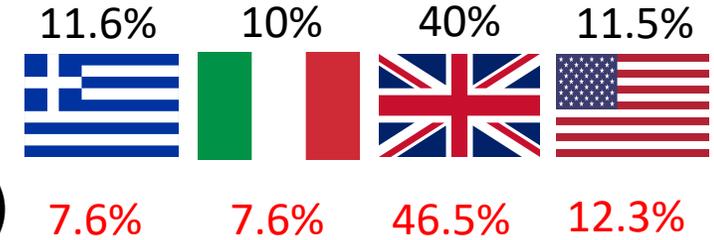
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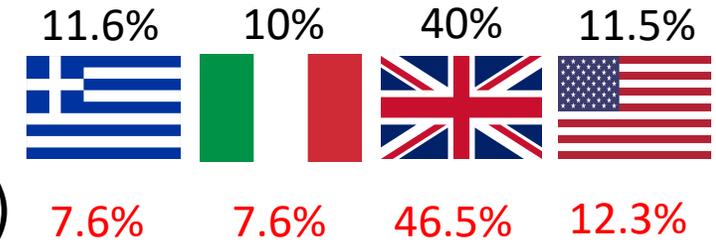
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Impact of COVID on

- ✓ Relationships, trust, empathy, conflict, parenting, loneliness
- ✓ Mental health - anxiety, depression, aggression, sleep, stress
- ✓ Physical health – pre-/post-COVID exercise, alcohol consumption, substance use

Age and mental health

Poll 1 & 2

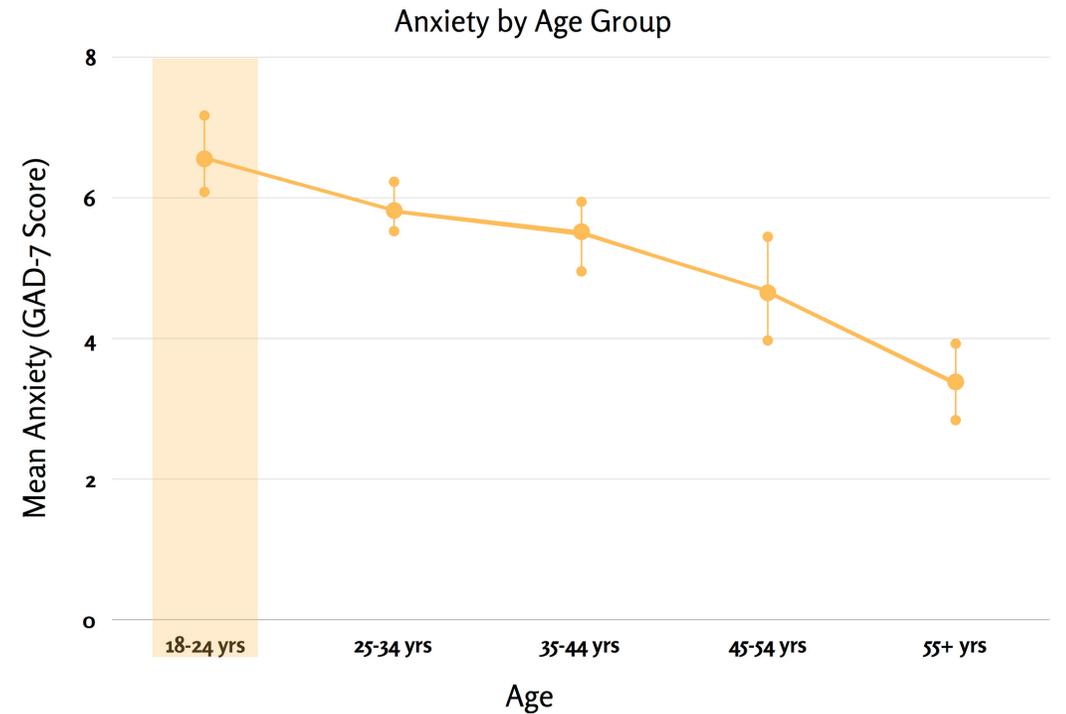
AGE FINDINGS

Overall, participants aged 18–24 were more severely affected than the other groups.



By Kyleigh Melville, Reina Kirpalani, Ketiki Prabhu, Laetitia Al Khoury

ANXIETY



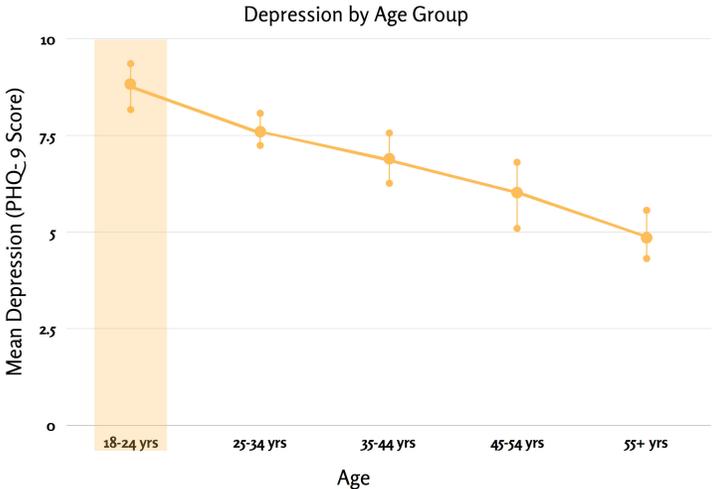
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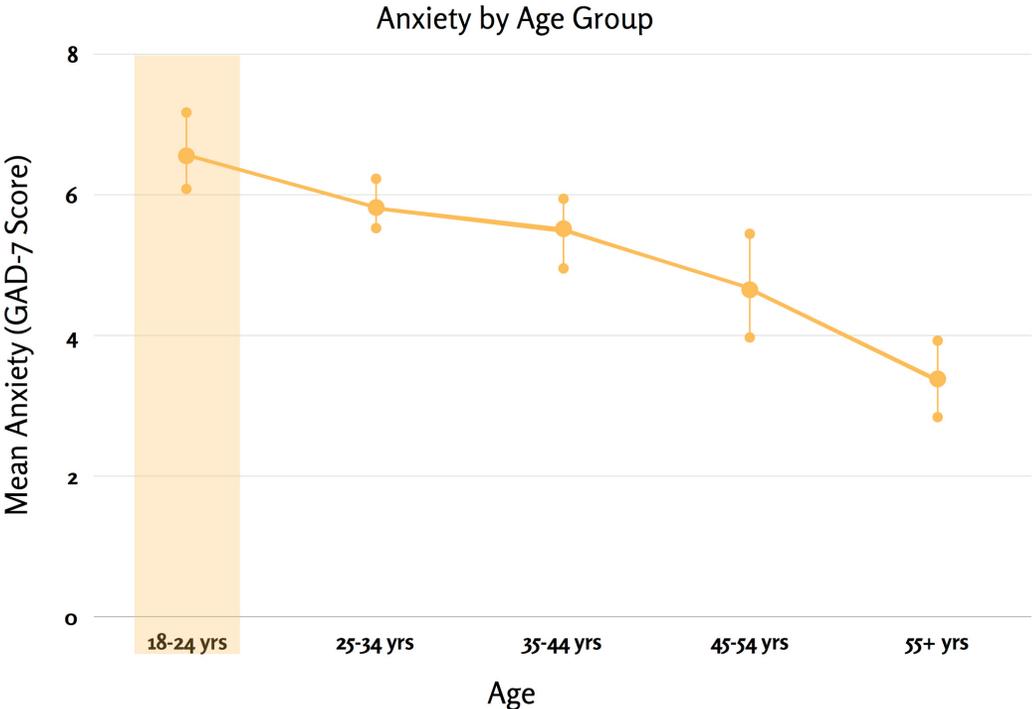


