|  |  |
| --- | --- |
|  |  |
|  |  |

## Evidence Search Service Results of your search request

## Title: Post COVID-19 psychological rehabilitation

Thank you for requesting this evidence search. We hope you find the results useful. If you would like to discuss the findings or require an additional search, please contact: Karen Skinner at karen.skinner2@nhs.net

Please acknowledge this work in any resulting paper or presentation as: Evidence search: Post COVID-19 psychological rehabilitation. Karen Skinner. (27th April, 2020). REDHILL, UK: Surrey and Sussex Library and Knowledge Services.

## Summary of Results

Results from different countries and various populations have been included in case of interest. Papers specific to patients with existing mental health conditions have been excluded.

The majority of references found related more to the impact on mental wellbeing that COVID-19 is having/has had, as opposed to interventions in place to support rehabilitation. The British Psychology Society paper probably best answers your request.

## Contents

[A. Synopses or Summaries](#Content2)

CEBM Oxford COVID-19 Evidence Service

[Can social prescribing support the COVID-19 pandemic?](#Research630567)

[B. Institutional Publications](#Content4)

Royal College of Psychiatrists

[COVID-19: Guidance for community and inpatient services](#Research630550)

The British Psychology Society

[Meeting the psychological needs of people recovering from severe coronavirus (Covid-19)](#Research630557)

World Health Organization (WHO)

[Mental health and psychosocial considerations during the COVID-19 outbreak](#Research630565)

[C. Original Research](#Content5)

1. [A nationwide survey of psychological distress among Chinese people in the COVID-19 epidemic: implications and policy recommendations.](#Research630578)
2. [Coronavirus anxiety scale: A brief mental health screener for covid-19 related anxiety](#Research630572)
3. [COVID-19 and mental health: A review of the existing literature.](#Research630579)
4. [COVID-19 leads to jump in people seeking MH help in NYC.](#Research630580)
5. [Covid-19, Coronavirus and Mental Health Rehabilitation at Times of Crisis.](#Research630570)
6. [Epidemic of COVID-19 in China and associated Psychological Problems.](#Research630569)
7. [Inquiries to consumer lines manageable, but blitz from COVID-19 may be coming.](#Research630582)
8. [Mental health groups providing support, education in wake of COVID-19.](#Research630583)
9. [Mental health problems and social media exposure during COVID-19 outbreak.](#Research630577)
10. [Public responses to the novel 2019 coronavirus (2019-nCoV) in Japan: Mental health consequences and target populations](#Research630574)
11. [The effect of covid-19 on youth mental health](#Research630571)
12. [The emotional impact of Coronavirus 2019-nCoV (new Coronavirus disease).](#Research630575)
13. [The outbreak of COVID-19 coronavirus and its impact on global mental health.](#Research630576)
14. [Traumatic stress in the age of COVID-19: A call to close critical gaps and adapt to new realities](#Research630573)

## A. Synopses or Summaries

#### CEBM Oxford COVID-19 Evidence Service

**Can social prescribing support the COVID-19 pandemic?** (2020)

S Tierney et al

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=9c5c71f8250ec9955ffb26f4ec6ca52f)

Although there is limited evidence on how social prescribing can be best implemented within the current COVID-19 pandemic, there are an increasing array of anecdotal accounts that suggest the importance of maintaining community connectedness during this time.

## B. Institutional Publications

#### Royal College of Psychiatrists

**COVID-19: Guidance for community and inpatient services** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=99f1ace6a68a521a9809997170af2704)

"On this page you will find guidance that's specific to your service, as well as tailored information on supporting different groups of vulnerable people."

