

# BÖLÜM 4

## COVID-19 Pandemisi Sürecinde Depresyon, Anksiyete ve Stres

Merve AKKUŞ<sup>1</sup>

COVID-19 pandemisi Mayıs 2022 itibariyle, dünya çapında 6 milyondan fazla insanın ölümden sorumlu olmuştur(1). Şiddetli akut solunum sendromu (SARS), domuz gribi (H1N1) ve Ebola gibi geçmişteki bulaşıcı hastalık salgınlarında artmış bir kaygı prevalansı gösterilmiştir(2, 3). Son iki yılda, COVID-19 pandemisi ile ilgili benzer bulgular geniş çapta yayınlanmıştır(4). COVID-19 pandemisi devam ederken, uzun vadeli ruh sağlığı etkileri henüz bilinmemektedir(5). SARS salgını sırasında, bir dizi literatür, SARS'ın ruh sağlığı sonuçlarının sadece ani olmadığı ve bulaşıcı salgına kıyasla gecikmeli olduğu sonucuna varmıştır(6-8). Bu sonuçlar, mevcut pandemiden bekleyebileceğimiz etkilerin göstergesi olabilir. 2003 SARS salgını sırasında yürütülen ileriye dönük bir çalışma, enfekte kişilerde stres, disfori, bozulmuş uyku ve

---

<sup>1</sup> Dr. Öğr. Üyesi, KütaHYa Sağlık Bilimleri Üniversitesi Evliya Çelebi Eğitim ve Araştırma Hastanesi Psikiyatri Kliniği, merveorhanakkus@gmail.com



Cinsiyet hem inflamatuvar durumu hem de depresif psikopatolojiyi etkiler. Erkekler COVID-19 açısından daha ciddi klinik ve buna bağlı olarak daha yüksek inflamatuvar yanıt riski altındayken, kadınların erkeklerden daha yüksek depresyon geliştirme riskine sahip olduğunu dikkate alınmalıdır(57, 58). Ayrıca, erkekler, kadınlarda gözlenenenden daha yüksek kronik subklinik sistemik inflamasyona yol açan, doğuştan gelen pro-inflamatuvar yolakların yaşa bağlı daha güçlü bir aktivasyonunu ifade etme eğilimindedir(59, 60). Bu nedenle, inflamatuvar biyobelirteç ararken bu değişkeni hesaba katmak birincil öneme sahiptir.

COVID-19 sonrası depresyon ve anksiyete semptomlarının artan yaygınlığı ve bu durumun işlevsellik üzerindeki etkisi göz önüne alındığında, COVID-19'dan kurtulanlara yönelik takip hizmetleri gerekliliği görülmektedir. COVID-19'dan kurtulanların ruh sağlığı açısından rutin değerlendirmesi, olası ruhsağlığı bozukluklarının hızlı teşhisi ve tedavisi sağlayacaktır.

## Kaynaklar

1. World Health Organisation <https://covid19.who.int/> 2022
2. Lee AM, Wong JG, McAlonan GM, Cheung V, Cheung C, Sham PC, et al. Stress and psychological distress among SARS survivors 1 year after the outbreak. *The Canadian Journal of Psychiatry*. 2007;52(4):233-40.
3. Lehmann M, Bruenahl CA, Addo MM, Becker S, Schmiedel S, Lohse AW, et al. Acute Ebola virus disease patient treatment and health-related quality of life in health care professionals: A controlled study. *Journal of psychosomatic research*. 2016;83:69-74.
4. Bendau A, Plag J, Kunas S, Wyka S, Ströhle A, Petzold MB. Longitudinal changes in anxiety and psychological distress, and associated risk and protective factors during the first three months of the COVID 19 pandemic in Germany. *Brain and behavior*. 2021;11(2):e01964.
5. Wu T, Jia X, Shi H, Niu J, Yin X, Xie J, et al. Prevalence of mental health problems during the COVID-19 pandemic: A systematic review and meta-analysis. *Journal of affective disorders*. 2021;281:91-8.



