

COVID-19

The COVID-19 pandemic brought unparalleled levels of uncertainty and disruption to our lives. While the full impact of the pandemic is yet to be fully understood, there is evidence that it had significant adverse effects on Australians' mental health and wellbeing. Increasing rates of psychological distress, relationship breakdowns, domestic violence, social isolation and loneliness were well documented. Interestingly, the impacts were not uniform in their severity or duration. Vulnerable populations fared worse – children and adolescents, the elderly, CALD communities and those already experiencing challenges in their lives were observed to be disproportionately affected by the pandemic.

QAMH has collated a number of reports and research articles exploring the nuances of these impacts. We will continue to add to these resources as new evidence becomes available.

Resource Links

- **Mental Health and wellbeing during the COVID-19 period**

[Microsoft Word - Mental health and wellbeing during the COVID-19 period - For web.docx \(anu.edu.au\)](#)

The Australian National University's research shows that stricter lockdowns in response to COVID-19 led to higher loss in life satisfaction and worse mental health and wellbeing outcomes. The study also found that higher case numbers and deaths caused by COVID-19 had a negative impact on people's wellbeing, but to a lesser extent than lockdowns.

- **Mental Health in other communities during the pandemic**

[Mental Health during the COVID-19 Pandemic in Italian, Turkish and Vietnamese Communities Final Report.PDF \(embracementalhealth.org.au\)](#)

Mental Health Australia commissioned research to investigate the mental health of the Italian, Turkish and Vietnamese communities over the course of the COVID-19 pandemic. This fascinating report details the research findings and recommendations.

- **The Australian Human Rights Commission – children's experiences**

['Mental health shapes my life': COVID-19 and kids' wellbeing 2022 \(apo.org.au\)](#)

This report from the Australian Human Rights Commission explores children's experiences of the COVID-19 pandemic and the adverse effects on their mental health and wellbeing. Surveys were undertaken with children, and parents/guardians and grandparents in early

2022. The findings not only provide an opportunity to listen to the voices of children but will guide national policy priorities in the future.

- **Prevalence of neurological and psychiatric diagnoses**

[Neurological and psychiatric risk trajectories after SARS-CoV-2 infection: an analysis of 2-year retrospective cohort studies including 1 284 437 patients - The Lancet Psychiatry](#)

This study, published in the Lancet Psychiatry, tracked the prevalence of neurological and psychiatric diagnoses in people diagnosed with COVID. While results were mixed, it did find that the risk of psychosis, though mostly still low, remained elevated throughout the two years after COVID infection. This ongoing risk also applied to children.