



Belgian Data repository on mental health

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Context

A vast amount of data on covid-19 and mental health is being spread
However, large differences in quality and scientific rigor exist



Need for a solid **scientific approach** to data analysis
in order to:

- correctly interpret and contextualize the data
- put together valid conclusions
- develop the best possible policy decisions



Belgian mental health data repository

- Commissioned by the Policy Coordination Working group
- This project of the superior health council will become **the reference** for all those interested in the state of the art and the evolution of the impact of covid-19 on mental health in Belgium
- Goal:
 - **list** all existing Belgian research on mental health and covid-19 in Belgium
 - Provide easily accessible and up to date information on mental health and covid-19
 - Facilitate contact with and between researchers
 - perform a **systematic review** of the data
 - Discover trends and evolutions
 - Develop scientifically based policy advice



Scientific methodology

Level CEBM	Type of study	Level	Data Repository qualification
1a	SR/MA of RCT's		<i>NA in current dataset</i>
1b	Individual RCT's		
2a	SR/MA of cohort study		
2b	individual cohort study	i	longitudinal studies
		ii	cross sectional panel studies (population data)
		iii	cross sectional panel studies (convenience sample)
3a	SR/MA of case control studies	iv	Delphi methods
3b	individual case control study	v	survey (one shot, population data)
		vi	survey (one shot, convenience sample)
4	case series (including poor cohort and case control studies)	vii	small data set (survey or panel)
		viii	qualitative research
5	expert opinion without explicit critical appraisal, or based on physiology, bench research or "first principles"		<i>NA in current dataset</i>

- Level of evidence : **primary focus highest level**
- N = 169 and counting
- Exclusion criteria for review

Exclusion criteria	Number of Studies Excluded of initial N 169
Non- Belgian data	15
Non- impact on mental health	16
Too specific target group, unless part of identified precarious groups	3
N<500, unless similar study with larger dataset available for comparison	9
Intervention studies	2
Qualitative research	1
Other reasons (ex. non covid specific)	17
No information yet	3
Doubles/waves as studies	9
N 94 remaining	



Conclusion

Based on the highest level of evidence studies available studies in the datarepository:
<https://doi.org/10.5281/zenodo.4604447>

Covid-19 has negative impact on mental health, but no psychological collapse yet

Experiencing psychological distress does not necessary lead to psychological / psychiatric disorders

However, the chronicity of pandemic is worrisome:

- mental strain continues
 - sleep problems are increasing
 - dissatisfaction is rising
- => increased risk of long-term consequences



Conclusion (2)

Groups at risk (!cumulative and multiplier effect):

- prior mental health disorders
- number of life areas affected by covid-19
- fixed factors: Age (18-35) and gender (female) higher occurrence of distress
- variable factors: Isolation, low social support, low frequency of activities higher occurrence of distress

! Not all vulnerable groups are represented within the current available research



Conclusion (3)

Cumulative and multiplier effect of risk factors

Psychological wellbeing is determined by a complex concurrence of:

- risk factors (fixed and variable)
- resilience of the individual



Join the Belgian mental health data repository initiative

If you yourself, have performed or are performing research on covid-19 and mental health in Belgium and are not yet in the data repository, please do feel free to fill in the Qualtrics for each of the research topics you are working on: [link to Qualtrics](#)

If you know of any additional research performed by other researchers, please do put us in contact with them and send their contact information to the Superior Health Council : info.hgr-css@health.fgov.be



Superior Health Council

Online Symposium – March 22, 2021

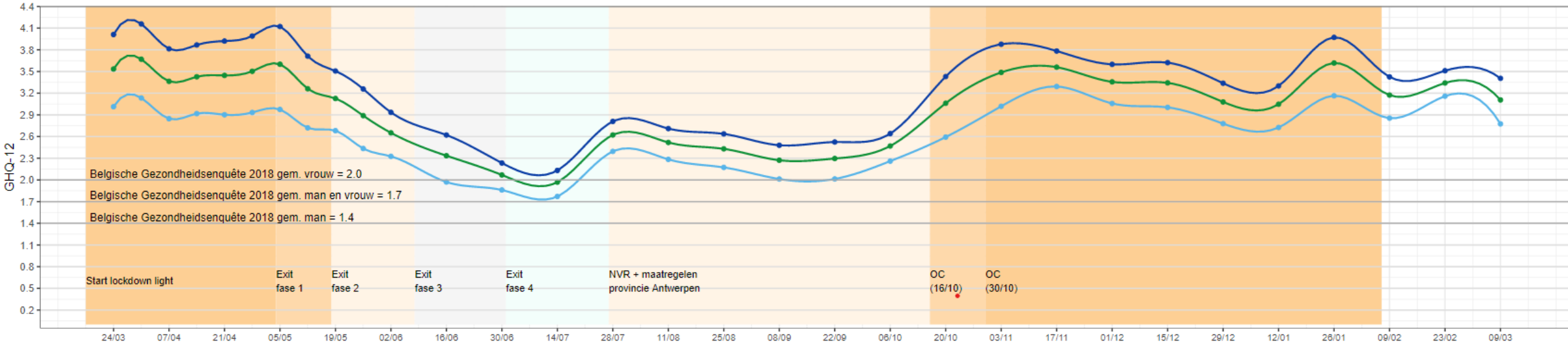
COVID-19 : Impact on mental health and psychosocial care

