

07/12/2023

PTSD and COVID-19: when repeated lockdowns hinder mental health!

Boudoukha Abdel, Congard Anne, Bret Amelie, Sapin Arnaud, Galharret Jean-Michel, Nararro Oscar, & Fleury-Bahi Ghozlane

COVID-19 pandemic measures and Mental issues



- Political measures (physical distancing, stay at home, ... lockdown) :
- The general population's mental health has been impacted by the fear of the pandemic and the increase in contamination in terms of distress (Şimşir et al., 2022).
- People indicated that they spent their time at home during COVID-19 lockdown and that their psychological well-being had been strongly impaired (Tommasi et al., 2020),

Has COVID-19 pandemic measures had a negative effect on PTSD?



- A huge discrepancy of PTSD prevalence (from 2.70% to 67.09%) ;
- Systematic review on the prevalence of PTSD during the COVID-19 Pandemic in the general population
 - the prevalence of PTSD in the general population during the COVID-19 pandemic was 15% ;
 - Yunitri *et al.* (2022) reviewed 63 studies from 24 countries. The authors noticed a rate of 17.52% PTSD in the general population during the COVID-19 pandemic.
- PB : Those research focus on the early set of the pandemic during the first lockdown. What about the effect of multiple lockdowns?

Aim and objectives

- The psychological consequences of COVID-19 lockdowns in terms of PTSD among the general population are well documented.

However, studies are often focused

- (a) on a single lockdown impact while many countries have had multiples
 - (b) on a cross-sectional design, which is not relevant to screening the evolution of mental health.
- We aim to analyze **the effect of three repeated lockdowns on PTSD.**
 - We hypothesize that the PTSD scores will increase over the 3 pandemic lockdowns

METHOD

Participants

- 1316 participants (t1), age $M_{T1}=32.8$ ($SD_{T1}=11.7$),
- 591 participants (t2), age $M_{T2}=37.0$ ($SD_{T2}=13.4$),
- 474 (t3), age $M_{T3}=38.3$ years ($SD_{T3}=13.1$).

The samples for the three-time cross-sectional analysis were composed of participants who only responded once for each lockdown period.

