

PREVALENCE OF DEPRESSION AMIDST COVID-19 PANDEMIC



Final Project

GRNT 7100E SPRING 22

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COVID-19
and Older Adults



WHAT IS Depression

Depression is a mood disorder associated with distress and suffering. It is the most prevalent mental health problem among older adults. Symptoms of depression (listed below) can increase with age.

Symptoms of

Depression.

Inability
to sleep



Lack of
appetite



Feelings of
sadness or
worthlessness



Sleeping
more
than
usual



Anxiety



Inability
to sleep



UNDERSTAND THE SEVERITY

Prevalence in Older Adults

HEGEMAN, J. M., ET. AL, 2018

- 1 Depression is more severe in older adults than younger adults
- 2 Depression is associated with distress and suffering and can lead to
 - Physical Impairments
 - Mental Impairments
 - Impairments in social functioning
- 3 80% of depression cases are treatable!

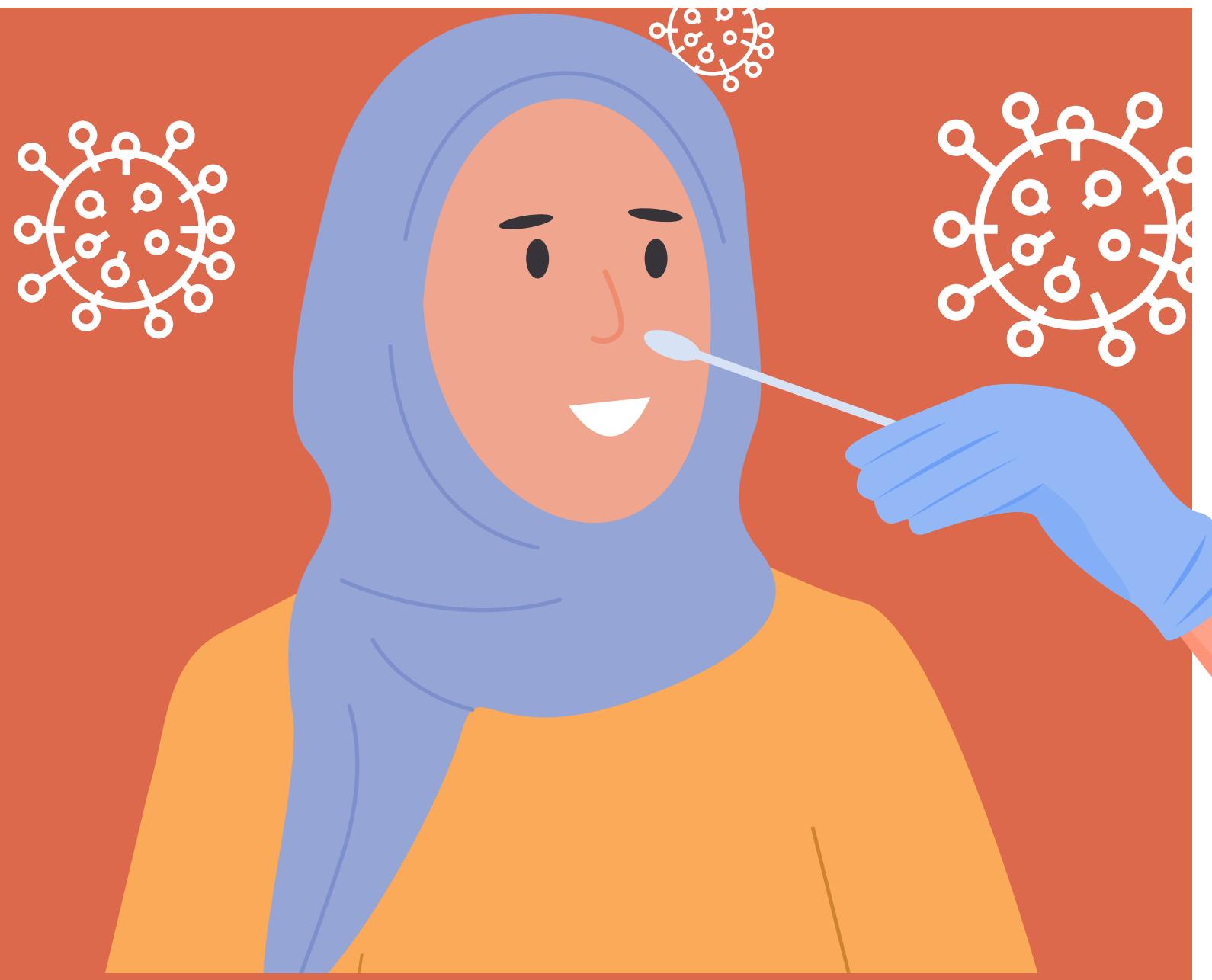


GET VACCINATED!

Since COVID-19 vaccines have been safely developed and offered to the public families and friends are able to gather together again. One of the easiest ways to relieve depression and feelings of isolation is to surround yourself with others who bring you joy! The safest way to do this is to get fully vaccinated and plan intimate, COVID friendly gatherings.



HEGEMAN, J. M., KOK, R. M., MAST, R. C. VAN DER, & GILTAY, E. J. (2018, JANUARY 2). PHENOMENOLOGY OF DEPRESSION IN OLDER COMPARED WITH YOUNGER ADULTS: META-ANALYSIS: THE BRITISH JOURNAL OF PSYCHIATRY. CAMBRIDGE CORE. <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/phenomenology-of-depression-in-older-compared-with-younger-adults-metanalysis/8ECE8715410BB84F8D464727FE22E6D9>



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