6. Chen R, Chou K-R, Huang Y-J, Wang T-S, Liu S-Y, Ho L-Y. Effects of a SARS prevention programme in Taiwan on nursing staff's anxiety, depression and sleep quality: a longitudinal survey. *International journal of nursing studies*. 2006;43(2):215-25.
7. Lancee WJ, Maunder RG, Goldbloom DS. Prevalence of psychiatric disorders among Toronto hospital workers one to two years after the SARS outbreak. *Psychiatric services*. 2008;59(1):91-5.
8. Mak IWC, Chu CM, Pan PC, Yiu MGC, Chan VL. Long-term psychiatric morbidities among SARS survivors. *General hospital psychiatry*. 2009;31(4):318-26.
9. Chua SE, Cheung V, McAlonan GM, Cheung C, Wong JW, Cheung EP, et al. Stress and psychological impact on SARS patients during the outbreak. *The Canadian Journal of Psychiatry*. 2004;49(6):385-90.
10. Cheng SK, Wong C, Tsang J, Wong K. Psychological distress and negative appraisals in survivors of severe acute respiratory syndrome (SARS). *Psychological medicine*. 2004;34(7):1187-95.
11. Wu KK, Chan SK, Ma TM. Posttraumatic stress, anxiety, and depression in survivors of severe acute respiratory syndrome (SARS). *Journal of Traumatic Stress: Official Publication of The International Society for Traumatic Stress Studies*. 2005;18(1):39-42.
12. Lam MH-B, Wing Y-K, Yu MW-M, Leung C-M, Ma RC, Kong AP, et al. Mental morbidities and chronic fatigue in severe acute respiratory syndrome survivors: long-term follow-up. *Archives of internal medicine*. 2009;169(22):2142-7.
13. Holmes EA, O'Connor RC, Perry VH, Tracey I, Wessely S, Arseneault L, et al. Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science. *The Lancet Psychiatry*. 2020;7(6):547-60.
14. Qin X, Shu K, Wang M, Chen W, Huang M, Yang A, et al. Mental health status of patients with coronavirus disease 2019 in Changsha. *Zhong Nan Da Xue Xue Bao Yi Xue Ban*. 2020:657-64.
15. Guo Q, Zheng Y, Shi J, Wang J, Li G, Li C, et al. Immediate psychological distress in quarantined patients with COVID-19 and its association with peripheral inflammation: a mixed-method study. *Brain, behavior, and immunity*. 2020;88:17-27.
16. Mazza MG, De Lorenzo R, Conte C, Poletti S, Vai B, Bollettini I, et al. Anxiety and depression in COVID-19 survivors: Role of inflammatory and clinical predictors. *Brain, behavior, and immunity*. 2020;89:594-600.
17. Bo H-X, Li W, Yang Y, Wang Y, Zhang Q, Cheung T, et al. Posttraumatic stress symptoms and attitude toward crisis mental health services among clinically stable patients with COVID-19 in China. *Psychological medicine*. 2021;51(6):1052-3.



18. Tian F, Li H, Tian S, Yang J, Shao J, Tian C. Psychological symptoms of ordinary Chinese citizens based on SCL-90 during the level I emergency response to COVID-19. *Psychiatry research*. 2020;288:112992.
19. Wang C, Pan R, Wan X, Tan Y, Xu L, Ho CS, et al. Immediate psychological responses and associated factors during the initial stage of the 2019 coronavirus disease (COVID-19) epidemic among the general population in China. *International journal of environmental research and public health*. 2020;17(5):1729.
20. Tang W, Hu T, Hu B, Jin C, Wang G, Xie C, et al. Prevalence and correlates of PTSD and depressive symptoms one month after the outbreak of the COVID-19 epidemic in a sample of home-quarantined Chinese university students. *Journal of affective disorders*. 2020;274:1-7.
21. McGinty EE, Presskreischer R, Han H, Barry CL. Psychological distress and loneliness reported by US adults in 2018 and April 2020. *Jama*. 2020;324(1):93-4.
22. Liu N, Zhang F, Wei C, Jia Y, Shang Z, Sun L, et al. Prevalence and predictors of PTSS during COVID-19 outbreak in China hardest-hit areas: Gender differences matter. *Psychiatry research*. 2020;287:112921.
23. Amass T, Van Scoy LJ, Hua M, Ambler M, Armstrong P, Baldwin MR, et al. Stress-Related Disorders of Family Members of Patients Admitted to the Intensive Care Unit With COVID-19. *JAMA Internal Medicine*. 2022.
24. Galea S, Merchant RM, Lurie N. The mental health consequences of COVID-19 and physical distancing: the need for prevention and early intervention. *JAMA internal medicine*. 2020;180(6):817-8.
25. Rogers JP, Chesney E, Oliver D, Pollak TA, McGuire P, Fusar-Poli P, et al. Psychiatric and neuropsychiatric presentations associated with severe coronavirus infections: a systematic review and meta-analysis with comparison to the COVID-19 pandemic. *The Lancet Psychiatry*. 2020;7(7):611-27.
26. Sommer IE, Bakker PR. What can psychiatrists learn from SARS and MERS outbreaks? *The Lancet Psychiatry*. 2020;7(7):565-6.
27. Stam H, Stucki G, Bickenbach J. Covid-19 and post intensive care syndrome: a call for action. *Journal of rehabilitation medicine*. 2020.
28. Nagarajan R, Krishnamoorthy Y, Basavarachar V, Dakshinamoorthy R. Prevalence of post-traumatic stress disorder among survivors of severe COVID-19 infections: A systematic review and meta-analysis. *Journal of affective disorders*. 2022;299:52-9.
29. Zhou J, Liu L, Xue P, Yang X, Tang X. Mental health response to the COVID-19 outbreak in China. *American Journal of Psychiatry*. 2020;177(7):574-5.
30. Costa M, Pavlo A, Reis G, Ponte K, Davidson L. COVID-19 concerns among persons with mental illness. *Psychiatric Services*. 2020;71(11):1188-90.