Measure & Procédure

T 1 -March 17 to may 11,
2020



PTSD with PCL-5

T2 - October 30 to
December 14, 2021



PTSD with PCL-5

T3 - April 3 to May 3,
2021



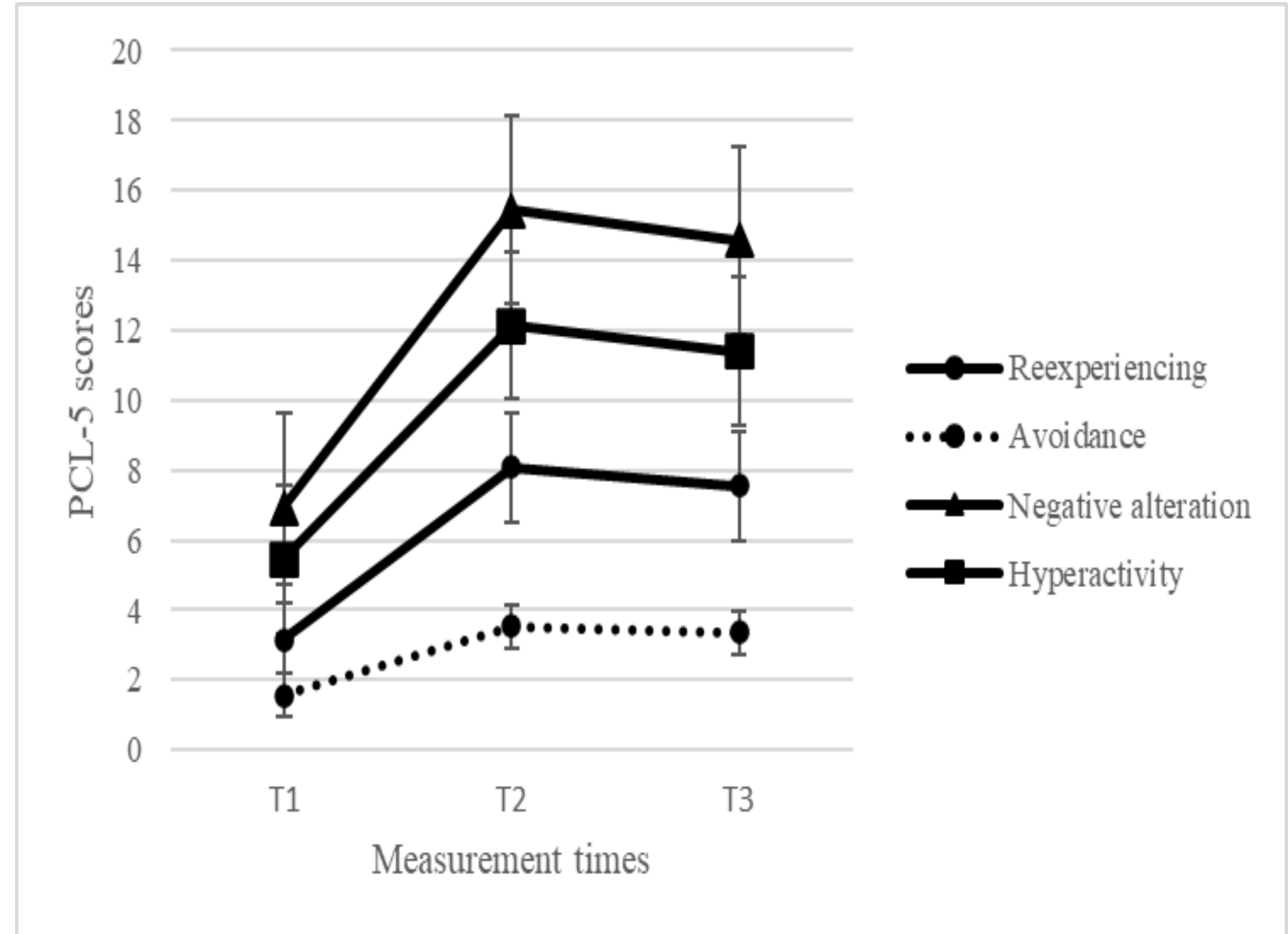
PTSD with PCL-5

- The protocol received the approval of the Ethics Committee for Non-Interventional Research (CERNI) of the University of Nantes (ethics committee approval n°19052021) ;
- Participants over 18 years old and living in France were recruited through social networks using online advertisements or email blasts.
- The dataset is available using this link: <https://osf.io/6epsw/>

