Trajectories of mental health among university staff and postgraduate students during the pandemic

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For OEM:

Authors should provide key messages under the following headings:

* What is already known about this subject?
* What are the new findings?
* How might this impact on policy or clinical practice in the foreseeable future?

Word count: up to 3,500

Structured abstract: up to 250 words; ‘Objectives’, ‘Methods’, ‘Results’, ‘Conclusions’

Tables/Illustrations: up to 5

References: up to 40

**Abstract**

|  |  |
| --- | --- |
| Objectives | Mental health declined in the early stages of the pandemic. |
| Methods | Longitudinal cohort study of staff and postgraduate students at London-based university in the United Kingdom. N participated in the baseline survey and N followed longitudinally.  Outcomes were.. We considered as exposures.. |
| Results | * General pattern of MH over time * Trajectory classes * Predictors of class membership * TVCs |
| Conclusions |  |

# Introduction

# Methods

## Data

* Baseline sample
* Longitudinal sample
* Included participants
* Time points

## Measures

* Outcomes
* Baseline covariates
* Time-varying covariates

Weights

## Statistical analyses

* Descriptives
* Growth mixture models
* Predictors of class membership
* Time-varying predictors

Software: R, Mplus

Code available on GitHub? (give link?)

# Results

## Cohort characteristics

The analytical sample included N participants, having removed…

Excluded participants tended to be…

Participants were… [describe sample]. Reference baseline paper?

Supplementary Table 1: Cohort characteristics

## Descriptive statistics

Figure/Table 1 presents weighted means for each outcome (GAD-7 and PHQ-9 score) at each survey period. This shows...

