



HeSP

***Mental Health in the post COVID-19 era:
Lessons and considerations for the future***

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Summary

Defining Mental Health

Mental Health vs Economics of Happiness

Mental Health in Emergency Response

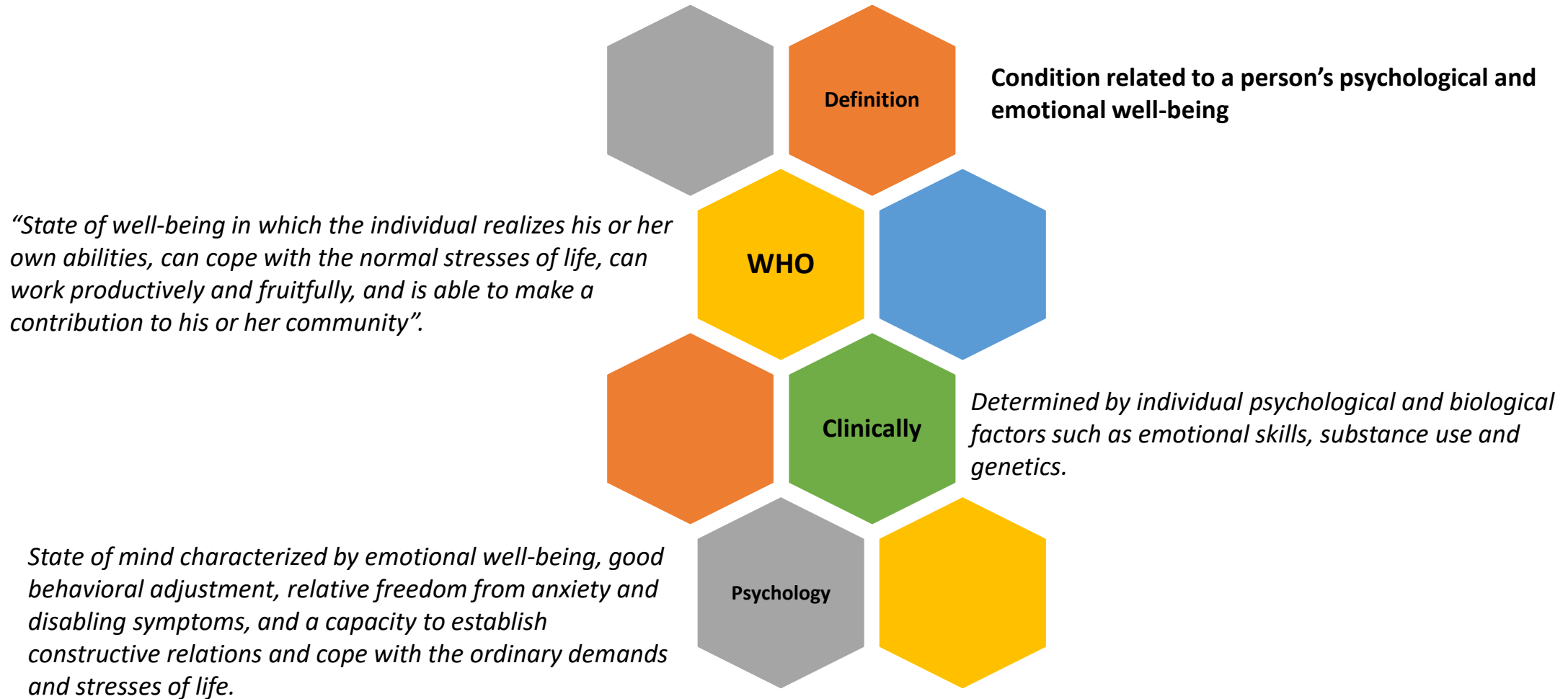
COVID-19 Mental Health Impact

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Considerations on Mental Health

Defining Mental Health

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, not just the absence of disease or infirmity.” (WHO)



Mental Health vs Economics of Happiness

What is Economic of Happiness?

Formal academic study of the relationship between individual satisfaction and economic issues such as employment and wealth. The surveys and indices are used to tracking what different economies offer their residents (e.g., economic security, quality of work, quality of consumption, leisure time, relationships, environment, and freedom and control).



Individual
happiness



Economic
Production



Improve
Wealth



Individual
Well-Being



Society
Well-Being

People who are mentally ill are less likely to be in work and, if in work, are more likely to be out sick or working below par. More than a third of all disability comes directly from mental illness.

