

Associations of bereavement during and after COVID-19 lockdown with subsequent health and wellbeing among UK adults

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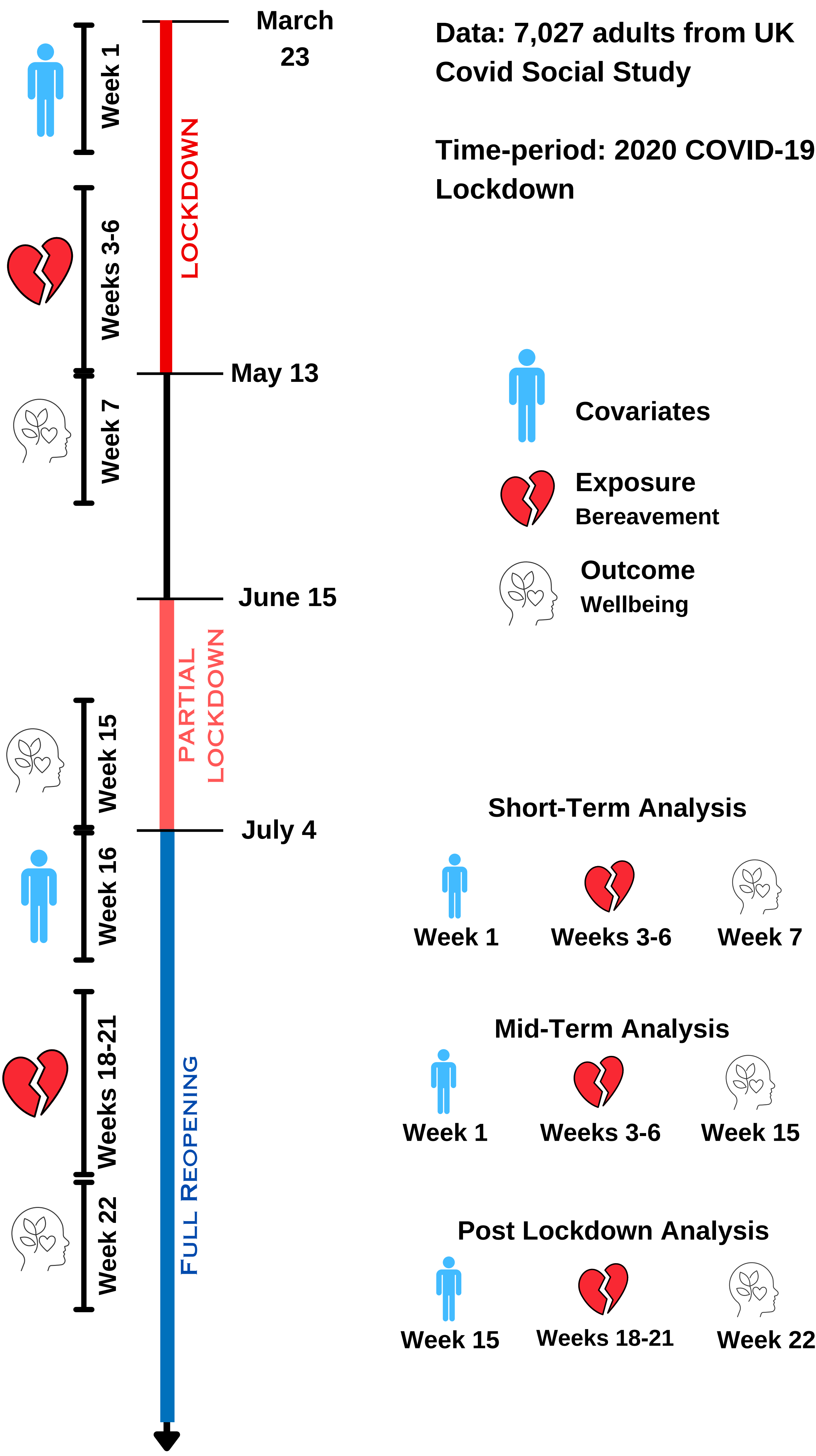
* Equal contributions