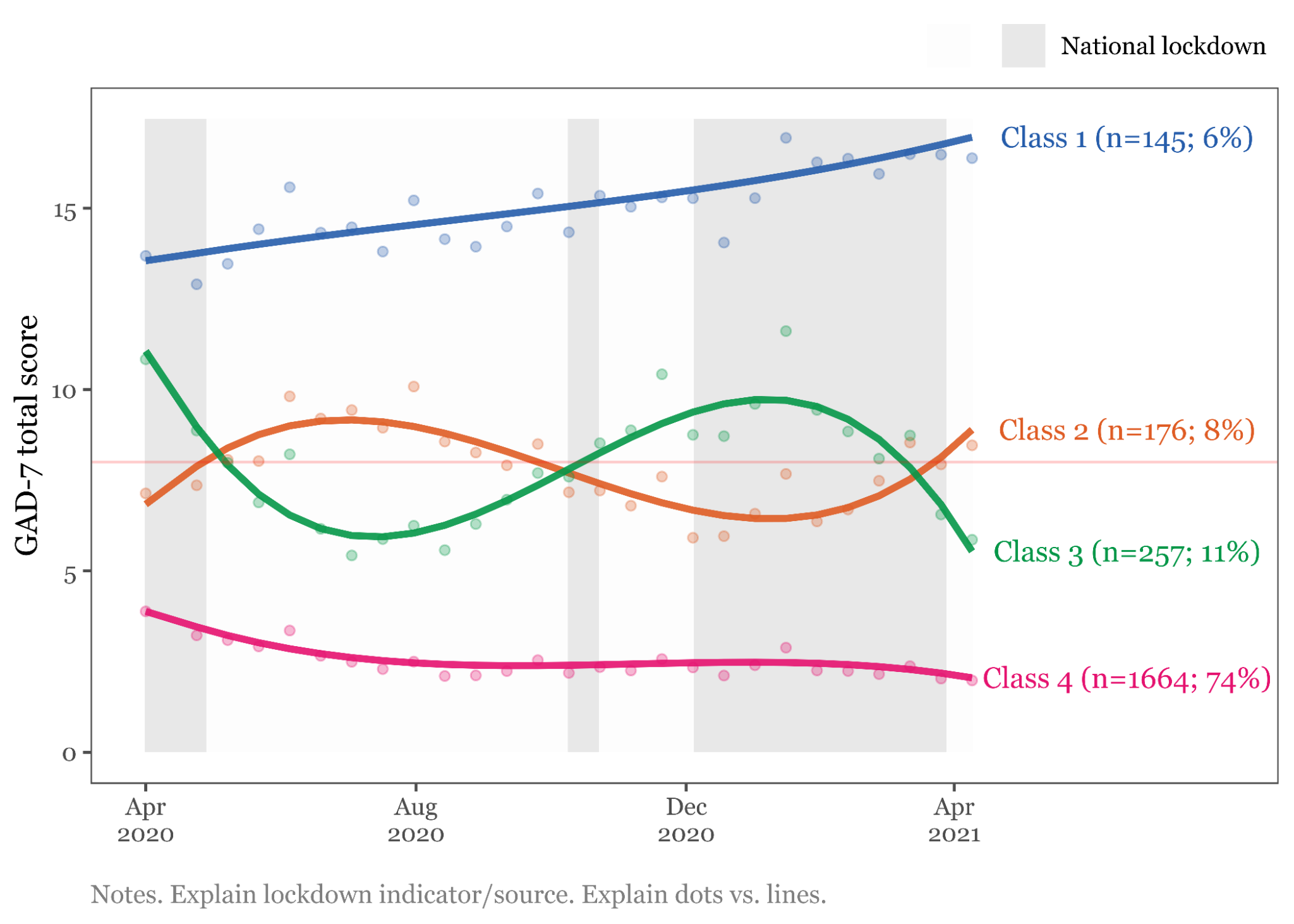
## Trajectories

Naming the classes:

|  |  |  |
| --- | --- | --- |
|  | GAD-7 | PHQ-9 |
| Class 1 | “High severity” | “High severity” |
| Class 2 | “With cases” |  |
| Class 3 | “Against cases” |  |
| Class 4 | “Low severity” | “Low severity” |

Figure 2:

A: Trajectory classes for GAD-7 total score



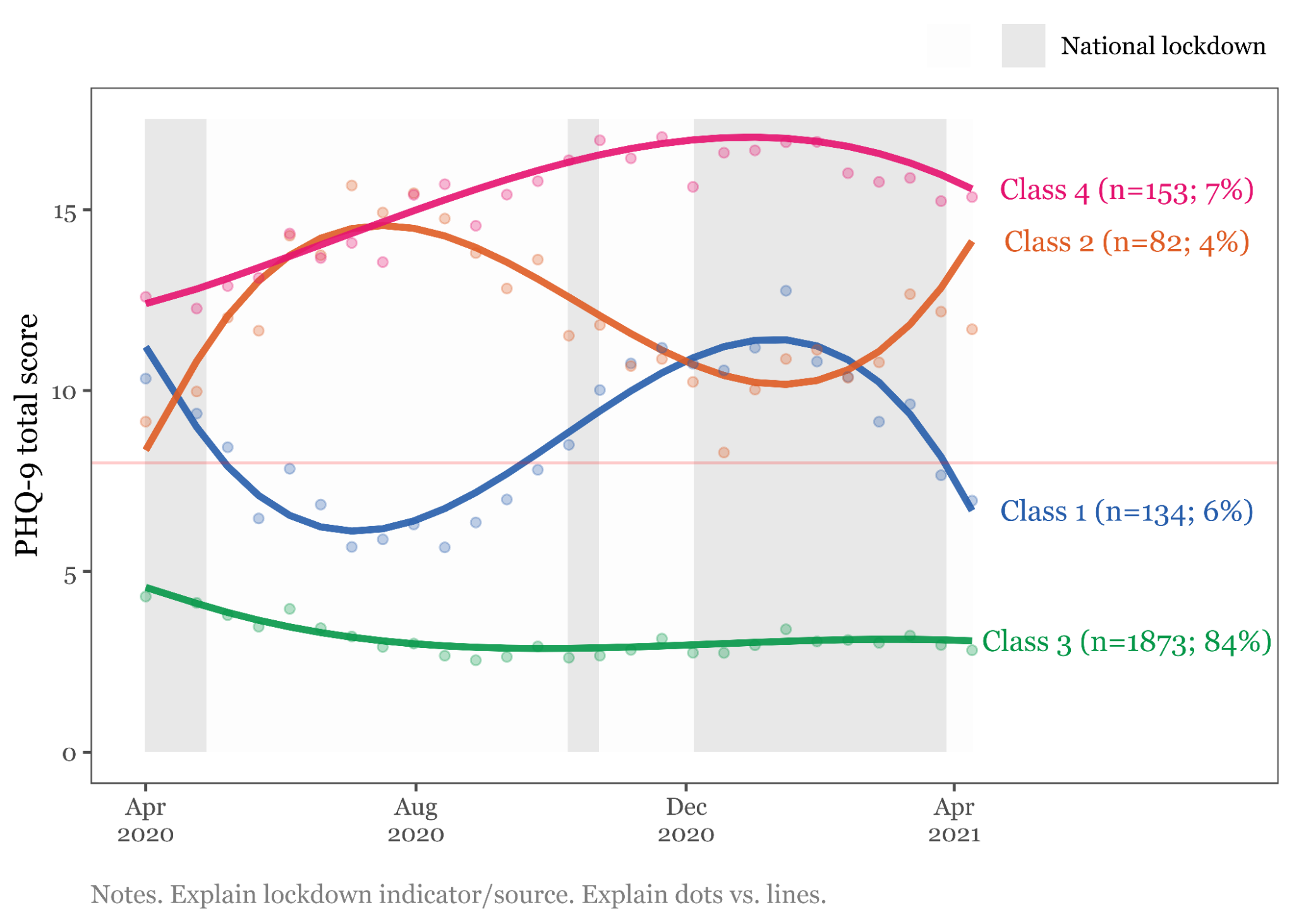
B: Trajectory classes for PHQ-9 total score