#### The British Psychology Society

**Meeting the psychological needs of people recovering from severe coronavirus (Covid-19)** (2020)

***PDF supplied***. "This guidance considers the likely psychological needs of people who have been hospitalised with severe coronavirus (Covid-19), and the most effective ways to support their recovery. "

#### World Health Organization (WHO)

**Mental health and psychosocial considerations during the COVID-19 outbreak** (2020)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=e1d643de214d084aaf749d0feec8f14c)

WHO and public health authorities around the world are acting to contain the COVID-19 outbreak. However, this time of crisis is generating stress throughout the population. The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

## C. Original Research

1. **A nationwide survey of psychological distress among Chinese people in the COVID-19 epidemic: implications and policy recommendations.**  
   Qiu Jianyin General psychiatry 2020; 33(2):e100213.

The Coronavirus Disease 2019 (COVID-19) epidemic emerged in Wuhan, China, spread nationwide and then onto half a dozen other countries between December 2019 and early 2020. The implementation of unprecedented strict quarantine measures in China has kept a large number of people in isolation and affected many aspects of people's lives. It has also triggered a wide variety of psychological problems, such as panic disorder, anxiety and depression. This study is the first nationwide large-scale survey of psychological distress in the general population of China during the COVID-19 epidemic.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=17b1686080551c23629fe37a1728a6c3)

1. **Coronavirus anxiety scale: A brief mental health screener for covid-19 related anxiety**  
   Lee Sherman A. Death Studies 2020;: No page numbers.

Mental health concerns of people impacted by the coronavirus pandemic have not been adequately addressed. The objective of this study was to develop and evaluate the properties of the Coronavirus Anxiety Scale (CAS), which is a brief mental health screener to identify probable cases of dysfunctional anxiety associated with the COVID-19 crisis. This 5-item scale, which was based on 775 adults with anxiety over the coronavirus, demonstrated solid reliability and validity. Elevated CAS scores were found to be associated with coronavirus diagnosis, impairment, alcohol/drug coping, negative religious coping, extreme hopelessness, suicidal ideation, as well as attitudes toward President Trump and Chinese products. The CAS discriminates well between persons with and without dysfunctional anxiety using an optimized cut score of ≥ 9 (90% sensitivity and 85% specificity). These results support the CAS as an efficient and valid tool for clinical research and practice. (PsycInfo Database Record (c) 2020 APA, all rights reserved) (Source: journal abstract)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=61baf0fff64067a992aeebaced953ce7)

1. **COVID-19 and mental health: A review of the existing literature.**  
   Rajkumar Ravi Philip Asian journal of psychiatry 2020;52: 102066.

The COVID-19 pandemic is a major health crisis affecting several nations, with over 720,000 cases and 33,000 confirmed deaths reported to date. Such widespread outbreaks are associated with adverse mental health consequences. Keeping this in mind, existing literature on the COVID-19 outbreak pertinent to mental health was retrieved via a literature search of the PubMed database. Published articles were classified according to their overall themes and summarized. Preliminary evidence suggests that symptoms of anxiety and depression (16-28%) and self-reported stress (8%) are common psychological reactions to the COVID-19 pandemic, and may be associated with disturbed sleep. A number of individual and structural variables moderate this risk. In planning services for such populations, both the needs of the concerned people and the necessary preventive guidelines must be taken into account. The available literature has emerged from only a few of the affected countries, and may not reflect the experience of persons living in other parts of the world. In conclusion, subsyndromal mental health problems are a common response to the COVID-19 pandemic. There is a need for more representative research from other affected countries, particularly in vulnerable populations.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=2a028f43a95ccd3ded517863051d5208)

1. **COVID-19 leads to jump in people seeking MH help in NYC.**  
   Anon. Mental Health Weekly 2020; 30(16):7-7.

