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Assessment of depressive symptoms in patients with covid-19 pneumonia**Olga Guskova***Tyumen Cardiology Research Center, Russia*

Statement of the problem: The condition defined as LongCOVID-19 or PostCOVID-19 is one of the most significant health problems of the population. It characterizes by continued persistence of symptoms, including respiratory, metabolic and neuropsychiatric disorders. COVID-19 pneumonia survivors often suffer from depressive spectrum disorders. There are various somatic and psychological manifestations of depressive conditions, which impact on social and labor aspects of patient life. Depression can result in alcohol addiction and decrease in prescribed therapy compliance. Depressive symptoms can course suicide behaviour in COVID-19 survivors. The purpose of the study is to estimate the prevalence and severity of depression symptoms 2 years after COVID-19 pneumonia in relation to the psych emotional condition and somatic health.

Methodology & theoretical orientation: We examined 84 COVID-19 survivors (51.2% female) according to the protocol of "One-year Cardiac Follow-up of Patients with COVID-19 Pneumonia". Patients were 56±9 years old. We used PHQ-9 (depression symptoms), SCL-90-R (posttraumatic symptoms), WCC (coping styles) and 5PFQ (personality characteristics).

Findings / Results: The relationship of depression symptoms intensity with CRP ($r=0.371$, $p=0.001$), fibrinogen ($r=0.531$, $p=0.000$) was revealed in 3 months after recovery, and ESR ($r=0.351$, $p=0.001$) in 26 months. In addition, low mood is associated with the personal characteristics: emotional instability ($r=0.392$, $p=0.000$) and self-control ($r=-0.258$, $p=0.018$), coping strategies of confrontation ($r=0.449$, $p=0.000$) and avoidance ($r=0.458$, $p=0.000$).

Conclusion: Indicators of depression are interrelated with inflammation and psychological characteristics represented by emotional instability and impulsivity, as well as coping strategies of confrontation, avoidance and responsibility acceptance.

Biography

Olga Guskova is a clinical psychologist and junior researcher at Tyumen Cardiology Research Center. The scientific field of interest is presented with exploration of COVID-19 pneumonia psychological consequences. An author of articles dedicated to mental health problems of COVID-19 survivors and a participant of multiple conferences.