Figure 3: Odds ratios of baseline predictors of class membership

Supplementary Table 2: Odds ratios of baseline predictors of class membership

Figure 4: TVCs

## Interpretation

### GAD

\* Older age => less likely to be in C1/C2/C3.

\* Female sex ==> More likely to be in C1/C2/C3.

\* Any children ==> less likely to be in C1/C2/C3, but attenuated after age/sex adjustment.

\* Young children ==> more likely to be in C2 ('against cases'), after adjustment.

\* Other caring role ==> More likely to be in C1/C2/C3.

\* Chronic condition ==> more likely to be in C1 ('persistent high') and C3 ('with cases'), after adjustment.

\* Ethnicity, compared to White:

- Asian and Black ==> C1 ('persistent high'), not reaching significance after adjustment.

- Asian ==> C3 ('with cases')

Key workers: no association

Living alone: no association

\* Previous anxiety/depression ==> strongly associated with C1/C2/C3, after adjustment.

\* Relationship status

- Single ==> more likely to be in C3 ('with cases'), after adjustment, compared to partnered.

\* Renting:

\* Associated with C3 ('with cases') but non-significant after adjustment.

\* Staff role: no association, after adjustment for age.

\* Role

- PGRs: no association, after adjustment.

- Research: no association, after adjustment.

- Teach: Less likely to be in C3 ('with cases').

\* Shielding ==> C1 ('persistent high'), and C2 ('against cases')

### PHQ

\* Older age => more likely to be in C1 ('with cases') and C4 ('high severity')

\* Female sex ==> less likely to be in C3

\* Prior anxiety ==> less likely to be C1 ('with cases').

\* Prior depression

- ==> Less likely to be in C1 ('with cases')

- ==> More likely to be in C2 ('against cases') and C4 ('high severity')

\* Relationship status

- Single ==> More likely to be in C2 ('against cases')

\* Young children ==> Much less likely to be in C4 ('high severity')

No association:

\* caring

\* chronic

\* ethnicity, but only because low N + big CIs

\* Key workers

\* Living alone

\* Renting, after adjustment

\* Role

\* Shielding

# Conclusions

# References