Press Release

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FOR IMMEDIATE REALEASE

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**SAFE Glen Cove Coalition: Post-COVID Syndrome**

A recent study published in the Journal of Affective Disorders indicates people are still experiencing anxiety two years post COVID-19 lockdown. Although lockdowns and restrictions have eased in many places, and up to 62% of people in the United States have been fully vaccinated, many people still report feeling an intense fear in the months following recovery from COVID-19 disease.

COVID-19 emerged in 2019 and since is responsible for more than two and a half million people worldwide. Several studies have investigated the role of COVID-19 on the prevalence of mental health outcomes, with general findings indicating elevated rates of mental health issues as compared to the pre-COVID-19 era. However, the effect of specific demographic features is less clear. Researchers investigated whether anxiety, depressive, and eating pathology symptoms varied by gender, age, status as a medical provider (compared to the general public), race, or region of origin. Results indicated that all three symptoms increased from pre- to peri‑COVID-19-eras across all regions. No symptom varied by age, status as a medical provider, or race, though females were significantly more likely to experience eating pathology than males. Findings indicated that worldwide, regardless of age, status as a medical provider, race, or region of origin, respondents experienced significantly elevated rates of anxiety symptoms during the onset of the COVID-19 pandemic.

Anxiety is considered one of the longer-term symptoms of Post-COVID syndrome (PCS), aka Long-COVID — a recently identified diagnosis. Research shows that between 23% and 26% of people have mental health challenges (including anxiety) after recovering from the disease, particularly females. Some studies place that figure higher, hovering closer to the 50% mark.

Post-COVID anxiety has overlapping symptoms with other mental health conditions, including generalized anxiety disorder, obsessive compulsive disorder, post traumatic stress disorder, major depressive disorder and panic disorder. The mental health impact of the pandemic across age groups cannot be overstated. Researchers suggest that, in the future, we may see a mental health condition surface that’s related to the COVID-19 pandemic, specifically. Some symptoms of post-COVID anxiety include: fear around crowds, difficulty concentrating, distrust for other people, fear of leaving your house and increased substance use. The research on this is still limited. So far, it appears anxiety symptoms can manifest for several months after recovery, possibly longer. Researchers do know that 2021 studies show that participants reported increased anxiety at least 3 months – 7 months after recovering from COVID-19. Symptoms may worsen over time, which is why it’s recommended to begin working with a mental health professional as soon as possible.

The Journal of Affective Disorders is a peer-reviewed medical journal covering research on all aspects of affective disorders. For more information please visit https://www.journals.elsevier.com/journal-of-affective-disorders.

To learn more about the SAFE Glen Cove Coalition please follow us [www.facebook.com/safeglencovecoalition](http://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 and resources to cope please visit [www.safeglencove.org](http://www.safeglencove.org).