It's a stressful time to be a New Yorker. People are stuck at home, worrying about their health, their family and their paycheck, Spectrum News New York 1 reported April 13. "We are seeing a lot of calls related to anxiety and stress that people are experiencing today," said Matt Kudish, executive director of the National Alliance on Mental Illness of New York City. The organization says the number of callers seeking help has jumped 60% over the last few weeks, and that conversations now last about 15 minutes longer than average. The city says it's also seeing an increase in demand. Web sessions to its NYC Well service jumped 185% last month to more than 81,000. "We're hearing from people who are worried about their own physical health, they're worried about their mental health being forced to stay socially distant from other people," Kudish said. Health care providers predict that even when the COVID-19 crisis ends, the mental health crisis will continue. They say people will continue to be anxious — this time about leaving home and being convinced it's safe to be outside.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=cdeba932098cd47de7ce8b53da9c83d7)

1. **Covid-19, Coronavirus and Mental Health Rehabilitation at Times of Crisis.**  
   Chaturvedi Santosh K. Journal of psychosocial rehabilitation and mental health 2020; :1-2.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=cf55bec15d734fcd4d6c80cdcb815629)

1. **Epidemic of COVID-19 in China and associated Psychological Problems.**  
   Ahmed Md Zahir Asian journal of psychiatry 2020; 51:102092.

The world is experiencing pandemic of the COVID-19 now, a RNA virus that spread out from Wuhan, China. Two countries, China first and later Italy, have gone to full lock down due to rapid spread of this virus. Till to date, no epidemiological data on mental health problems due to outbreak of the COVID-19 and mass isolation were not available. To meet this need, the present study was undertaken to assess the mental health status of Chinese people. An online survey was conducted on a sample of 1074 Chinese people, majority of whom from Hubei province. Lack of adequate opportunities to conduct face to face interview, anxiety, depression, mental well-being and alcohol consumption behavior were assessed via self-reported measures. Results showed higher rate of anxiety, depression, hazardous and harmful alcohol use, and lower mental wellbeing than usual ratio. Results also revealed that young people aged 21-40 years are in more vulnerable position in terms of their mental health conditions and alcohol use. To address mental health crisis during this epidemic, it is high time to implement multi-faceted approach (i.e. forming multidisciplinary mental health team, providing psychiatric treatments and other mental health services, utilizing online counseling platforms, rehabilitation program, ensuring certain care for vulnerable groups, etc.).

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=2c7182800bed08557077cd1de5eebcc5)

1. **Inquiries to consumer lines manageable, but blitz from COVID-19 may be coming.**  
   Enos Gary Mental Health Weekly 2020; 30(15):1-6.

Operators of the many sources of telephone-based mental health crisis support across the nation wonder whether a fairly busy March of fielding concerns about the novel coronavirus could transition to an unmanageable April.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=666ef245051db4d26732f055f947743d)

1. **Mental health groups providing support, education in wake of COVID-19.**  
   Canady Valerie A. Mental Health Weekly 2020; 30(11):1-3.

As news and updates continue to spread regarding the new coronavirus (COVID-19), the deadly virus that causes respiratory illness and pneumonia, mental health groups and organizations have issued information to consumers, providers and the mental health community at large about ways of addressing the virus and seeking information from public health sources.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=8b2022b339a9f7017db4405308fb75dc)

1. **Mental health problems and social media exposure during COVID-19 outbreak.**  
   Gao Junling PloS one 2020; 15(4):e0231924.

Huge citizens expose to social media during a novel coronavirus disease (COVID-19) outbroke in Wuhan, China. We assess the prevalence of mental health problems and examine their association with social media exposure. A cross-sectional study among Chinese citizens aged≥18 years old was conducted during Jan 31 to Feb 2, 2020. Online survey was used to do rapid assessment. Total of 4872 participants from 31 provinces and autonomous regions were involved in the current study. Besides demographics and social media exposure (SME), depression was assessed by The Chinese version of WHO-Five Well-Being Index (WHO-5) and anxiety was assessed by Chinese version of generalized anxiety disorder scale (GAD-7). multivariable logistic regressions were used to identify associations between social media exposure with mental health problems after controlling for covariates. The prevalence of depression, anxiety and combination of depression and anxiety (CDA) was 48.3% (95%CI: 46.9%-49.7%), 22.6% (95%CI: 21.4%-23.8%) and 19.4% (95%CI: 18.3%-20.6%) during COVID-19 outbroke in Wuhan, China. More than 80% (95%CI:80.9%-83.1%) of participants reported frequently exposed to social media. After controlling for covariates, frequently SME was positively associated with high odds of anxiety (OR = 1.72, 95%CI: 1.31-2.26) and CDA (OR = 1.91, 95%CI: 1.52-2.41) compared with less SME. Our findings show there are high prevalence of mental health problems, which positively associated with frequently SME during the COVID-19 outbreak.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=cc4a79fb4161abeb080316ffc053b3c5)