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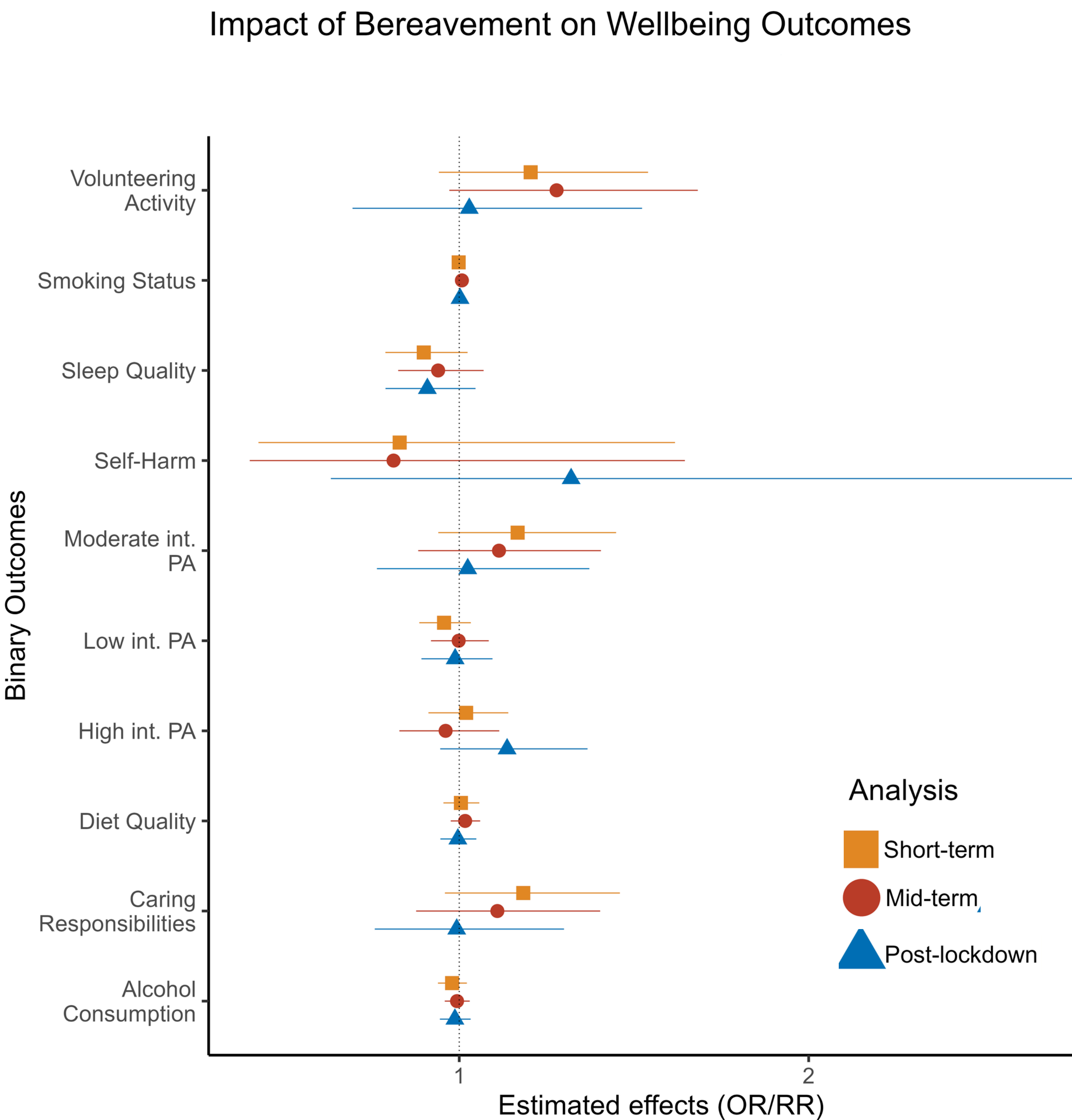
Objectives

- How did bereavement during the COVID-19 lockdown impact mental wellbeing?
- Does the timing of bereavement (during or after lockdown) affect the severity of its impact on wellbeing?
- What are the short-term, mid-term, and post-lockdown effects of bereavement on different aspects of life?

