



NEVERMIND

Newsletter

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Issue 7

Mental Health During COVID-19



As Covid-19 continues to be a disruptive part of our day-to-day life, and factors such as uncertainty contribute towards concerns over our mental health. A staggering average of 38.58% of people living in the UK (based on an average for May as at 28th May 2020) are worried about their mental health due to the Covid-19 pandemic¹. This figure raises concerns on the potential impact this could have on society. Furthermore, one study into behavioural changes during the pandemic identified that 57% of people

surveyed in the UK at some point of the pandemic so far felt down, depressed, or hopeless about the future². There are various forces in play that are influencing mental health worries, including: loss of job/fear of losing job, financial struggles; typically influenced by the continuous media reporting leading to worry and insecurity³.

Whilst these factors will affect adults primarily, children are not immune to the mental health complications from Covid-19. Factors such as school closure and social distancing have taken away a sense of structure and social support that is typically

Recent updates from the NEVERMIND Team!



The NEVERMIND consortium have been granted a project extension until September 2020.

integral to positive well-being development⁴. The fear and disruption effecting children may in turn see them turn to their parents for comfort and attention, which their parents may not be able to fully provide due to their own pressures.

Additionally, elderly people are another category at a high level of risk for mental health problems during Covid-19. The level of fear is increased

¹ <https://www.statista.com/statistics/1109207/covid-19-pandemic-share-of-persons-worried-about-their-mental-health/>

² <https://www.healtheuropa.eu/covid-19-mental-health-of-42-of-british-population-at-risk/99959/>

³ <https://www.healthline.com/health-news/what-covid-19-is-doing-to-our-mental-health>

⁴ <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/news/news/2020/3/mental-health-and-psychological-resilience->

[during-the-covid-19-pandemic#:~:text=Children%20are%20likely%20to%20be,mental%20well%2Dbeing](#)

due to their higher risk level to the pandemic, which can often coincide with loneliness due to the stricter recommendations for self-isolation. Furthermore, some aspects of modern technology can prove to be challenging to older people, making it difficult to adapt to the lockdown popular form of communication – video calling⁵. This can lead to feelings of frustration and greater loneliness.

Whilst the above groups are affected by the effects of COVID-19, doctors and nurses mental health has been significantly affected, having a first-hand witness experience of the effects. This is a time of increased pressure and stress for professionals, who are likely to be experiencing increased feelings of distress⁶. From a recent survey of 3,500 nurses, 33% described the current state of their overall mental health wellbeing to be 'bad' or

'very bad'⁷. Additionally, from the same sample, 87% of respondents stated they were either 'a lot' or 'a little' more stressed at work than usual. Furthermore, in a YouGov polling, 50% of healthcare workers cited their mental health has been impacted since Covid-19⁸. Whilst 21% of respondents stated Covid-19 has made them increasingly likely to leave the profession.

HOW CAN NEVERMIND HELP?

During a time where governments are recommending self-isolation, people may struggle to get the necessary support for their mental health. Patients who have been recently diagnosed with a major somatic disease like cancer or kidney failure, are at a vulnerability to depression. NEVERMIND's app and smart sensors allow users to manage THEIR OWN mental health, an important capability during lockdown circumstances. Working in

real-time and powered by data, NEVERMIND learns from patient interaction to provide personalised capabilities to help users self-manage their condition. The user inputs various lifestyle factors including diet, physical activity, and sleep hygiene. Using a probabilistic algorithm, future trends can be predicted providing a solution that can really make a difference during these difficult times. Furthermore, NEVERMIND can reduce the time spent by doctors and healthcare in assisting in mental health issues, enabling them to spend their time in other required areas. During current and normal circumstances this can be invaluable.

EXTENSION

Due to the effects and disruptions of COVID-19, the NEVERMIND Project has been granted a 3-month extension until September 2020 to enable the project to

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<https://www.centreformentalhealth.org.uk/blog/centre-mental-health-blog/older-peoples-mental-health-covid19>

⁶ <https://www.aomrc.org.uk/covid-19-mentalwellbeing/>

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<https://www.nursingtimes.net/news/mental-health/exclusive-survey-reveals-negative-impact-of-covid-19-on-nurse-mental-health-29-04-2020/>

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<https://www.nursinginpractice.com/covid-19/coronavirus-healthcare-workers-mental-health-has-declined>

meet its objectives.

Additionally, we will soon be launching a video to explain the NEVERMIND Project in detail, to be one of the first to see our new video follow our social media accounts as listed below...

Twitter: @Nevermind_EU

YouTube: nevermind
European Project

LinkedIn: Nevermind Project

About NEVERMIND project

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