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Meeting prep, 24/03/2023

**Hypotheses guiding agents interactions:**

* Social network size (interactions) reduced; networks reduced to more important and high quality interactions, versus more casual interactions.
* Physical movements reduced a lot during lockdowns.
* Reduction in social network size was associated with increases in loneliness, and consequently in mental health symptoms.
* Some of this reduction in social network size was buffered by an increase in online interactions, especially by higher-educated young people.
* Compliance with measures was highest in early 2020, with compliance decreasing over subsequent lockdowns. Compliance with measures was associated with intrinsic motivation and trust in government (things we see most with high SES individuals).
* Low SES individuals were less likely to comply with measures and to see friends/family, but were also more likely to experience loneliness and depression as a result of lockdowns (and were also less likely to use digital replacement methods for socializing).
* Experiencing long COVID itself is associated with increased risk of anxiety/depression.

**Long COVID information:**

* Long COVID is defined as persistent COVID-19 symptoms for 4+ weeks (CDC, 2022)
* 14%-30% of patients are estimated to have long COVID symptoms (mostly fatigue) at 4 weeks follow up. Only 5% at 3-month follow up (Sudre et al., 2021)
* 13-20% of long COVID patients develop neuropsychiatric symptoms after 4-6 months of acute infection (*For Patients with Long COVID, Look out for Psychiatric Sequelae*, 2022)
  + Both new-onset anxiety and depression, and an exacerbation of PTSD, anxiety, depression, or bipolar disorder.
* Predictors of long COVID: underlying morbidities, severity of acute/primary COVID-19 infection, and hospitalization. So: older men with higher BMIs + more co-morbidities.

**Amount of movement changing in the Netherlands, drawn from (de Haas et al., 2020):**

* Approximately 80% of people reduced their activities outdoors (e.g. grocery shopping).
* Share of workers that work (almost) completely from home increased from 6% to 39%.
* 27% of home-workers also expect to work more from home in the future after corona.
* The amount of trips and distance travelled dropped by 55% and 68% respectively.

**Impact of lockdowns on social networks** (Völker, 2023)**:**

* During lockdowns, networks became smaller and more focused on stronger ties, while weaker ties more often decayed.
* Feelings of loneliness increased on average for all respondents and in particular for those who live alone or have a disadvantaged [socioeconomic position](https://www.sciencedirect.com/topics/social-sciences/socioeconomic-position).
* Importantly, the decrease in the number of the practical helper network, that is, decline in relatively weaker ties, affects experiences of loneliness in both groups.

**Impact of lockdowns on social media use** (Arpino et al., 2021)**:**

* 50% of older (ages 50%) people have increased their non-physical interpersonal contact during the first lockdown.
* Younger individuals, those with medium level of education, and those economically better off displayed higher probabilities of increased non-physical interpersonal contact.

**Compliance with social distancing measures** (Reinders Folmer et al., 2020)

* Evenover a short period of time (April-May 2020), compliance with social distancing measures decreased among most people. has been a gradual decline in compliance that coincides with a decline in intrinsic motivations and capacity for compliance, and there has been an increase in opportunities to violate the measures.

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