By Kyleigh Melville, Reina Kirpalani, Ketiki Prabhu, Laetitia Al Khoury

DEPRESSION



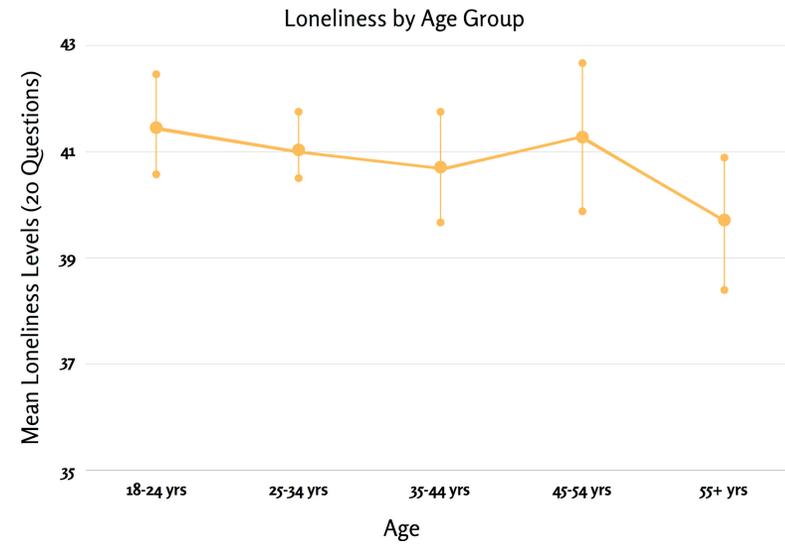
ANXIETY



Participants of all ages are affected by poorer sleep quality and loneliness.



LONELINESS



SLEEP

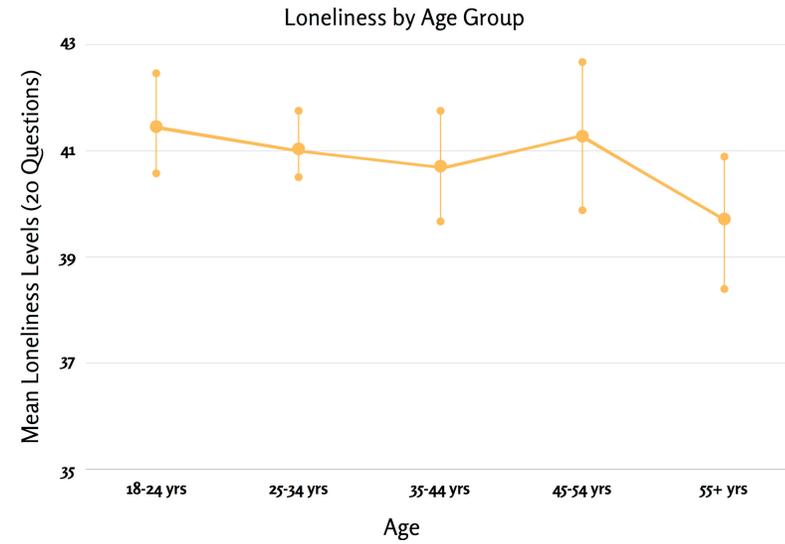
STRESS

MILD EXERCISE

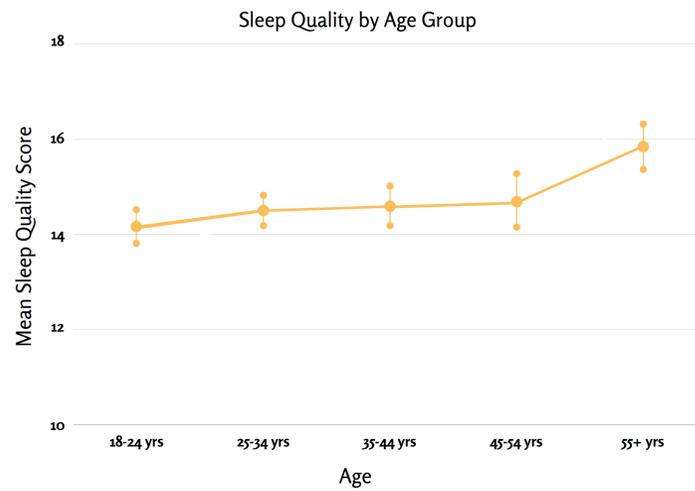
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LONELINESS