31. Vai B, Mazza MG, Colli CD, Foiselle M, Allen B, Benedetti F, et al. Mental disorders and risk of COVID-19-related mortality, hospitalisation, and intensive care unit admission: a systematic review and meta-analysis. *The Lancet Psychiatry*. 2021;8(9):797-812.
32. Teixeira AL, Krause TM, Ghosh L, Shahani L, Machado-Vieira R, Lane SD, et al. Analysis of COVID-19 infection and mortality among patients with psychiatric disorders, 2020. *JAMA network open*. 2021;4(11):e2134969-e.
33. Al-Aly Z, Xie Y, Bowe B. High-dimensional characterization of post-acute sequelae of COVID-19. *Nature*. 2021;594(7862):259-64.
34. Khraisat B, Toubasi A, AlZoubi L, Al-Sayegh T, Mansour A. Meta-analysis of prevalence: the psychological sequelae among COVID-19 survivors. *International Journal of Psychiatry in Clinical Practice*. 2021:1-10.
35. Spector PE, Fox S, Penney LM, Bruursema K, Goh A, Kessler S. The dimensionality of counterproductivity: Are all counterproductive behaviors created equal? *Journal of vocational behavior*. 2006;68(3):446-60.
36. Mazza MG, Palladini M, De Lorenzo R, Magnaghi C, Poletti S, Furlan R, et al. Persistent psychopathology and neurocognitive impairment in COVID-19 survivors: effect of inflammatory biomarkers at three-month follow-up. *Brain, behavior, and immunity*. 2021;94:138-47.
37. Taquet M, Geddes JR, Husain M, Luciano S, Harrison PJ. 6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records. *The Lancet Psychiatry*. 2021;8(5):416-27.
38. Ceban F, Nogo D, Carvalho IP, Lee Y, Nasri F, Xiong J, et al. Association between mood disorders and risk of COVID-19 infection, hospitalization, and death: a systematic review and meta-analysis. *JAMA psychiatry*. 2021;78(10):1079-91.
39. Troyer EA, Kohn JN, Hong S. Are we facing a crashing wave of neuropsychiatric sequelae of COVID-19? Neuropsychiatric symptoms and potential immunologic mechanisms. *Brain, behavior, and immunity*. 2020;87:34-9.
40. Passavanti M, Argentieri A, Barbieri DM, Lou B, Wijayaratna K, Mirhosseini ASF, et al. The psychological impact of COVID-19 and restrictive measures in the world. *Journal of affective disorders*. 2021;283:36-51.
41. Deng J, Zhou F, Hou W, Silver Z, Wong CY, Chang O, et al. The prevalence of depression, anxiety, and sleep disturbances in COVID-19 patients: a meta-analysis. *Annals of the New York Academy of Sciences*. 2021;1486(1):90-111.
42. Liu C, Pan W, Li L, Li B, Ren Y, Ma X. Prevalence of depression, anxiety, and insomnia symptoms among patients with COVID-19: A meta-a-