1. **Public responses to the novel 2019 coronavirus (2019-nCoV) in Japan: Mental health consequences and target populations**  
   Shigemura Jun Psychiatry and Clinical Neurosciences 2020; 74(4):281-282.

The coronavirus has had mental/physical health consequences for the most vulnerable populations. Peoples’ emotional responses will likely include extreme fear and uncertainty. Moreover, negative societal behaviors will be often driven by fear and distorted perceptions of risk. (PsycInfo Database Record (c) 2020 APA, all rights reserved)

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=779336d522b2d8093d7fac5bfd80c8b0)

1. **The effect of covid-19 on youth mental health**  
   Liang Leilei Psychiatric Quarterly 2020;: No page numbers.

Abstract The purposes of this study was to assess the youth mental health after the coronavirus disease 19 (COVID-19) occurred in China two weeks later, and to investigate factors of mental health among youth groups. A cross-sectional study was conducted two weeks after the occurrence of COVID-19 in China. A total of 584 youth enrolled in this study and completed the question about cognitive status of COVID-19, the General Health Questionnaire(GHQ-12), the PTSD Checklist-Civilian Version (PCL-C) and the Negative coping styles scale. Univariate analysis and univariate logistic regression were used to evaluate the effect of COVID-19 on youth mental health. The results of this cross-sectional study suggest that nearly 40.4% the sampled youth were found to be prone to psychological problems and 14.4% the sampled youth with Post-traumatic stress disorder (PTSD) symptoms. Univariate logistic regression revealed that youth mental health was significantly related to being less educated (OR = 8.71, 95%CI:1.97–38.43), being the enterprise employee (OR = 2.36, 95%CI:1.09–5.09), suffering from the PTSD symptom (OR = 1.05, 95%CI:1.03–1.07) and using negative coping styles (OR = 1.03, 95%CI:1.00–1.07). Results of this study suggest that nearly 40.4% of the youth group had a tendency to have psychological problems. Thus, this was a remarkable evidence that infectious diseases, such as COVID-19, may have an immense influence on youth mental health. Therefore, local governments should develop effective psychological interventions for youth groups, moreover, it is important to consider the educational level and occupation of the youth during the interventions.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=e8d268041d0d91e3a881ffd70a36df51)

1. **The emotional impact of Coronavirus 2019-nCoV (new Coronavirus disease).**  
   Lima Carlos Kennedy Tavares Psychiatry research 2020; 287:112915.

BACKGROUND A novel form of Coronavirus (2019-nCoV) in Wuhan has created a confused and rapidly evolving situation. In this situational framework, patients and front-line healthcare workers are vulnerable. METHOD Studies were identified using large-circulation international journals found in two electronic databases: Scopus and Embase. RESULTS Populations of patients that may require tailored interventions are older adults and international migrant workers. Older adults with psychiatric conditions may be experiencing further distress. The COVID-19 epidemic has underscored potential gaps in mental health services during emergencies. CONCLUSIONS Most health professionals working in isolation units and hospitals do not receive any training for providing mental health care. Fear seems more certainly a consequence of mass quarantine.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=c0c34f798756225db8fd759892ea99e4)

1. **The outbreak of COVID-19 coronavirus and its impact on global mental health.**  
   Torales Julio The International journal of social psychiatry 2020;: 20764020915212.