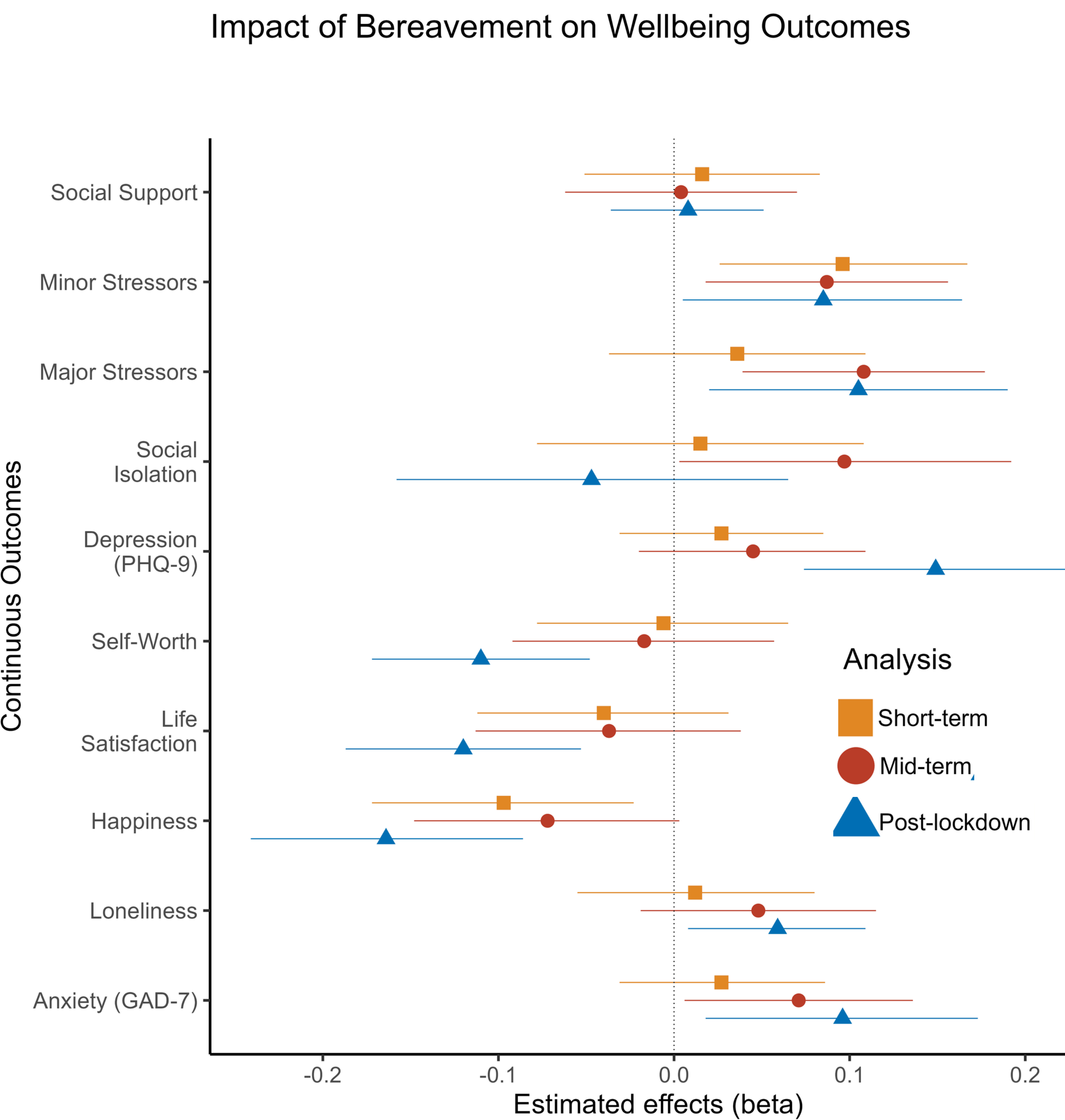
Methods



Results



Post-lockdown bereavement was associated with a significant increase in self-harm, while those bereaved during lockdown exhibited higher levels of volunteering in the mid-term.