- analysis of quality effects model. *Journal of Psychosomatic Research*. 2021;147:110516.
43. Dong F, Liu H-l, Dai N, Yang M, Liu J-p. A living systematic review of the psychological problems in people suffering from COVID-19. *Journal of affective disorders*. 2021;292:172-88.
  44. Walker J, Burke K, Wanat M, Fisher R, Fielding J, Mulick A, et al. The prevalence of depression in general hospital inpatients: a systematic review and meta-analysis of interview-based studies. *Psychological medicine*. 2018;48(14):2285-98.
  45. Wang J, Wu X, Lai W, Long E, Zhang X, Li W, et al. Prevalence of depression and depressive symptoms among outpatients: a systematic review and meta-analysis. *BMJ open*. 2017;7(8):e017173.
  46. Santomauro DF, Herrera AMM, Shadid J, Zheng P, Ashbaugh C, Pigott DM, et al. Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. *The Lancet*. 2021;398(10312):1700-12.
  47. Mattioli F, Stampatori C, Righetti F, Sala E, Tomasi C, De Palma G. Neurological and cognitive sequelae of Covid-19: a four month follow-up. *Journal of neurology*. 2021;268(12):4422-8.
  48. Poletti S, Palladini M, Mazza MG, De Lorenzo R, Furlan R, Ciceri F, et al. Long-term consequences of COVID-19 on cognitive functioning up to 6 months after discharge: role of depression and impact on quality of life. *European archives of psychiatry and clinical neuroscience*. 2021:1-10.
  49. Gouraud C, Bottemanne H, Lahlou-Laforêt K, Blanchard A, Günther S, Batti SE, et al. Association between psychological distress, cognitive complaints, and neuropsychological status after a severe Covid-19 infection: a cross-sectional study. *Frontiers in Psychiatry*. 2021:1530.
  50. Alnefeesi Y, Siegel A, Lui LM, Teopiz KM, Ho R, Lee Y, et al. Impact of SARS-CoV-2 infection on cognitive function: a systematic review. *Frontiers in psychiatry*. 2021:1629.
  51. Poletti S, Mazza MG, Calesella F, Vai B, Lorenzi C, Manfredi E, et al. Circulating inflammatory markers impact cognitive functions in bipolar depression. *Journal of Psychiatric Research*. 2021;140:110-6.
  52. Townsend L, Dyer AH, Jones K, Dunne J, Mooney A, Gaffney F, et al. Persistent fatigue following SARS-CoV-2 infection is common and independent of severity of initial infection. *PloS one*. 2020;15(11):e0240784.
  53. Al-Jassas HK, Al-Hakeim HK, Maes M. Intersections between pneumonia, lowered oxygen saturation percentage and immune activation mediate depression, anxiety, and chronic fatigue syndrome-like symptoms due to COVID-19: A nomothetic network approach. *Journal of Affective Disorders*. 2022;297:233-45.



54. Ceban F, Ling S, Lui LM, Lee Y, Gill H, Teopiz KM, et al. Fatigue and cognitive impairment in Post-COVID-19 Syndrome: A systematic review and meta-analysis. *Brain, behavior, and immunity*. 2022;101:93-135.
55. Mazza MG, Palladini M, Poletti S, Benedetti F. Post-COVID-19 Depressive Symptoms: Epidemiology, Pathophysiology, and Pharmacological Treatment. *CNS drugs*. 2022:1-22.
56. Benedetti F, Palladini M, Paolini M, Melloni E, Vai B, De Lorenzo R, et al. Brain correlates of depression, post-traumatic distress, and inflammatory biomarkers in COVID-19 survivors: A multimodal magnetic resonance imaging study. *Brain, behavior, & immunity-health*. 2021;18:100387.
57. Peckham H, de Gruijter NM, Raine C, Radziszewska A, Ciurtin C, Wedderburn LR, et al. Male sex identified by global COVID-19 meta-analysis as a risk factor for death and ITU admission. *Nature communications*. 2020;11(1):1-10.
58. Albert PR. Why is depression more prevalent in women? *Journal of psychiatry & neuroscience: JPN*. 2015;40(4):219.
59. Márquez EJ, Chung C-h, Marches R, Rossi RJ, Nehar-Belaid D, Eroglu A, et al. Sexual-dimorphism in human immune system aging. *Nature communications*. 2020;11(1):1-17.
60. Bonafè M, Olivieri F, Cavallone L, Giovagnetti S, Marchegiani F, Cardelli M, et al. A gender-dependent genetic predisposition to produce high levels of IL-6 is detrimental for longevity. *European journal of immunology*. 2001;31(8):2357-61.