BACKGROUND The current outbreak of COVID-19 coronavirus infection among humans in Wuhan (China) and its spreading around the globe is heavily impacting on the global health and mental health. Despite all resources employed to counteract the spreading of the virus, additional global strategies are needed to handle the related mental health issues. METHODS Published articles concerning mental health related to the COVID-19 outbreak and other previous global infections have been considered and reviewed. COMMENTS This outbreak is leading to additional health problems such as stress, anxiety, depressive symptoms, insomnia, denial, anger and fear globally. Collective concerns influence daily behaviors, economy, prevention strategies and decision-making from policy makers, health organizations and medical centers, which can weaken strategies of COVID-19 control and lead to more morbidity and mental health needs at global level.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=0b8da87aff03acbfd2ee37d38d265272)

1. **Traumatic stress in the age of COVID-19: A call to close critical gaps and adapt to new realities**  
   Horesh Danny Psychological Trauma: Theory, Research, Practice, and Policy 2020; 12(4):331-335.

The Issue: Coronavirus-19 (COVID-19) is transforming every aspect of our lives. Identified in late 2019, COVID-19 quickly became characterized as a global pandemic by March of 2020. Given the rapid acceleration of transmission, and the lack of preparedness to prevent and treat this virus, the negative impacts of COVID-19 are rippling through every facet of society. Although large numbers of people throughout the world will show resilience to the profound loss, stress, and fear associated with COVID-19, the virus will likely exacerbate existing mental health disorders and contribute to the onset of new stress-related disorders for many. Recommendations: The field of traumatic stress should address the serious needs that will emerge now and well into the future. However, we propose that these efforts may be limited, in part, by ongoing gaps that exist within our research and clinical care. In particular, we suggest that COVID-19 requires us to prioritize and mobilize as a research and clinical community around several key areas: (a) diagnostics, (b) prevention, (c) public outreach and communication, (d) working with medical staff and mainstreaming into non-mental health services, and (e) COVID-19-specific trauma research. As members of our community begin to rapidly develop and test interventions for COVID-19-related distress, we hope that those in positions of leadership in the field of traumatic stress consider limits of our current approaches, and invest the intellectual and financial resources urgently needed in order to innovate, forge partnerships, and develop the technologies to support those in greatest need.

[Available online at this link](https://www.knowledgeshare.nhs.uk/index.php?PageID=link_resolver&link=6921758dddedc72c9753c3552ffef0d3)

For more information about the resources please go to: <http://www.surreyandsussexlibraryservices.nhs.uk>.

If you would like to request any articles please use our online [request form](http://www.surreyandsussexlibraryservices.nhs.uk/useful-resources/requests/article-request-form/)

**ID of request:** 22724  
**Date of request:** 15th April, 2020  
**Date of completion:** 27th April, 2020

For Community Physiotherapy Lead

**Sources searched**  
CINAHL (4)  
Google (Advanced) (2)  
MEDLINE (7)

PsychINFO (3)  
TRIP Database (2)

**Date range used** (5 years, 10 years): 2020-   
**Limits used** (gender, article/study type, etc.): English language   
**Search terms and notes** (full search strategy for database searches below):

