



"Una manera de hacer Europa"

## Identificación del proyecto

MIND/COVID-19: Mental health Impact and Needs associated with COVID-19: a comprehensive national evaluation in Spain (EXPTE. COV20/00711)

## Descripción del proyecto

Web URL: <https://www.mindcovid.org>

### SUMMARY OF PROJECT

A prospective cohort study of three groups: (1) COVID-19 cases or close contacts recently isolated or quarantined; (2) healthcare workers; and (3) the general population, including both adults and children/adolescents. Recruitment through epidemiologic surveillance services, hospitals, primary care centers in 6 Spanish Autonomous Communities (groups 1 & 2), a panel survey (group 3 - adults), and snowball sampling through social media (group 3 - children/adolescents). Web-based surveys at baseline and 6-month follow-up assess: current living and employment status; COVID-19 infection status; mental health (post-traumatic stress, panic, depression, anxiety, alcohol use, suicidality; services use); psychological functioning; health and quality of life. Specific modules focus on impact of isolation or quarantine (group 1) and care for COVID-19 patients (group 2). Children/adolescents receive adapted modules. Smartphone-based daily brief surveys among groups 1 & 2 will provide additional assessment of main outcomes in the two weeks following baseline assessment.

**BACKGROUND:** Previous research on infectious disease outbreaks found substantial mental health impact among cases placed under isolation or quarantine, among healthcare workers managing the outbreaks, and in the general population. Mental disorders expected to rise during and after viral outbreaks include anxiety disorders, especially post-traumatic stress disorder, as well as depression, and suicidality. The magnitude of the ongoing 2019 novel coronavirus disease (COVID-19) pandemic points to the urgent need to quantify mental health impact of the outbreak. Epidemiological research enables rapid health needs assessment to benchmark the ongoing onset and persistence of adverse mental health outcomes in the population, and to provide situational awareness, i.e., essential information to understand current and mid-term mental healthcare needs, plan adequate responses, and allocate appropriate resources.

**OBJECTIVES:** The primary objectives of the proposed project are to: 1. assess the mental health impact of the COVID-19 outbreak among cases or close contacts recently isolated or quarantined, healthcare workers, and the general population; 2. identify risk and protective factors for adverse mental health onset and persistence; 3. quantify the use of available mental health resources; and 4. quantify unmet mental healthcare needs. These objectives will be achieved both at the short-term (2 weeks) and the medium term (6 months). The secondary objectives of the proposed project are to: 1. assess the potential benefits of using available mental health resources; and 2. provide a reference point (benchmark) and evolution over time for future longterm research on COVID-19 related mental health impact in the population. The project is part of an ongoing international effort to collect cross-nationally comparable data on the mental health impact of the COVID-19 pandemic (World Mental Health Surveys).

**METHODS: STUDY DESIGN:** a prospective cohort study in Spain, i.e., a baseline and 6-month follow-up web-based survey. Three population groups are assessed: recently isolated or quarantined COVID-19 cases; healthcare workers, including those directly exposed to COVID-19 patients; and a representative sample of the general adult population (including those tele-working and working outside of home) and children/adolescents. Cases, close contacts and healthcare workers receive smartphone-based daily brief surveys (two-week period) following the baseline survey.

following the baseline survey.

**RECRUITMENT OF PARTICIPANTS:** Recently isolated or quarantined cases and close contacts are recruited through a large convenience sample of local and regional epidemiologic surveillance services and healthcare facilities (hospitals and primary care centers). Healthcare workers are recruited through a large convenience sample of healthcare facilities and consists in these facilities providing anonymous links to the survey through healthcare worker email lists. Groups 1 and 2 are recruited in 6 Spanish Autonomous Communities. The Spanish general adult population is surveyed using a panel sample by a specialized company that provides web-based survey research services using predesigned quota sampling with the same distribution as the general population in terms of age, sex and region. Children/adolescents are recruited through snowball sampling through internet and social media.

**ASSESSMENT PROTOCOL:** Baseline assessment consists of web-based self-report surveys. Upon completion of the baseline survey, group 1 and 2 participants are invited for smartphone-based daily brief surveys (two-week period; daily response time ~3-5 minutes) which consists of daily flash questions. All baseline participants are assessed at 6 month follow-up using web-based self-report surveys similar to the baseline instrument. At follow-up, groups 1 and 2 also receive more extensive clinical screeners that allow to accurately assess common psychiatric disorders. Children/adolescents

Financiación

INSTITUTO DE SALUD CARLOS III

330.293,0

**Este proyecto está cofinanciado por el Fondo Europeo de Desarrollo Regional (FEDER). "Una manera de hacer Europa"**