SLEEP



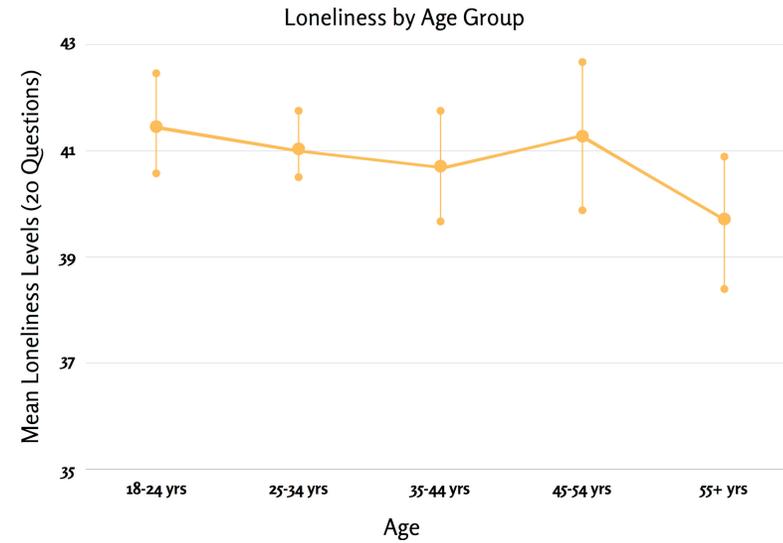
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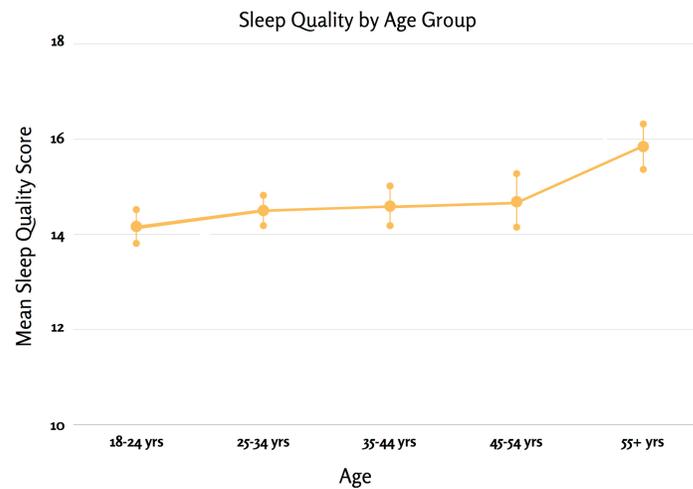
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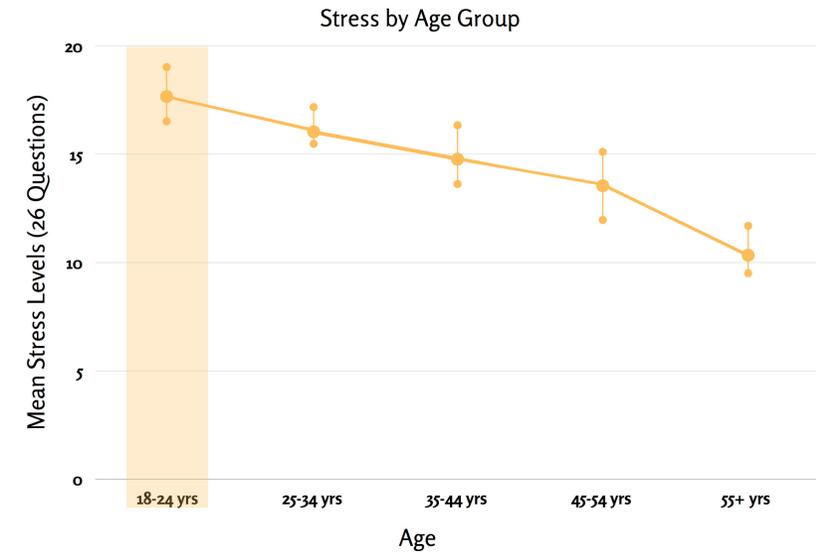
LONELINESS



SLEEP

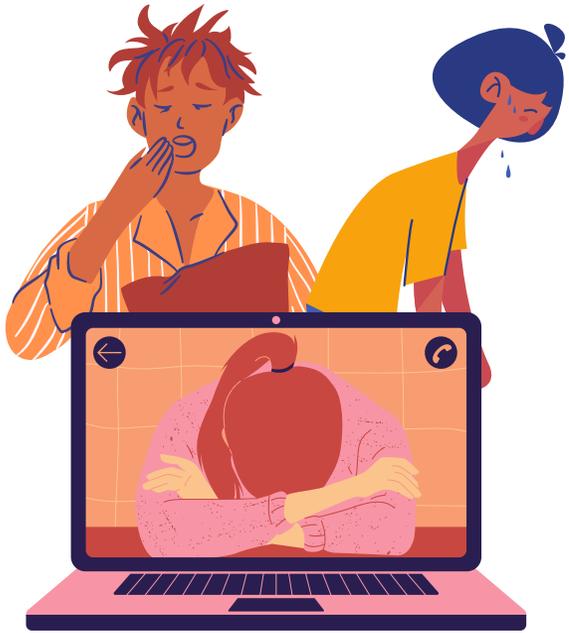


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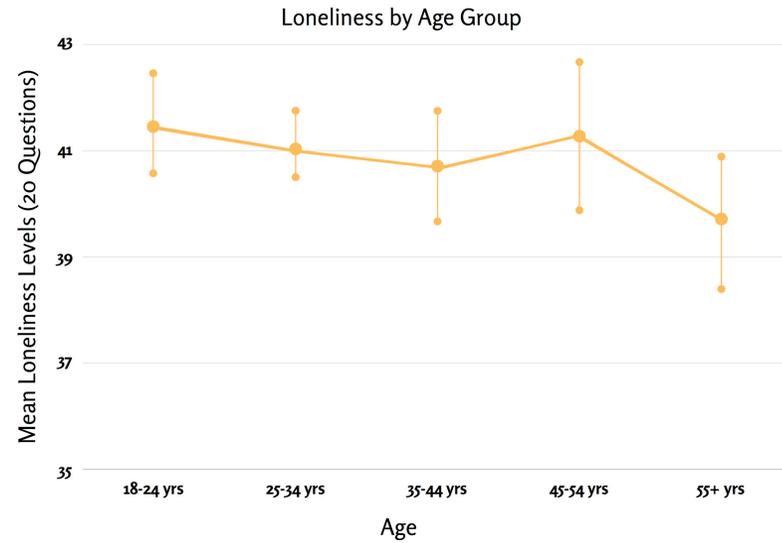


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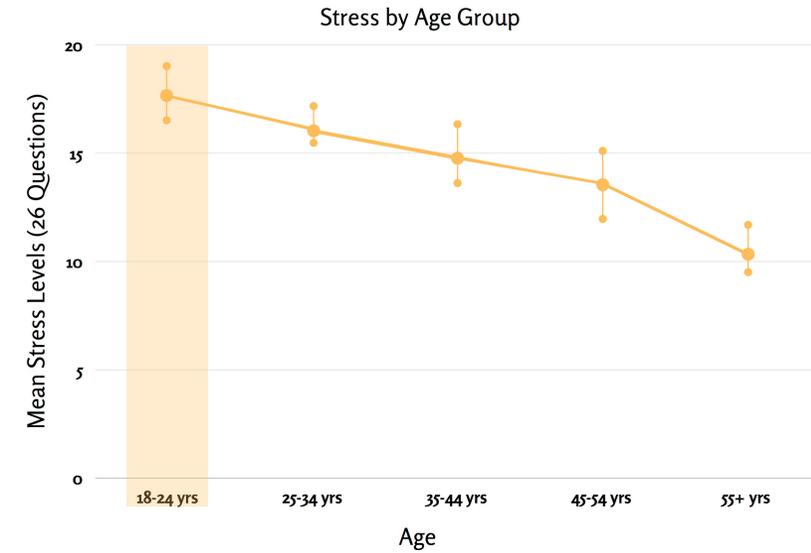
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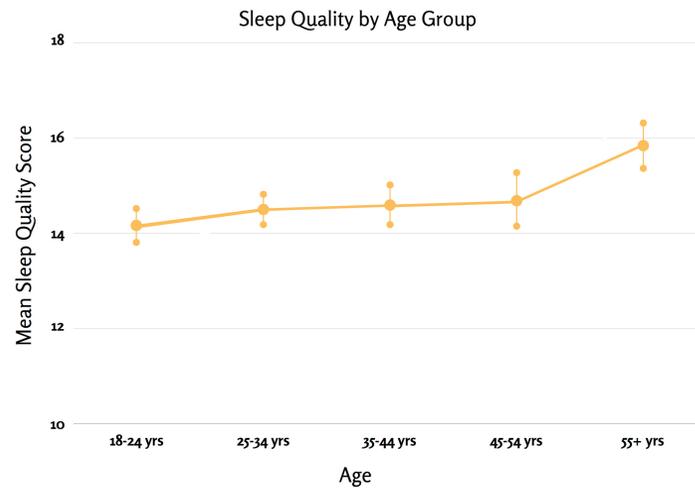
LONELINESS



