

Press Release

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SAFE Glen Cove Coalition: CDC- Mood Disorders Increase Risk for Severe COVID-19

According to the Centers for Disease Control and Prevention (CDC), people with certain mental health conditions could have a higher risk of more severe COVID-19, which could lead to a need for hospitalization, ICU admission, or death. The CDC recently added mood disorders to the list of conditions that put people at high risk for severe Covid-19. These include depression and schizophrenia spectrum disorders and make them eligible for booster shots based on their mental health diagnosis alone.

The decision comes after mounting evidence that mental health conditions make individuals of any age more likely to become severely ill from COVID-19. A meta-analysis published this month found a link between mood disorders and the risk of hospitalization and death from COVID-19 and another study from January of this year found that COVID patients with schizophrenia were nearly three times more likely to die from the virus, though those with mood and anxiety disorders were not at an increased risk of death from coronavirus infection. A 2020 study was another to suggest that a psychiatric diagnosis might be an independent risk factor. Not only would it increase the risk of COVID, it would increase the severity once contracted. One reason researchers are finding a link between mental health disorders and severe COVID-19 may be because long-term mental health conditions take a physical toll that makes patients more vulnerable to diseases. Conditions like depression can negatively affect the body's immune system wreak havoc on the body's immune system, causing the person to have increased risk, just because of the impact the stress response has on the body.

Around 19 million American adults—nearly 8 percent of the country—had at least one major depressive episode in 2019. Since then, the numbers have only grown. In 2020, the pandemic triggered 53 million new cases of depression globally.

As the latest addition to the agency's COVID-19 People with Certain Medical Conditions list, mood disorders join 18 other conditions or behaviors that increase risk. The list ranges from cancer to tuberculosis, and includes people who smoke, are overweight or obese, pregnant, or immunocompromised.

The CDC maintains that anyone at higher risk for severe COVID-19 should work with their health care providers to carefully manage their condition. In addition, getting vaccinated for COVID-19 as soon as possible, including taking boosters if and when they are recommended.

The Centers for Disease Control and Prevention (CDC) is a federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. To learn more about the CDC please visit www.cdc.gov.

To learn more about the SAFE Glen Cove Coalition please follow us www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about the COVID-19 Epidemic and its correlation to increased mental illness, alcohol and substance use in youth and adults please visit www.safeglencove.org.