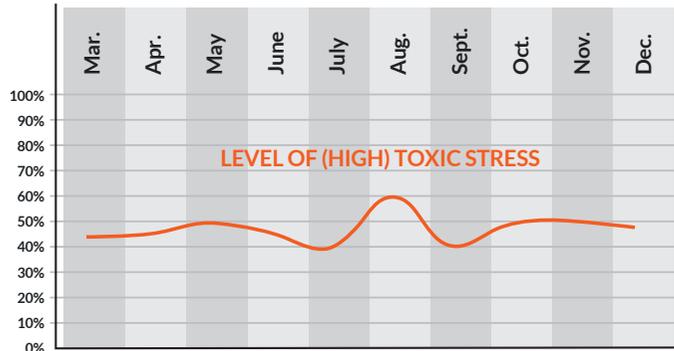


# 2020 | BELGIAN MENTAL HEALTH (CARE) DATA REPOSITORY ON COVID-19

The Belgian Mental Health Data Repository (BMHDR) centralizes all Belgian studies on mental health impact of COVID-19. It is frequently updated as a living document. This BMHDR allows for other researchers, policy makers, health care providers and the general public to monitor the mental health impact of COVID-19.



## Vulnerability factors of developing long-term poor wellbeing

- Having pre-existing mental health problems
- Females
- Age: youngsters and elderly
- Health care workers
- Having young children
- Small living space
- Disability and risk patients
- Low socio-economic status
- Pre-existing addiction
- Complex family systems

## Risk factors of developing long term poor wellbeing:

- Isolation
- Low social support
- Low frequency of activities
- Unemployment and fear of losing their job
- Intolerance to uncertainty

## Protective factors:

- Higher education diploma
- Living in a couple
- Quality of social contacts
- Family wellbeing

These factors are multiplicative and cumulative: multiple life areas under influence increase the risk of long-term distress influencing daily life.

## SUICIDE

Individuals also experienced more suicidal thoughts compared to 2018 and an increase in attempted suicides was reported (0.4% vs 0.2% in 2018).

## CONCLUSION

The COVID-19 pandemic has a negative impact on our mental health, more specifically on our resilience. The data in the BMHDR indicates that the increase of distress and even symptoms of depression and anxiety not necessarily lead to a psychological and/or psychiatric diagnosis. So the development of mental disorders is not equal to reduced mental health. Our analysis identify groups who are in need of more monitoring and assistance. Using the vulnerability factors, risk factors and protective factors, Belgian before the COVID-19 pandemic, was reinforced and with higher psychosocial need can be identified. Moreover, those vulnerability and risk factors as well



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## MORE INFORMATION...

### First advice of the Superior Health Council:

<https://www.health.belgium.be/en/report-9589-mental-health-and-covid-19>

### Second advice of the Superior Health Council:

<https://www.health.belgium.be/en/report-9610-psychosocial-care-during-covid-19-pandemic-revision-2021-0>

### Webinar COVID-19 and mental health (NL en FR):

<https://www.health.belgium.be/nl/webinar-covid-19-en-geestelijke-gezondheid-conclusies>

### Zenodo living documents:

• Version 6 (diagnostics vs non-diagnostics) : <https://doi.org/10.5281/zenodo.4889246>

• Version 5 (lowest levels of evidence) : <https://doi.org/10.5281/zenodo.4742777>

• Version 4 (highest levels of evidence) : <https://doi.org/10.5281/zenodo.4629333>

• Version 3 (methodology levels of evidence and exclusion criteria) : <https://doi.org/10.5281/zenodo.4629333>

• Version 2 (overview all studies) : <https://doi.org/10.5281/zenodo.4629333>

• Version 1 (introduction) : <https://doi.org/10.5281/zenodo.4415443>

# DIAGNOSTIC

**Diagnostic tools** were defined as tools and questionnaires that use the cut-off scores used in the DSM or ICD. **Non-diagnostic tools** were defined as all the other screeners and questionnaires that measure subjective well-being.

# NON-DIAGNOSTIC