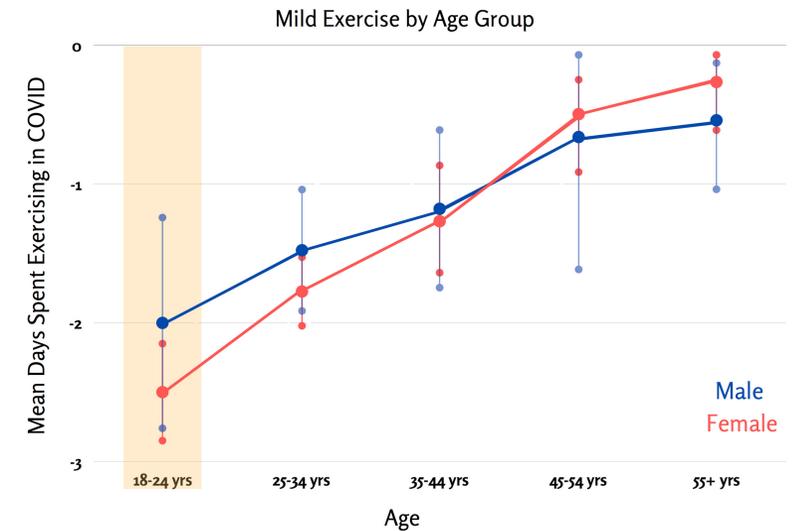
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SLEEP



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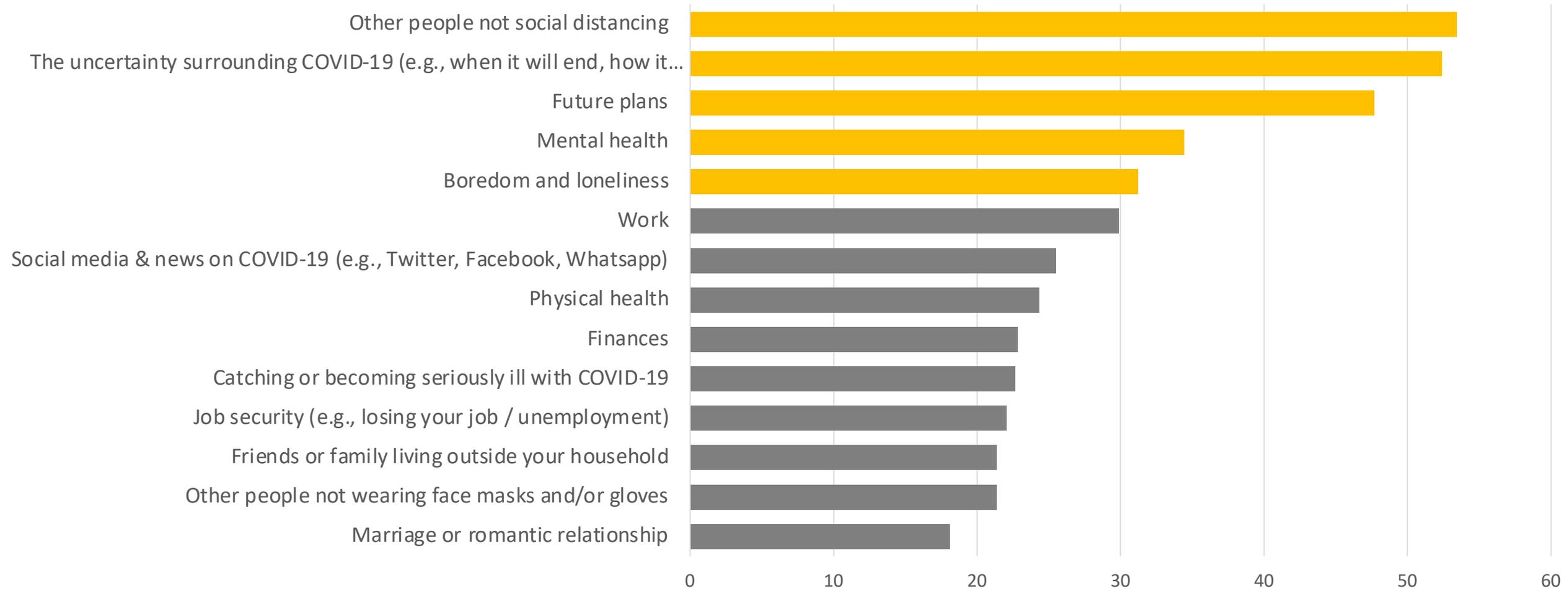


What has caused you the most stress? Has this changed?

