

Presentations of Psychiatric Disorders Among Post COVID Patients

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ABSTRACT

Background: Serious threat to global mental health has been posed by the COVID-19. Following COVID-19, patients may experience long term psychiatric complications with increased prevalence of post-traumatic stress disorder (PTSD), depression, anxiety and neurocognitive impairment including impaired mental processing speed, memory, concentration and impaired attention.

Aims: To study the presentations of psychiatric disorders among post COVID patients attending psychiatry OPD in a tertiary care hospital.

Materials & Methods: The present cross-sectional study was conducted on post COVID patients who were receiving services at outpatient department (OPD) of Government Psychiatric Diseases Hospital Jammu. About 100 patients, 50 males and 50 females were selected for the study. The diagnosis of psychiatric disorders was made by consultant psychiatrist. Purpose of the study was explained to all participants and written informed consent was taken from them before entering into the study.

Results: 69% patients reported insomnia, 29% reported anxiety, 23% reported depression, 13% PTSD and 8% patients reported other psychiatric symptoms.

Conclusion: From present study we conclude that there is high prevalence of psychiatric disorders in post COVID patients. Hence there is urgent need for screening, early detection and treatment of psychiatric disorders among post COVID patients.

Keywords: Anxiety, Covid 19, Depression.

INTRODUCTION

In the year 2019, the world was surprised by the coronavirus disease (COVID-19) which arose somewhere in Wuhan province of 2019 and spread so rapidly worldwide, as a result of which World Health Organization (WHO) declared it as a global pandemic by March 2020.¹

Serious threat to global mental health has been posed by the COVID-19. Considerable increase in mental health issues among the vulnerable groups and general population has been suggested by multiple lines of evidences.^{2,3} It has been observed that peoples were under great psychological and physical pressure from COVID-19 as in addition to the risk of death this epidemic has also brought psychological pressure and bad memories which are hard to erase.⁴ Following COVID-19, patients may experience long term psychiatric complications with increased prevalence of post-traumatic stress disorder (PTSD), depression, anxiety and neurocognitive impairment including impaired mental processing speed, memory, concentration and impaired attention.⁵ Hence the present study was conducted to study the presentations of psychiatric disorders among post COVID patients attending psychiatry OPD in a tertiary care hospital

METHODOLOGY

The present cross-sectional study was conducted on post COVID patients who

were receiving services at outpatient department (OPD) of Government Psychiatric Diseases Hospital Jammu. About 100 patients, 50 males and 50 females were selected for the study. The diagnosis of psychiatric disorders were made by consultant psychiatrist. Purpose of the study was explained to all participants and written informed consent was taken from them before entering into the study.

Inclusion Criteria

Post COVID patients both male and female who give consent for participation in the study.

Exclusion Criteria

Such patients will be excluded from the study, who:

- are on Psychotropic's drugs
- who suffer from Psychiatric illness in past
- have history of any chronic disease
- do not give consent for the study.

STATISTICAL ANALYSIS

Analysis of data was done using statistical software MS Excel / SPSS version 17.0 for windows. Data presented as percentage (%) as discussed appropriate for quantitative and qualitative variables.

RESULTS

Table 1 shows that 69% patients reported insomnia, 29% reported anxiety, 23% reported depression, 13% PTSD and 8% patients reported other psychiatric symptoms.

Table 1 shows presentations of psychiatric disorders among post COVID patients

Psychiatric Symptoms	No. of patients	Percentage
Insomnia	69	69%
Anxiety	29	29%
Depression	23	23%
PTSD	13	13%
Others	8	8%

DISCUSSION

Among post COVID-19 patients the underlying mechanism of persistent psychiatric symptoms, including anxiety,

cognitive impairment, post-traumatic symptoms and depression are likely to be multifactorial which may include social isolation, stigma, intensive care unit stay, the direct effects of viral infection, corticosteroid therapy and the immunological response.⁶

The majority of the patients i.e. 69% who came to the psychiatry OPD presented with the symptom of insomnia. Our finding is in according with Saloni et al who also observed that 62.5% patients suffers from insomnia while being treated for covid 19.⁷ Similarly Huang et al had also reported that majority of the patients reports insomnia even up to six months following COVID-19.⁶

In the present study anxiety was observed in about 29% patients. Other studies had reported that the prevalence of anxiety in post covid patients can range from 26 to 31%.^{6,7}

Depression was observed in about 23% patients. Similar results were also observed in other studies.^{6,7}

Symptoms suggestive of PTSD were observed in about 13% patients. As per recent studies the prevalence rate of PTSD in post COVID patients may range from 5.8–20%.⁸⁻¹⁰

About 8% patients had reported other psychiatric symptoms which includes psychosis, fatigue memory impairment etc. our can be supported by Mao et al who also observed similar symptoms in survivors of SARS and Middle Eastern respiratory syndrome which are illnesses similar to COVID-19.¹¹

CONCLUSION

There is high prevalence of psychiatric disorders in survivors of COVID-19 as 69% patients reported insomnia, 29% anxiety, 23% depression, 13% PTSD and 8% patients reported other psychiatric disorders (8%). Hence there is urgent need for screening, early detection and treatment of psychiatric disorders among post COVID patients.

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Conflict of Interest: None

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