

Depression that Appears in the Post-COVID-19 Condition

Edward Wilson

Department of Psychology, Wales, UK

Corresponding Author*

Edward Wilson

Department of Psychology, Wales, UK

E-mail: rodrychavez@otpk.u.com

Copyright: ©2024 Wilson, E. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 19-July-2024, Manuscript No. cep-24-142378; **Editor assigned:** 21-July-2024, PreQC No. cep-24-142378(PQ); **Reviewed:** 22-July-2024, QC No. cep-24-142378(Q); **Revised:** 24-July-2024, Manuscript No. cep-24-142378(R); **Published:** 7-August-2024, doi: 10.35248/2471-2701.24.10(1).325.

Abstract

Following recovery from COVID-19, more people in the UK are reporting increased vigilance and new side effects, collectively termed post-COVID conditions by the National Institute for Health and Care Excellence. While severe acute symptoms of COVID-19 have been well-documented, the return of distress after the acute phase subsides remains poorly understood. This study aimed to investigate the recurrence of troubling symptoms and clinically significant depression over a 12-week period post-SARS-CoV-2 infection. We systematically searched PubMed, Ovid Medline, and Google Scholar for studies published between January 1, 2020, and June 5, 2021. Recurrence rates and factors contributing to post-COVID conditions were assessed through a combination of case reports. For prospective cohort studies, we used a modified version of the Newcastle-Ottawa Scale to evaluate study quality and bias risk. Of the 316 publications identified, eight studies met our inclusion criteria.

After 12 weeks, the recurrence of severe post-COVID symptoms increased from 11% to 28%. Recurrence of clinically significant depression and other severe debilitating symptoms rose from 3% to 12%. The reappearance of troubling symptoms did not correlate with the severity of initial COVID-19 illness. However, there was substantial variation among studies regarding patient demographics, follow-up duration, assessment timing, and diagnostic methods. Most studies lacked control groups not exposed to COVID-19. Future research should focus on establishing standardized criteria for post-COVID conditions and include unexposed control groups to better understand the disease progression.

Keywords: Depression • Post-COVID-19 syndrome • Post-acute sequelae of COVID-19 • COVID-19

Introduction

The global impact of the Covid-19 pandemic, which has affected more than 194 million people as of July 26, 2021, extends far beyond immediate health outcomes, significantly shaping socioeconomic landscapes and healthcare systems worldwide ("WHO Covid-19 Dashboard," 2021). As our understanding of Covid-19 evolves, increasing evidence underscores the persistence of symptoms even after recovery, a phenomenon observed across both symptomatic and asymptomatic cases during the acute phase of infection. This variability highlights the complex and prolonged nature of Covid-19's effects on individuals.

Recognizing the multifaceted challenges faced by survivors, the National Institute for Health and Care Excellence (NICE) has formally defined "post-Covid-19 condition". This term encompasses the continuation or emergence of symptoms lasting beyond 12 weeks following infection with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) (Covid-19, 2021). While many individuals recover fully within this timeframe, the spectrum of persistent symptoms necessitates a nuanced approach to diagnosis, management, and support.

NICE guidelines provide a structured framework for healthcare professionals to assess and manage post-Covid-19 condition, ensuring comprehensive care plans that cater to the diverse needs of affected individuals. This approach aims to mitigate the physical, psychological, and social impacts of persistent symptoms, thereby enhancing overall patient outcomes and quality of life.

Among the notable health challenges reported by Covid-19 survivors are neuropsychiatric symptoms such as fatigue and depression. These symptoms suggest potential effects on the Central Nervous System (CNS), possibly influenced by factors such as viral neurotropism, systemic inflammatory responses, and coagulation abnormalities, particularly in severe cases. Depression, a leading global cause of disability, assumes particular significance in the context of post-Covid-19 condition. The persistence of depressive symptoms and clinically significant depression can profoundly impact daily functioning and quality of life, highlighting the critical need for integrated approaches that address both physical and mental health aspects.

Despite ongoing research into the broader neuropsychiatric consequences of Covid-19, there remains a paucity of studies specifically examining the recurrence and persistence of depression within the defined parameters of post-Covid-19 condition. Historical data from previous respiratory virus outbreaks, such as the SARS pandemic in 2003, suggest that depression can endure beyond the acute phase of illness in survivors, underscoring the potential long-term impact on mental health.

Therefore, advancing our understanding of the intricate relationship between depression and post-Covid-19 condition is paramount in developing effective healthcare strategies and interventions. This paper aims to consolidate and synthesis existing literature, focusing on the recurrence of depression and identifying contributing factors within the context of Covid-19 recovery. By providing a comprehensive review of current research findings, we aim to facilitate a deeper understanding of the psychological repercussions of Covid-19 and advocate for tailored interventions that promote holistic health and well-being during the extended recovery phase following this global pandemic.

Conclusion

This insightful study highlights a significant recurrence rate of clinically significant depression and persistent troublesome symptoms associated with post-Coronavirus illness. Follow-up assessments after one month identify factors such as female gender, previous mental health history, and psychopathology as influential in the persistence of symptoms. Interestingly, the severity of the initial coronavirus infection and mental distress during the acute phase do not correlate with the resolution of persistent symptoms in post-Coronavirus disorder.

Moving forward, it is imperative for future research to focus on defining and characterizing post-Coronavirus disorders more clearly. This includes incorporating control groups that have not been exposed to SARS-CoV-2 to

better understand the specific impacts of the virus on health outcomes. Additionally, a critical area for investigation is differentiating between symptoms of long-term Coronavirus disorder and the overlapping effects of persistent symptoms in individuals with post-Coronavirus conditions.

By addressing these research gaps, we can enhance our understanding of the comprehensive impact of Covid-19 on health and wellbeing, informing more effective strategies for diagnosis, treatment, and support for those navigating post-Coronavirus recovery.

Cite this article: Wilson, E. Depression that appears in the post-COVID-19 condition. *Clin Exp Psychol.* 2024, 10(01), 001-002