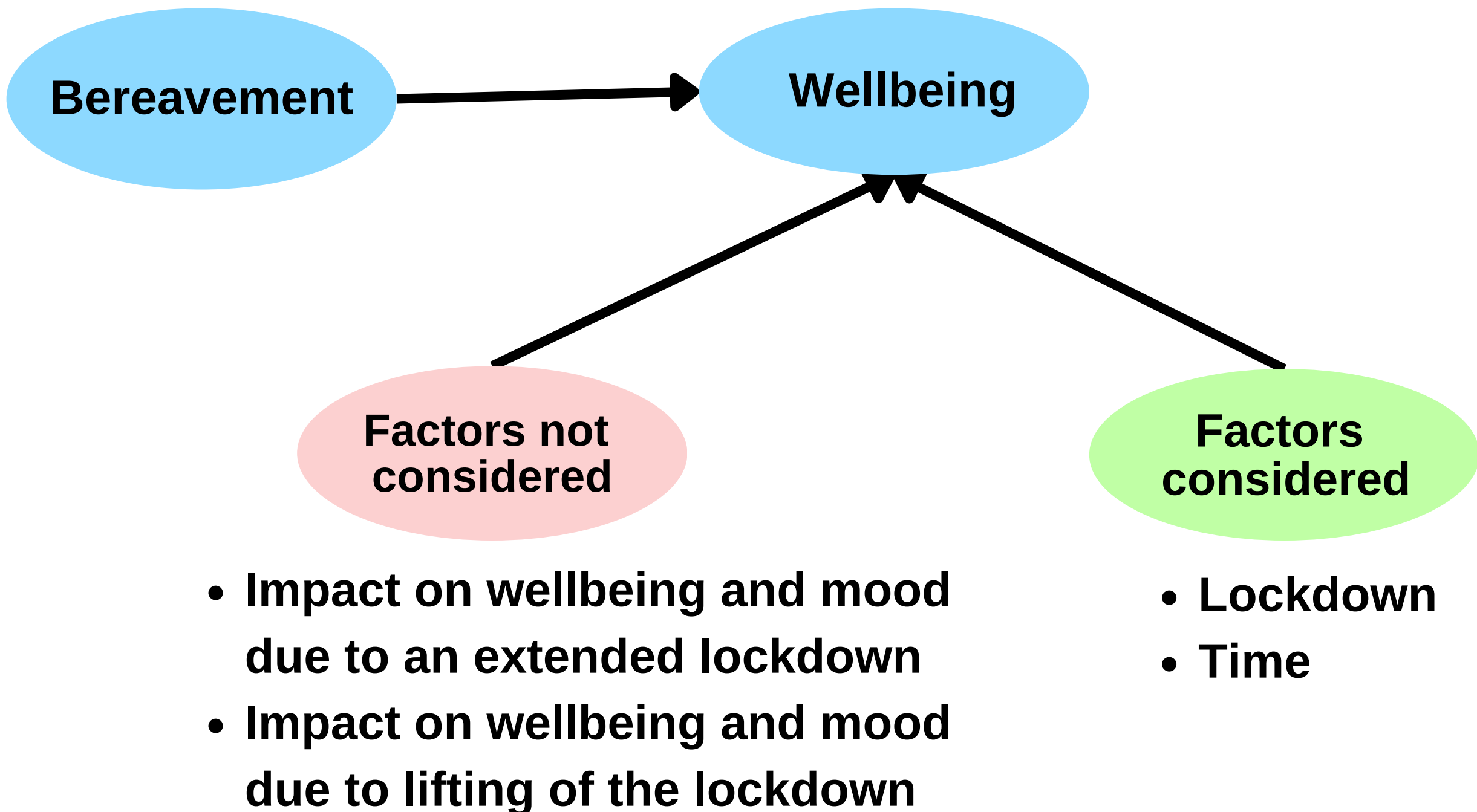


Short term effects of bereavement during lockdown resulted in declines in happiness and increase in minor stressors, while mid term effects were increased social isolation and anxiety. Post-lockdown bereavement led to significant drops in life satisfaction, happiness, and self-worth, along with higher levels of depression and anxiety.

Discussion

Comparative Insights:

- **Anxiety and Major Stressors:** Consistently significant across post-lockdown and mid-term analyses. Indicates bereavement affects these outcomes regardless of timing.
- **Social Isolation:** Not significant in short-term, but was shown to be significant in the mid-term. Suggests a delayed impact.
- **Week 7 vs Week 15:** Decline in wellbeing, between these two samples could be due to the stress of the ongoing lockdown or a general sense of pessimism; further study of non-exposed subjects is needed.
- **Week 7 vs Week 22:** Further drop in wellbeing, likely due to post-lockdown deaths. However, baseline optimism during re-opening may have affected results.



Conclusion

- Bereavement during lockdown led to immediate declines in happiness and increases in minor stressors, with delayed effects such as increased social isolation and major stressors in the mid-term.
- Bereavement after lockdown was associated with higher levels of depression, anxiety, and loneliness
- These findings emphasize the importance of timing in bereavement support, suggesting the need for tailored interventions to address both immediate and delayed effects on wellbeing.

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Research Experience:

1. PCOS and Body-Image in US Women, *PCOS Challenge*
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