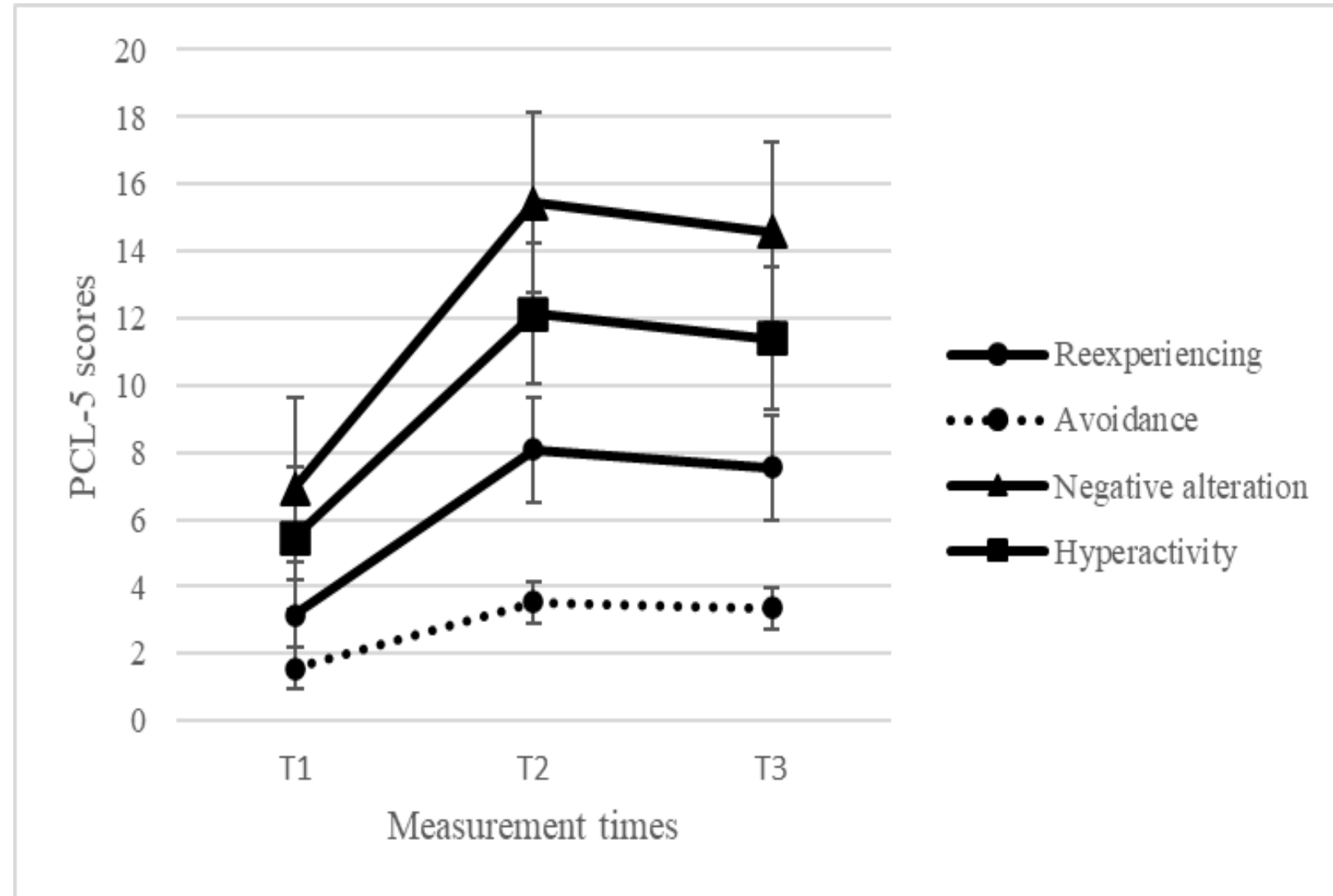
Results: PTSD scores over lockdowns

PCL-5:	T1 (N=1316)		T2 (N=591)		T3 (N=474)		ANOVA	
	M	SD	M	SD	M	SD	F of Fischer	η^2
Total	17.1	13.3	39.2	14.4	36.9	13.5	629***	.373
Reexperiencing	3.15	3.92	8.08	3.76	7.56	3.57	435***	.273
avoidance	1.56	1.98	3.53	1.92	3.36	1.91	269***	.189
Negative Alteration	6.93	5.56	15.5	6.34	14.6	5.79	562***	.327
Hyperactivity	5.45	4.53	12.1	5.02	11.4	4.71	528***	.313