Prof dr Lode Godderis

.be



Evolutie van mentaal welzijn (gewogen GHQ-12 score, België)



Belgische Gezondheidsenquête 2018 gem. vrouw = 2.0
Belgische Gezondheidsenquête 2018 gem. man en vrouw = 1.7
Belgische Gezondheidsenquête 2018 gem. man = 1.4

Start lockdown light

Exit fase 1

Exit fase 2

Exit fase 3

Exit fase 4

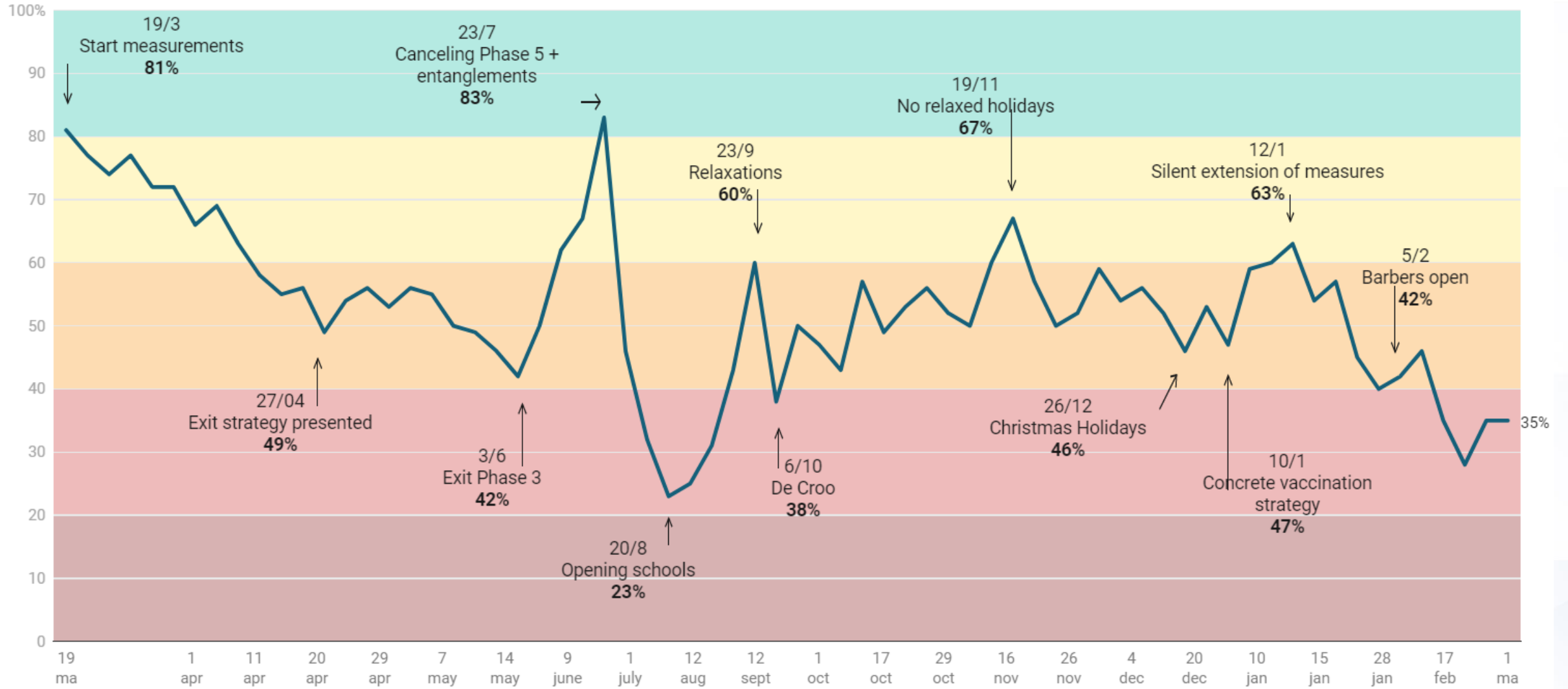
NVR + maatregelen provincie Antwerpen

OC (16/10)

OC (30/10)