Poll 3

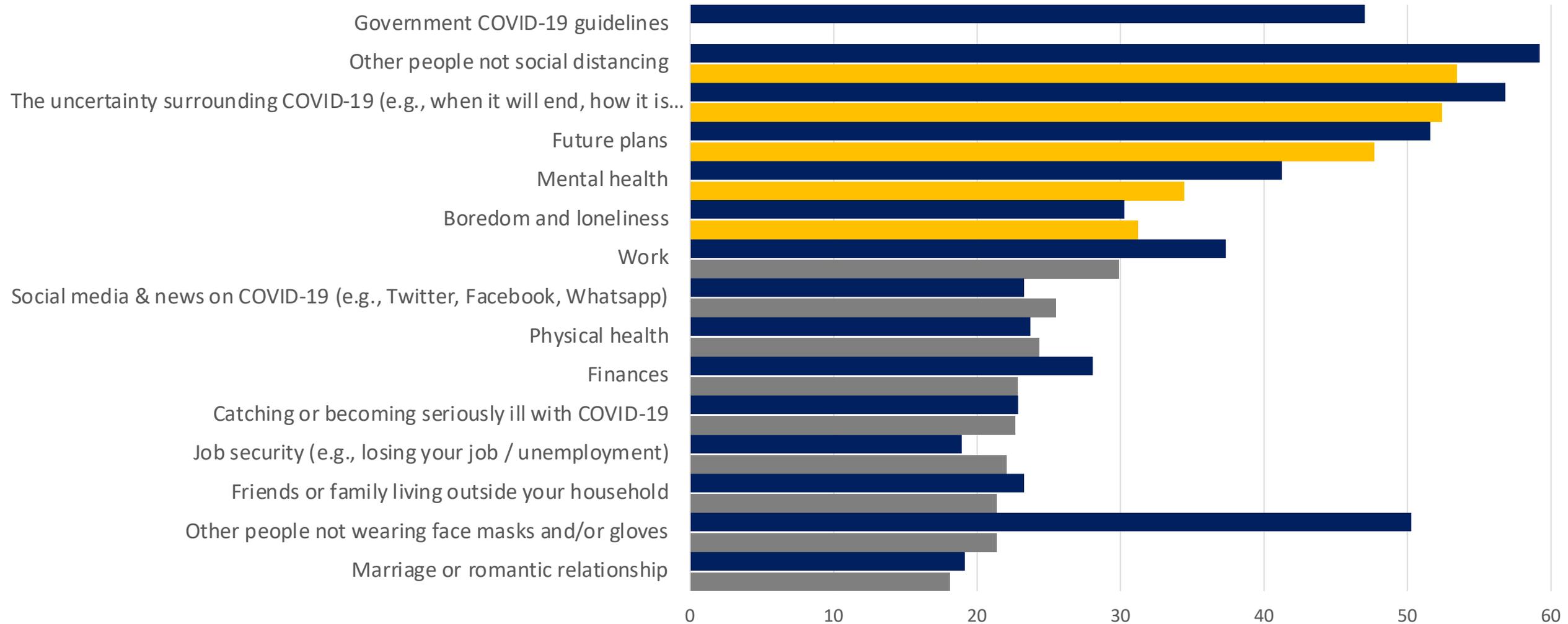
Lockdown 1

Source of stress (% endorsed, $N_1 = 1,774$)



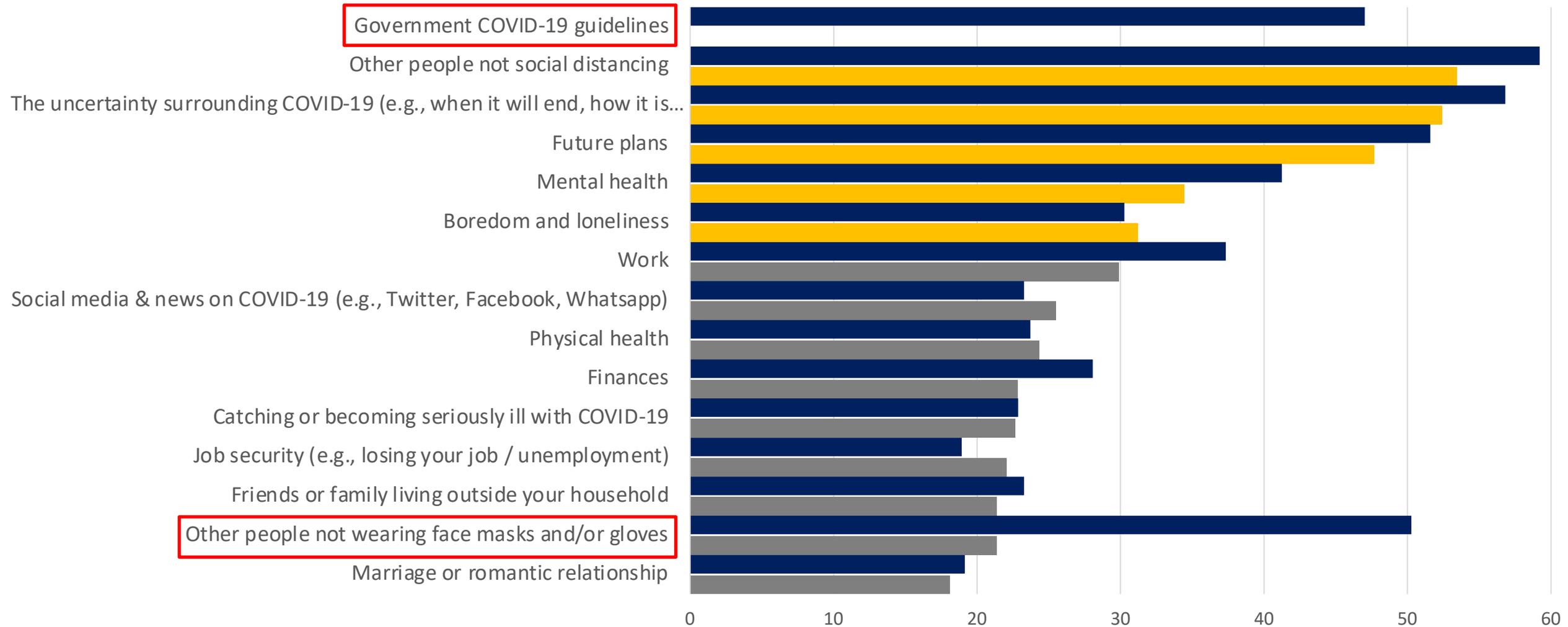
Lockdown 2

Source of stress (% endorsed, $N_1 = 1,774$, $N_2 = 919$)



