

# Anxiety and Depression are Prevalent in Hospitalized COVID-19 Patients

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## EDITORIAL

Researchers found that patients with COVID-19 were more likely to suffer delirium, depression, anxiety, and insomnia, according to preliminary findings. Researchers from the San Raffaele Hospital in Milan discovered that a large percentage of the COVID-19 patients they studied were suffering from psychiatric illnesses. Their latest research, which is scheduled to be published, reported at least 402 cases of patients suffering from PTSD, depression, and anxiety, among other illnesses.

### What has the study found?

The writers hypothesized that COVID-19 survivors "would demonstrate a strong incidence of emergent psychological symptoms including mood disturbances, anxiety disorders, PTSD, and insomnia," based on the limited preliminary findings on COVID-19 and evidence of psychiatric presentations of SARS and MERS.

According to their tentative findings, COVID-19 patients suffer from delirium, exhaustion, anxiety, and insomnia. The participants ranged in age from 18 to 87 years old. Since the patients were released with COVID-19, they were given a

medical evaluation. Overall, 55.7 percent of them admitted to have at least one psychopathological symptom. At least 28% claimed they had PTSD, 31% said they had depression, 42% said they had anxiety, 20% said they had obsessive-compulsive (OC) symptoms, and 40% said they had insomnia.

### Who were more likely to show psycho-pathological symptoms?

Females, particularly those with a prior psychiatric condition, scored higher on most tests, according to the researchers. Depression and sleep disorders were more common in younger patients. The period of hospitalization was also shown to be inversely linked to PTSD, stress, anxiety, and signs of OC disorders, according to the authors.

Of the 402 patients, 36 had major depressive diseases prior to COVID, 28 had generalized anxiety, 20 had panic attacks, five were psychotic, five had social phobia, three had eating disorders, and four had other illnesses. Since recovering from COVID-19, these patients experienced a greater effect on their mental health.

The findings are consistent with other coronaviruses studies, where psychiatric morbidities ranged between 10-35 per cent in the post-illness stage.

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