Notes : * p<.05 ; ** p<.01 ; *** p<.001



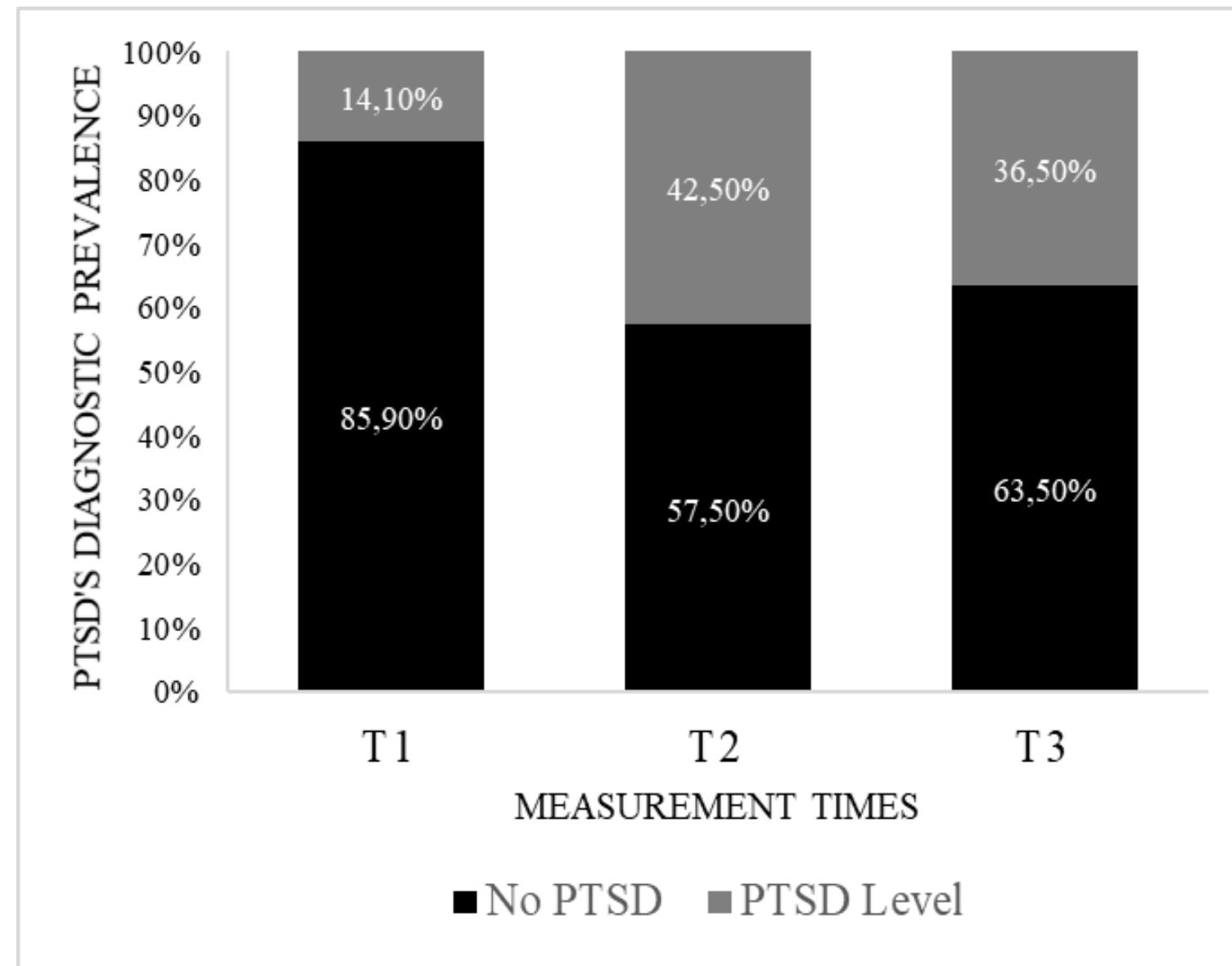
Results



- Significant difference in the means of the PCL-5 total and its subdimensions over the lockdowns
- significant increase in the PCL-5 means between the first (T1) and the second pandemic lockdown (T2)
- significant increase in the PCL-5 means between the first (T1) and the third pandemic lockdown (T3)
- No difference in the PCL-5 means between the second (T2) and the third pandemic lockdown (T3)

The PCL-5 total has increased from 129% from the first to the second lockdown and from 115% from the first to the third lockdown.

Results: PTSD proportion over lockdowns



- proportion of participants with PTSD risk is 14.0% at T1, 42.5% at T2 and 36.4% at T3.
- The generalized linear model test showed a significant difference in the proportion of PTSD risk over the three lockdowns :
 - significant increase between T1 and T2 ($Z=13$, $p<.001$)
 - significant increase between T1 and T3 ($Z=10$, $p<.001$),
 - no difference was found between T2 and T3 ($Z=-1.93$, $p=.384$).

Ashbaugh *et al.* (2016) reported a PTSD risk proportion of 24.0% in their sample. Compared to their proportion, ours is significantly below at T1 ($X^2=71.3$, $p<.001$) and higher at T2 ($X^2=107$, $p<.001$) and T3 ($X^2=.36.4$, $p<.001$).

Discussion

PTSD scores at the early set of the COVID-19



- There has been an increase in PTSD scores with the pandemic.
- Those high PTSD scores during the early stages of the pandemic are questionable as the PTSD criterion A (A.P.A., 2015) for most of the research during the pandemic has not been adequately assessed, if it has been assessed
- Some researchers have then considered that the pandemic *per se* was a traumatic event (Wathelet, D'Hondt, et al., 2021),

Source : Accord National Interprofessionnel, (ANI) 2013/Définition de l'ANACT, 2007

Discussion

When the repetition of lockdowns increases the PTSD risk



- Our participants experienced a significant increase, of more than 100%, in all their post-traumatic symptoms between the first and second lockdown,
- Our results support the notion that the repetition of lockdowns causes a clear and lasting increase in post-traumatic stress symptoms.
- We believe that when people are subjected to repeated measures to control and limit their lives, they become exhausted in their attempts to cope, making them vulnerable to trauma and PTSD symptoms (Boudoukha et al., 2021; El Haj et al., 2020)

Source : Accord National Interprofessionnel, (ANI) 2013/Définition de l'ANACT, 2007

Conclusion



- When conducting research on PTSD prevalence among the general population, the characteristics of the measures adopted during the COVID-19 pandemic should be rigorously studied.
- Repeated lockdowns have a detrimental effect in terms of PTSD risk and represent a threat to mental health in the general population.
- Information, prevention, and psychological help should be a priority to help people impacted.

Thank you for your attention

- Boudoukha, A. H., Congard, A., Bret, A., Sapin, A., Galharret, J-M., Nararro, O., & Fleury-Bahi G. (2022). PTSD and COVID-19: when repeated lockdowns hinder mental health! 52th congress of the EABCT, Barcelona, Open Paper Symposium 22, 10th of september

NW

U