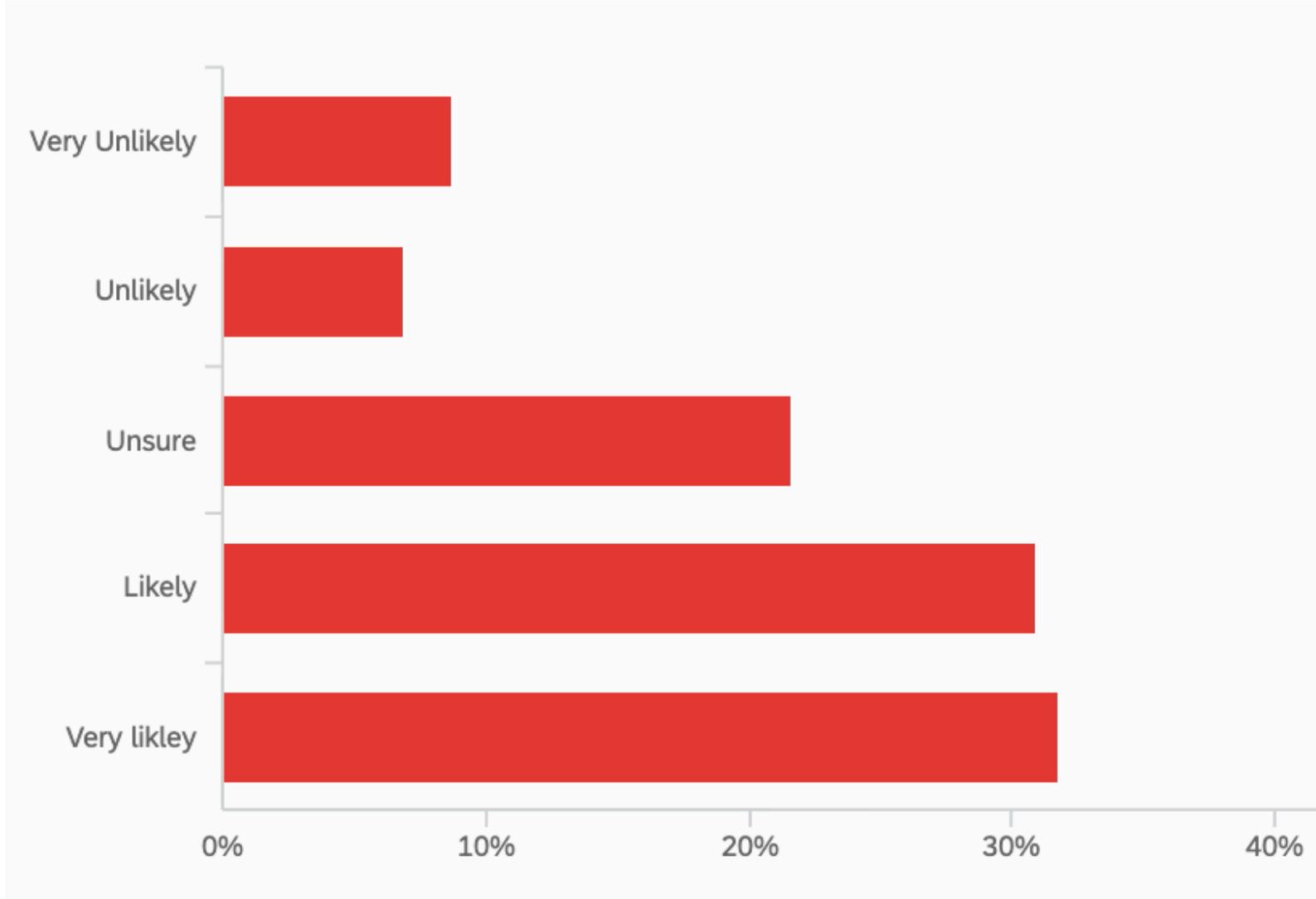
Lockdown 2

Source of stress (% endorsed, $N_1 = 1,774$, $N_2 = 919$)



Should a vaccine be available to you in the next couple of months, how likely are you to take it?

Poll 4



Our
participants
said:

Unsure

- “**I am unsure because I am vegan** and I know that COVID-19 vaccines are tested on animals - as well as humans - but humans get the choice of consenting to this. Animals do not. I am unaware how many animals have been tested and what the consequences were and this saddens me. I am however in a dilemma. Do I choose ethics over health? Tricky...”

Why?

Unlikely/Very Unlikely

- I am not in the high-risk group, I keep fit, healthy and considerate of my immune system. I also follow all the rules to protect other. **The vaccine is very new and I would prefer not to take it and continue looking after mine and others health as I have been so far.** I do take flu vaccine every year, had one this year already.
- **I don't really trust my government** to create such important tasks like this. Who knows how many corners they cut? They still implement a highly unreliable rapid tests as a clearance for traveling and other outdoor activities. I think that says a lot about their capability.
- I have already had covid and fully recovered. Although I think the vaccine is very necessary for society as a whole, **I am hesitant to put something in my body that has had such a short length of testing.**

Why?

Likely/Very Likely

- I would take the vaccine if it meant I could **guarantee the safety and the safety of my loved ones** as well as **travel freely**.
- **I believe in the science** behind vaccine development and believe in the importance of supporting others by doing my part to achieve herd immunity.
- It's the **right thing** to do and I want COVID to get under control as soon as possible. Downloading an app on my phone and getting vaccinated is the least I can do to honour the efforts of all the frontline workers who have and are **RISKING THEIR LIVES** to keep us all safe.

Why?

What are the positive
outcomes from the
pandemic?

Kindness
is
Magic

People spoke about...

- ✓ More **hygienic behaviour**
- ✓ People helping each other out, **working from home has helped people with certain conditions or needs...**
- ✓ **Solidarity and cohesion** between family members, friends, communities, neighbours etc.
- ✓ Being able to help others out in my **increased volunteering.**
- ✓ A greater majority of the global community just slowed down from the hustle and **appreciated their friends and family.**
- ✓ In the first lockdown there were **kind acts directed towards me and my NHS colleagues** (companies offering discounts, lunches, the clapping). This has dwindled as the 2nd lockdown approaches.

UK, USA, Australia

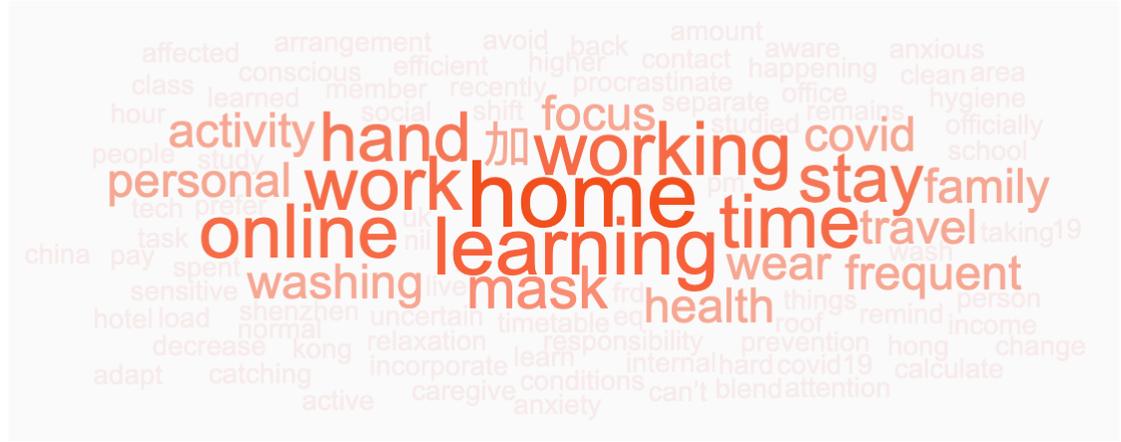
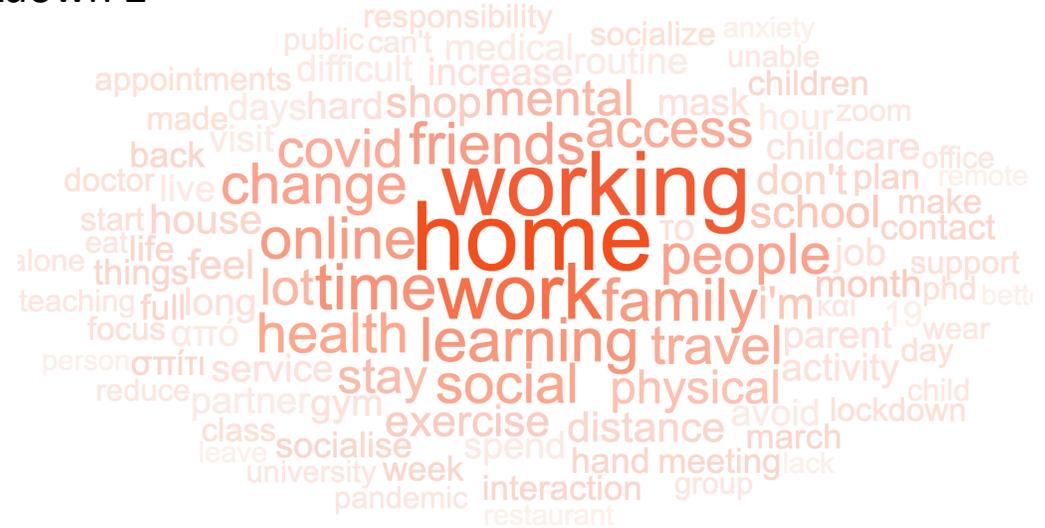
Hong Kong, Singapore, China