Mental Health in Emergency Response

- Emergency situations such as health crisis, armed conflicts, natural disasters, and other humanitarian crises exacerbate the risk of mental health conditions. Nearly all people affected will experience psychological distress, with one in five likely to have a mental disorder such as depression, anxiety, post-traumatic stress disorder, etc.
- These risks are heightened in older people and marginalized groups. Stressful events such as violence and loss, as well as poverty, discrimination, overcrowding, and food and resource insecurity, are common in emergencies and can increase the risk of developing mental health conditions. People with severe mental disorders are particularly vulnerable.
- However, while emergencies have a detrimental effect on mental health, they have also been shown to provide opportunities to build sustainable mental health care systems in the period following the event



COVID-19 Mental Health Impact



- Worldwide surveys done in 2020 and 2021 found higher than typical levels of stress, insomnia, anxiety, and depression. By 2022, levels had lowered but were still higher than before 2020. Though feelings of distress about COVID-19 may come and go, they are still an issue for many people.
- A review published at the beginning of the COVID-19 pandemic (Brooks et al., 2020) showed that quarantines could lead to deleterious psychological effects, including post-traumatic stress symptoms, confusion, anger, infection fears, frustration, and boredom. Thus, the social isolation in practice could affect nearly every aspect of a person's mental health.
- Symptoms of anxiety and depression increased during the pandemic and are more pronounced among individuals experiencing household job loss, young adults, and women. An NHI systematic review and meta-analysis demonstrate that the prevalence of depression during the COVID-19 pandemic was 33.7% in a sample of 44 531 people.

“About 15% of working-age adults were estimated to have a mental disorder in 2019. Globally, an estimated 12 billion working days are lost every year to depression and anxiety at a cost of US\$ 1 trillion per year in lost productivity.” (WHO)

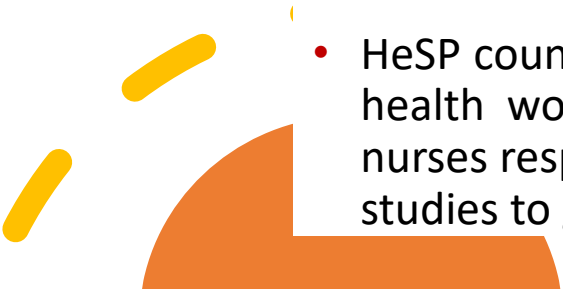
COVID-19 Mental Health Economic Impact

- The association between a decline in income and mental well-being is well established. The introduction of lockdowns led to job loss, income insecurity, falling purchasing power, and rising indebtedness, and led to a deterioration in mental health.
- Estimates vary, and the actual economic loss due to mental health issues related to COVID-19 may be higher or lower, depending on various factors.
- The impact of the income shock was substantial in developing countries, which generally have a weak social security system and inadequate facilities for providing mental health services
- According to a Lancet study, the global economy lost about US\$1.3 trillion in 2020 due to mental health disorders related to COVID-19; which includes both direct costs, such as healthcare expenses, and indirect costs, such as lost productivity and reduced economic activity;
- In Nigeria specifically, a study by the Nigerian Psychological Association estimated that the country lost around US\$3.3 billion in 2020 due to mental health issues related to COVID-19;





Health Security Program (HeSP)

- The Program: Approved in 19-Dec-23, the Health Security Program for Western and Central Africa aims at strengthening regional collaboration and the capacity of health systems to prevent, detect and respond to health emergencies. Cabo Verde, Guinea, and Liberia are the first cohort of countries participating in the Program, with an estimated additional 6-8 countries to join by July 2025. WAHO is the regional coordination partner supported by WOA.
 - Building on the efforts of the World Bank and its partners, HeSP: (i) provides a platform to build essential capacity to prepare for and respond to health emergencies; (ii) invests in key interconnected systems to improve health security, designed according to the "One Health" approach; (iii) invests in strengthening the resilience of health systems to guarantee routine services and improve response capacity; and (iv) capitalizes on multi-sector collaboration and partner investments.
 - HeSP country and regional projects activities include delivering frontline health workers training in Mental Health, particularly to medics and nurses responding to health emergencies, in addition to conduct specific studies to generate evidence and inform policy/decision making.
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Considerations on Mental Health



Mental Health is an overarching issue that needs to be addressed holistically.



Investing in prevention and response of Mental Health issues during crisis/emergency response mitigates its impact and generates a positive spillover effect during “peace” time.



There is still need for operational research to support evidence-based decision making related to addressing mental health issues.



Additional effort from Governments and Developing Partners is needed for providing guidelines, intervention manuals, policy directions, and other tools to support the emergency response for mental health.

Many Thanks!

HeSP