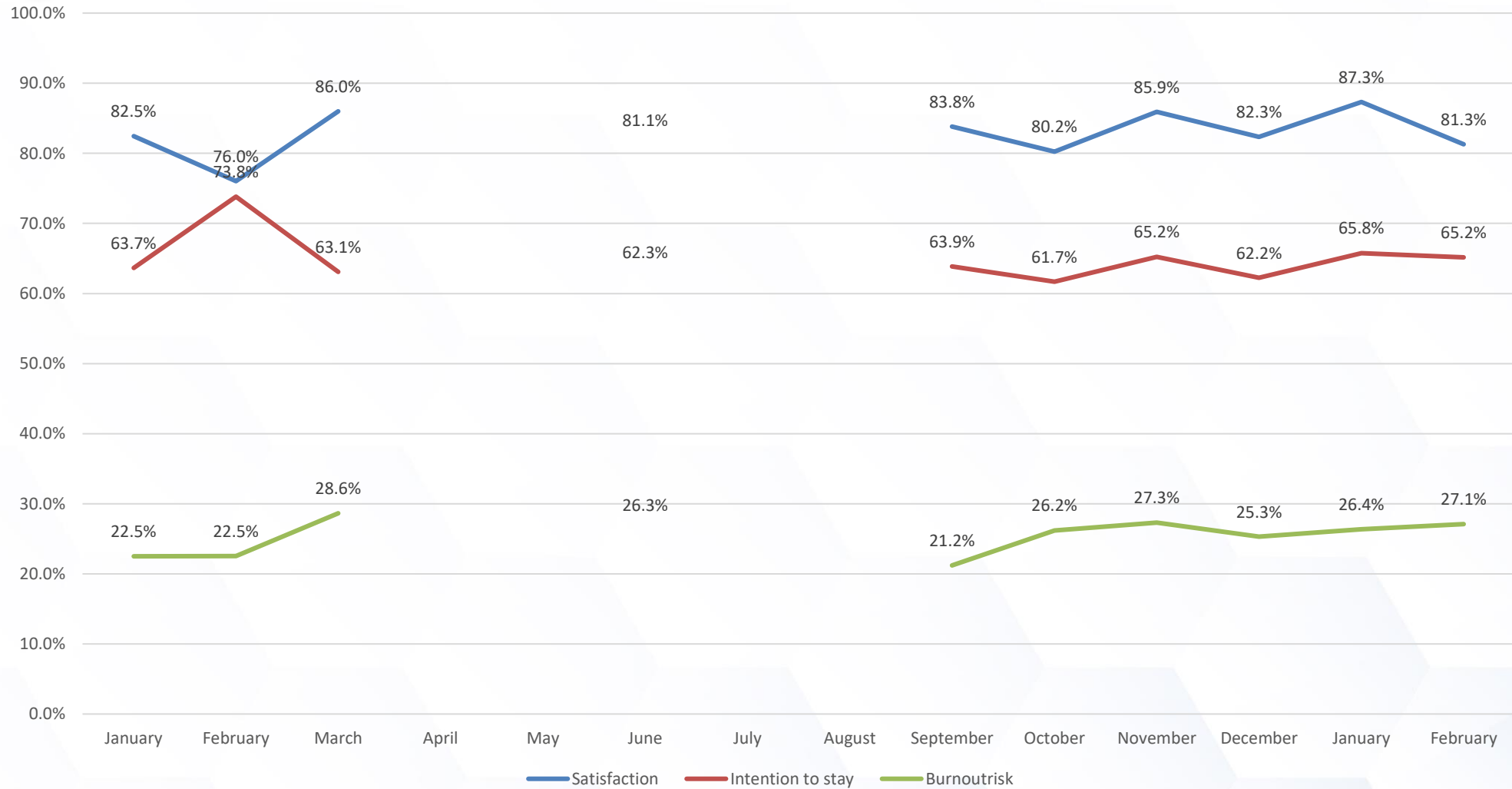
NVR = Nationale Veiligheidsraad
OC = Overleg-comité
De Grote Coronastudie 2020-2021 (UAntwerpen, UHasselt, KU Leuven) - Golven 2-32 - www.corona-studie.be