Lockdown 1



Q: How has the pandemic changed your behaviour?

Lockdown 2



UK & USA

Hong Kong & China

Lockdown 1



Q: What were some pleasant / unpleasant things you have observed during the pandemic?

Lockdown 2

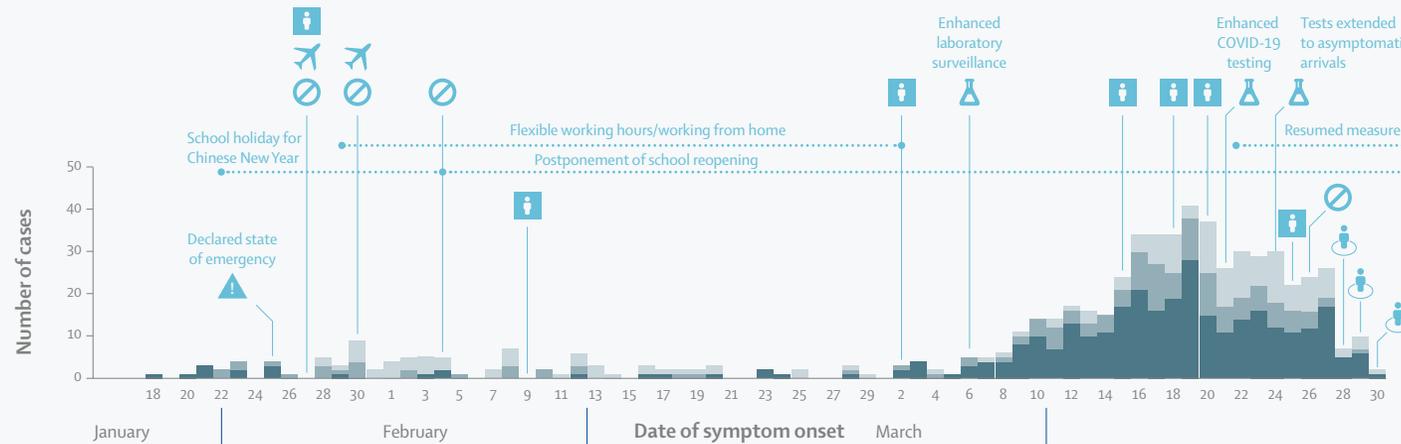


How have government guidelines impacted the population?

How public health measures and public behaviour changes limited the spread of COVID-19 in Hong Kong

- Entry restrictions**
The closure of border control points and barred entry from other regions
- Travel restrictions**
Flight reductions and suspensions, and non-essential travel alerts
- Quarantine**
Quarantine of people with recent travel history to high risk areas
- Physical distancing**
Community measures to restrict gathering of people and access to public spaces

Acquired infection outside of Hong Kong
 Cases could not be linked to any other case
 Secondary infections from imported or local cases



Behaviour changes:	74.5%	97.5%	98.8%	Mask use Avoidance of crowds
	61.3%	90.2%	85.1%	

Cowling *et al.* (2020)

Country	Do you wear a mask when you go out? (%)			What proportion of people in your community wear a mask? (M %)
	No	Sometimes	Yes	
L1 	60	24	16	27
L2 	17	34	49	43
L1 				
L2 				
L1 				
L2 				
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Notes. L1 = Lockdown 1 (17 April – 14 July); L2 = Lockdown 2 (17 Oct – now)

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L2 	9	26	52	65
L1 	46	36	18	33
L2 	6	16	78	60
L1 	8	22	70	72
L2 	3	9	88	80
L1 				
L2 				