## D. Search History

|  | **Source** | **Criteria** | **Results** |
| --- | --- | --- | --- |
| 1. | Medline | (rehabilitation OR counsell\* OR support).ti,ab | 1124199 |
| 2. | Medline | (psychological OR psychiatric OR "mental health").ti,ab | 477604 |
| 3. | Medline | ("COVID-19" OR "Covid-19" OR "covid-19" OR "coronavirus" OR "novel coronavirus" OR "novelcovid-19" OR "Wuhan coronavirus" OR "coronavirus disease 2019" OR "2019-nCoV" OR "2019 novel coronavirus").ti,ab | 15938 |
| 4. | Medline | (1 AND 2) | 71909 |
| 5. | Medline | (3 AND 4) | 41 |
| 6. | CINAHL | (rehabilitation OR counsell\* OR support).ti,ab | 471152 |
| 7. | CINAHL | (psychological OR psychiatric OR "mental health").ti,ab | 249011 |
| 8. | CINAHL | ("COVID-19" OR "Covid-19" OR "covid-19" OR "coronavirus" OR "novel coronavirus" OR "novelcovid-19" OR "Wuhan coronavirus" OR "coronavirus disease 2019" OR "2019-nCoV" OR "2019 novel coronavirus").ti,ab | 2220 |
| 9. | CINAHL | (6 AND 7) | 49844 |
| 10. | CINAHL | (8 AND 9) | 14 |
| 11. | PsycINFO | (rehabilitation OR counsell\* OR support).ti,ab | 521142 |
| 12. | PsycINFO | (psychological OR psychiatric OR "mental health").ti,ab | 633500 |
| 13. | PsycINFO | ("COVID-19" OR "Covid-19" OR "covid-19" OR "coronavirus" OR "novel coronavirus" OR "novelcovid-19" OR "Wuhan coronavirus" OR "coronavirus disease 2019" OR "2019-nCoV" OR "2019 novel coronavirus").ti,ab | 82 |
| 14. | PsycINFO | (11 AND 12) | 88850 |
| 15. | PsycINFO | (13 AND 14) | 3 |
| 16. | PsycINFO | (11 AND 13) | 7 |
| 17. | PsycINFO | (12 AND 13) | 11 |
| 18. | Medline | (2 AND 3) | 215 |
| 19. | CINAHL | (7 AND 8) | 63 |
| 20. | PubMed | (rehabilitation OR counsell\* OR support).ti,ab | 10064627 |
| 21. | PubMed | (psychological OR psychiatric OR "mental health").ti,ab | 1386281 |
| 22. | PubMed | ("COVID-19" OR "Covid-19" OR "covid-19" OR "coronavirus" OR "novel coronavirus" OR "novelcovid-19" OR "Wuhan coronavirus" OR "coronavirus disease 2019" OR "2019-nCoV" OR "2019 novel coronavirus").ti,ab | 19644 |
| 23. | PubMed | (20 AND 21 AND 22) | 92 |

**TRIP PRO**: COVID-19 “psychological support” = 2 results

**Google advanced** psychological OR psychiatric OR mental health Rehabilitation COVID-19 = 2 results

**Hand searching**: Royal Colleges, Societies and organisation websites for updated guidance and advice

### Opening Internet Links

The links to internet sites in this document are 'live' and can be opened by holding down the CTRL key on your keyboard while clicking on the web address with your mouse

### Full text papers

Links are given to full text resources where available. For some of the papers, you will need an **NHS OpenAthens Account**. If you do not have an account you can [register online](https://openathens.nice.org.uk/).

You can then access the papers by simply entering your username and password. If you do not have easy access to the internet to gain access, please let us know and we can download the papers for you.

### Guidance on searching within online documents

Links are provided to the full text of each document. Relevant extracts have been copied and pasted into these results. Rather than browse through lengthy documents, you can search for specific words as follows:

**Portable Document Format / pdf / Adobe**  
Click on the Search button (illustrated with binoculars). This will open up a search window. Type in the term you need to find and links to all of the references to that term within the document will be displayed in the window. You can jump to each reference by clicking it.

**Word documents**  
Select Edit from the menu, the Find and type in your term in the search box which is presented. The search function will locate the first use of the term in the document. By pressing 'next' you will jump to further references.

A member of our team will invite you to provide feedback in relation to this search and we look forward to hearing your comments and suggestions for improving our service. Please note that this search has been added to your library record on KnowledgeShare. It is covered by our privacy policy which can be viewed here: <https://www.surreyandsussexlibraryservices.nhs.uk/about/joining-the-library/>

**Disclaimer** Whilst care has been taken in the selection of the materials included in this evidence search, the Library Services are not responsible for the content or the accuracy of the enclosed research information. Accordingly, whilst every endeavour has been undertaken to execute a comprehensive search of the evidence, the Library is not and will not be held responsible or liable for any omissions to pertinent research information not included as part of the results of the enclosed evidence search.