The Motivationbarometer



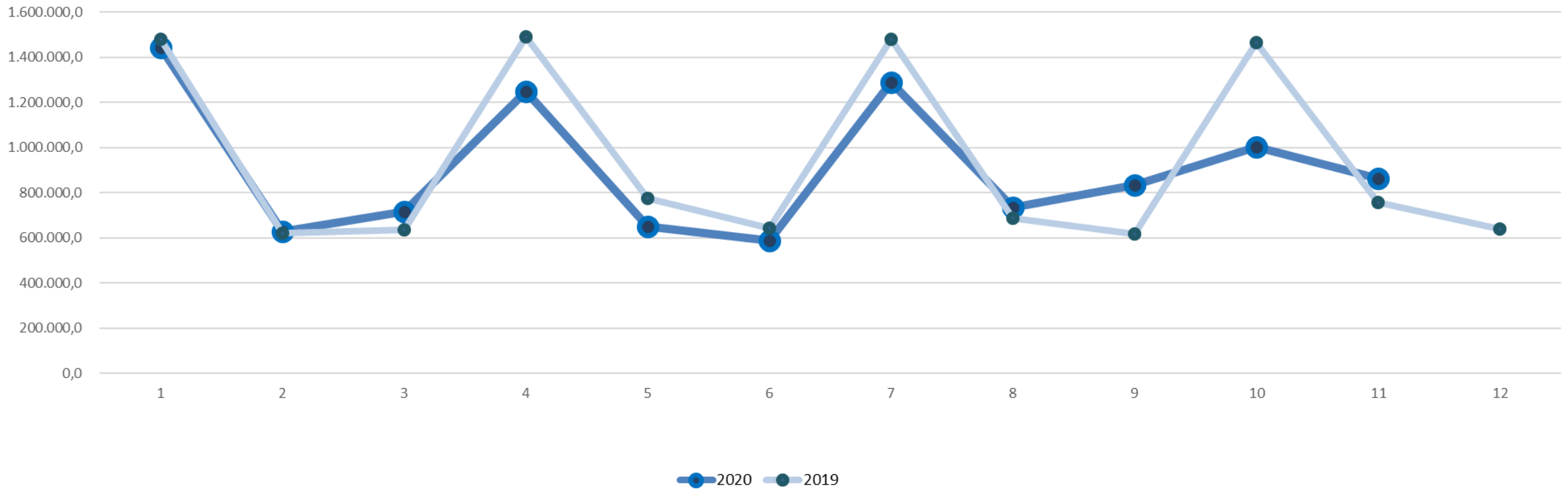


% of employees with a high score



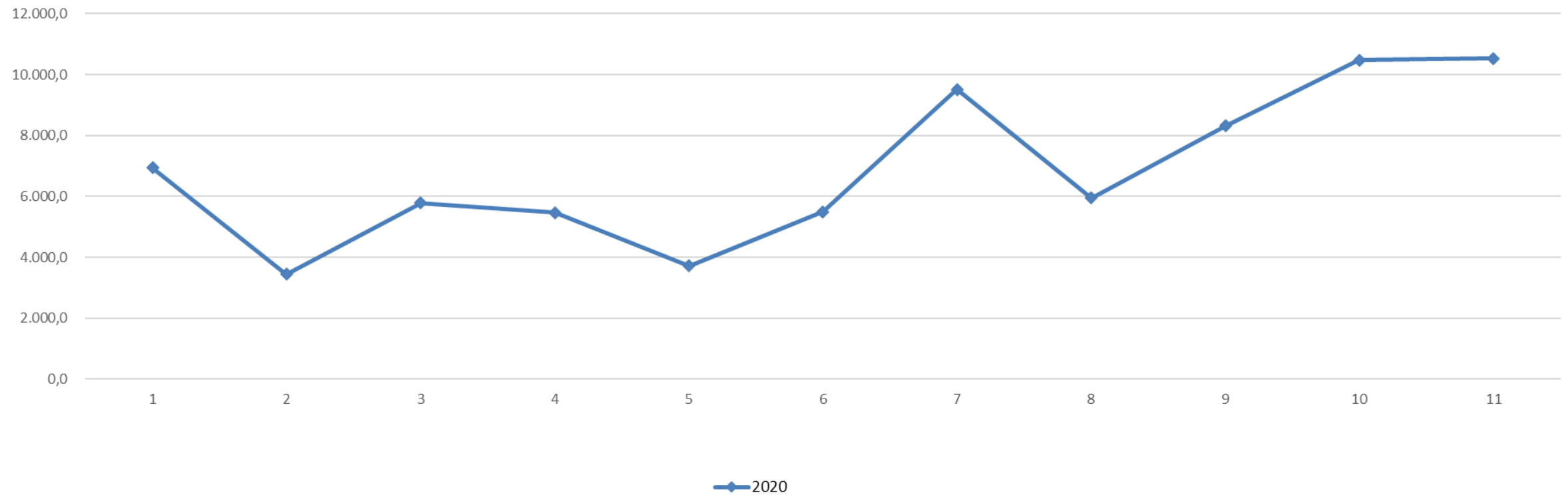


(All) / (All) / (All)





(All) / B) Psychologische zorg / (All)





Proposed relaxations



- Autonomy
- Relatedness
- Competence
- Meaning
- Security
- Physical activity



Mental health

Motivation for the measures