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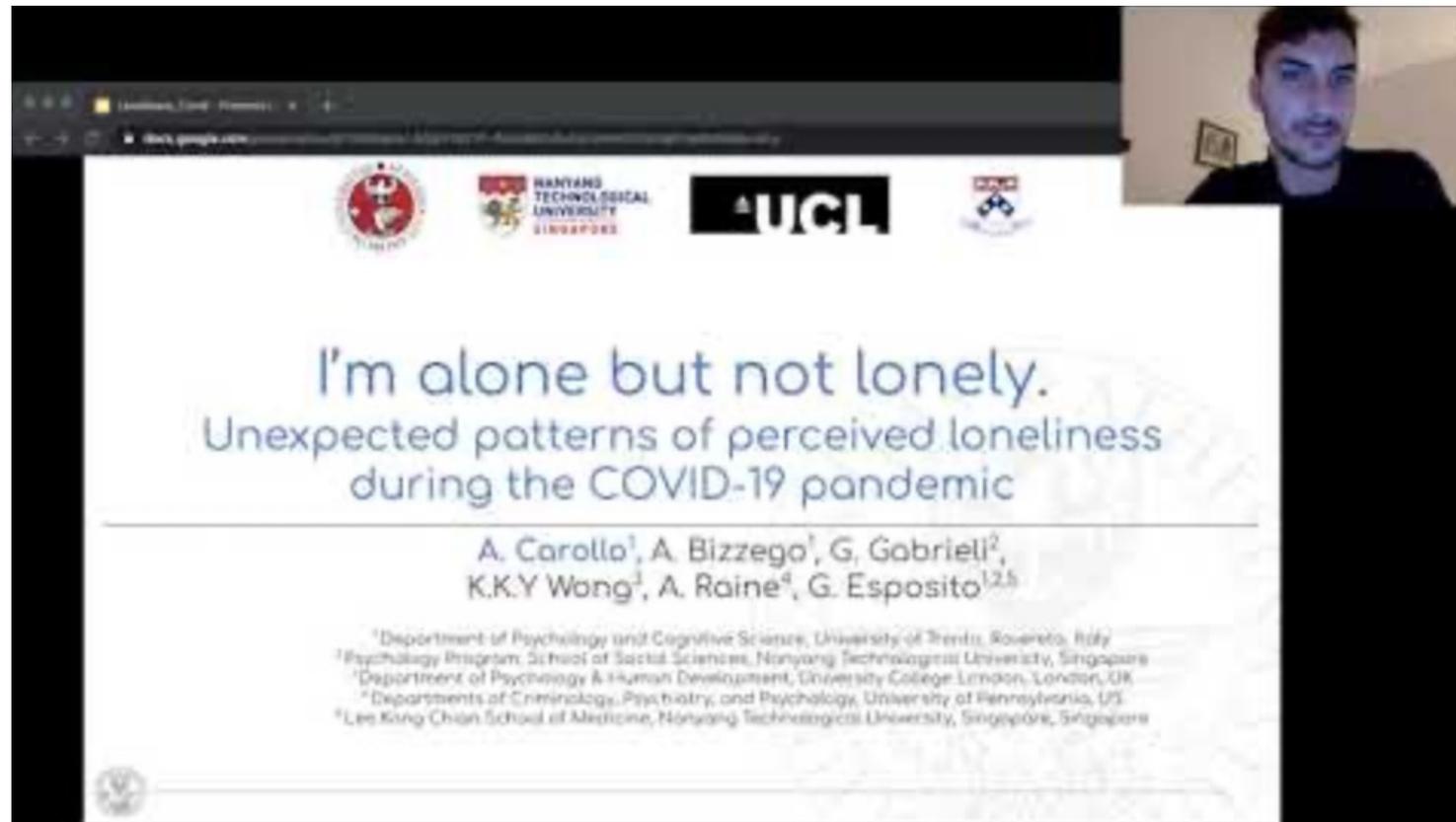
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L1		8	22	70	72
L2		3	9	88	80
L1		0	5	95	94
L2		0	0	100	100

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Loneliness is a key risk factor of lockdown

Carollo¹, Bizzego¹, Gabrieli, Wong, Raine, & Esposito (*under review*)

DOI: [10.1101/2020.11.26.20239103](https://doi.org/10.1101/2020.11.26.20239103)



The image shows a screenshot of a preprint paper on a screen. The paper title is "I'm alone but not lonely. Unexpected patterns of perceived loneliness during the COVID-19 pandemic". The authors listed are A. Carollo¹, A. Bizzego¹, G. Gabrieli², K.K.Y. Wong³, A. Raine⁴, and G. Esposito^{1,2,5}. The affiliations are: ¹Department of Psychology and Cognitive Science, University of Trento, Rovereto, Italy; ²Psychology Program, School of Social Sciences, Nanyang Technological University, Singapore; ³Department of Psychology & Human Development, University College London, London, UK; ⁴Departments of Criminology, Psychiatry, and Psychology, University of Pennsylvania, US; ⁵Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore, Singapore. The screen also shows logos for University of Trento, Nanyang Technological University, UCL, and another university. In the top right corner, there is a small video call window showing a man with a beard and short hair.

Q&A

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Extras

How do we cope and
recover from this?

HERE ARE SOME TIPS!

GlobalCOVIDStudy.com

Tips on how to take care of your mental health:

1. Reach out to friends and family
2. Daily exercise can boost endorphins
3. Be kind to yourself
4. Calm yourself with hobbies if you feel worked up
5. Let things go and take deep breaths
6. Work towards and focus on new opportunities



Click [here](#) for more information on grief in the Covid era.
Click [here](#) for more information on how to resolve arising conflicts in your households.



Tips on how to reduce stress:

1. Identify the sources of your stress
2. Focus on the moment, here and now
3. Use apps that can help you (Headspace, Aura, MyLife Meditation)

Click [here](#) for more information on the benefits of mindfulness!



Tips on how to get daily exercise:

1. Stick to a schedule ("I'll do 10 pushups every morning.")
2. Join a weekly Zoom workout class
3. Find a workout buddy!

Click [here](#) for more information on how to set healthy habits!



Other COVID Studies & Resources

www.GlobalCOVIDStudy.com

COVID Study Network Twitter @COVIDMinds

WHO database

Mental Health: UCL COVID Social Study (covidsocialstudy.org/), **teachers/WFH** (Prof. Alison Littlejohn), **young adults** (Better Together)

Families: Homeschooling ([resources](#)), Preschoolers (Oxford Co-SPYCE study), COVID SEN children (specialneeds covid.org/)

[Cambridge Global crime / Low compliance](#)

- BMJ
- Cambridge University Press
- Centers for Disease Control and Prevention
- Chinese Medical Association
- Cochrane
- Elsevier
- European Centre for Disease Prevention and Control (ECDC)
- JAMA Network
- The Lancet
- LITCOVID: US National Library of Medicine
- New England Journal of Medicine
- Oxford University Press
- PLOS
- Public Health England
- Science
- Springer Nature
- SSRN (Preprints)
- Wiley



YOUNGMINDS
fighting for young people's mental health



THE JO COX
FOUNDATION



Scale:

INSTRUCTIONS: Indicate how often each of the statements below is descriptive of you.

Statement	Never	Rarely	Sometimes	Often
*1. How often do you feel that you are "in tune" with the people around you?	1	2	3	4
2. How often do you feel that you lack companionship?	1	2	3	4
3. How often do you feel that there is no one you can turn to?	1	2	3	4
4. How often do you feel alone?	1	2	3	4
*5. How often do you feel part of a group of friends?	1	2	3	4
*6. How often do you feel that you have a lot in common with the people around you?	1	2	3	4
7. How often do you feel that you are no longer close to anyone?	1	2	3	4
8. How often do you feel that your interests and ideas are not shared by those around you?	1	2	3	4
*9. How often do you feel outgoing and friendly?	1	2	3	4
*10. How often do you feel close to people?	1	2	3	4
11. How often do you feel left out?	1	2	3	4
12. How often do you feel that your relationships with others are not meaningful?	1	2	3	4
13. How often do you feel that no one really knows you well?	1	2	3	4
14. How often do you feel isolated from others?	1	2	3	4
*15. How often do you feel you can find companionship when you want it?	1	2	3	4
*16. How often do you feel that there are people who really understand you?	1	2	3	4
17. How often do you feel shy?	1	2	3	4
18. How often do you feel that people are around you but not with you?	1	2	3	4
*19. How often do you feel that there are people you can talk to?	1	2	3	4
*20. How often do you feel that there are people you can turn to?	1	2	3	4

Scoring:

The items with an asterisk are reverse scored. Keep scoring on a continuous basis.



UCLA- Loneliness Scale