

**La salute mentale in Toscana post-pandemia:
valutazione dei bisogni e della risposta dei servizi di cura**

EVENTO ECM IN MODALITÀ MISTA: IN PRESENZA E DA REMOTO Crediti ECM: in via di definizione

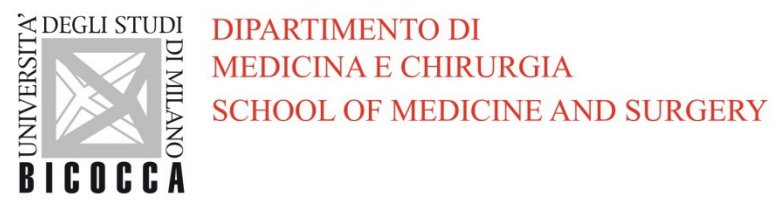
12 marzo 2024 ore 9.00-13.30
Salone delle Robbiane, Villa La Quiete alle Montalve
SEDE formas, via di Boldrone 2, Firenze

La salute mentale in Italia ai tempi del COVID-19: i risultati dello studio Covid Mental hEalth Trial (COMET)

Giuseppe Carrà, MD, MSc, PhD

Professore Ordinario di Psichiatria - Università Milano Bicocca

Direttore DSMD - ASST Nord Milano



NEWS FEATURE | 04 May 2020

Profile of a killer: the complex biology powering the coronavirus pandemic

Scientists are piecing together how SARS-CoV-2 operates, where it came from and what it might do next – but pressing questions remain about the source of COVID-19.



The Covid-19 Global Pandemic: A Natural Experiment in the Making

David M. Mutch^a

What is now becoming apparent is that various factors, both non-modifiable and modifiable, exist that influence a person's risk of infection

European Psychiatry

www.cambridge.org/epa

Editorial

Cite this article: Fiorillo A, Gorwood P (2020). The consequences of the COVID-19 pandemic on mental health and implications for clinical practice. *European Psychiatry*, **63**(1), e32, 1–2 <https://doi.org/10.1192/j.eurpsy.2020.35>

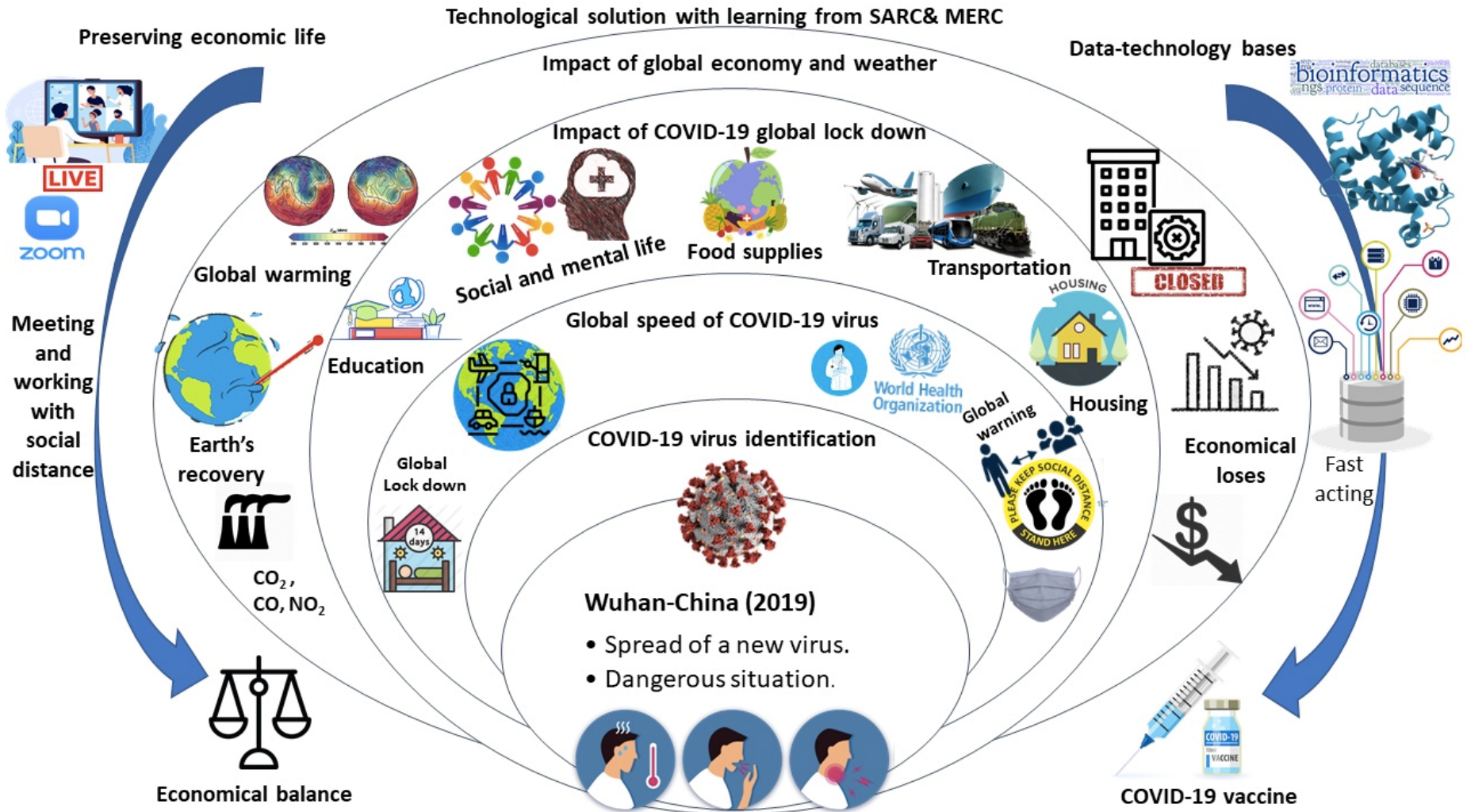
The consequences of the COVID-19 pandemic on mental health and implications for clinical practice

Andrea Fiorillo^{1,2} and Philip Gorwood^{3,4}

¹Department of Psychiatry, University of Campania “L. Vanvitelli”, Naples, Italy; ²Editor, *European Psychiatry*; ³GHU Paris Psychiatrie et Neurosciences, CMME, Hôpital Sainte-Anne, 75014 Paris, France and ⁴Université de Paris, Institute of Psychiatry and Neuroscience of Paris (IPNP), INSERM U1266, 75014 Paris, France

“It is likely that the current pandemic will change our behaviours and will modify the priorities of psychiatrists and other mental health professionals.”

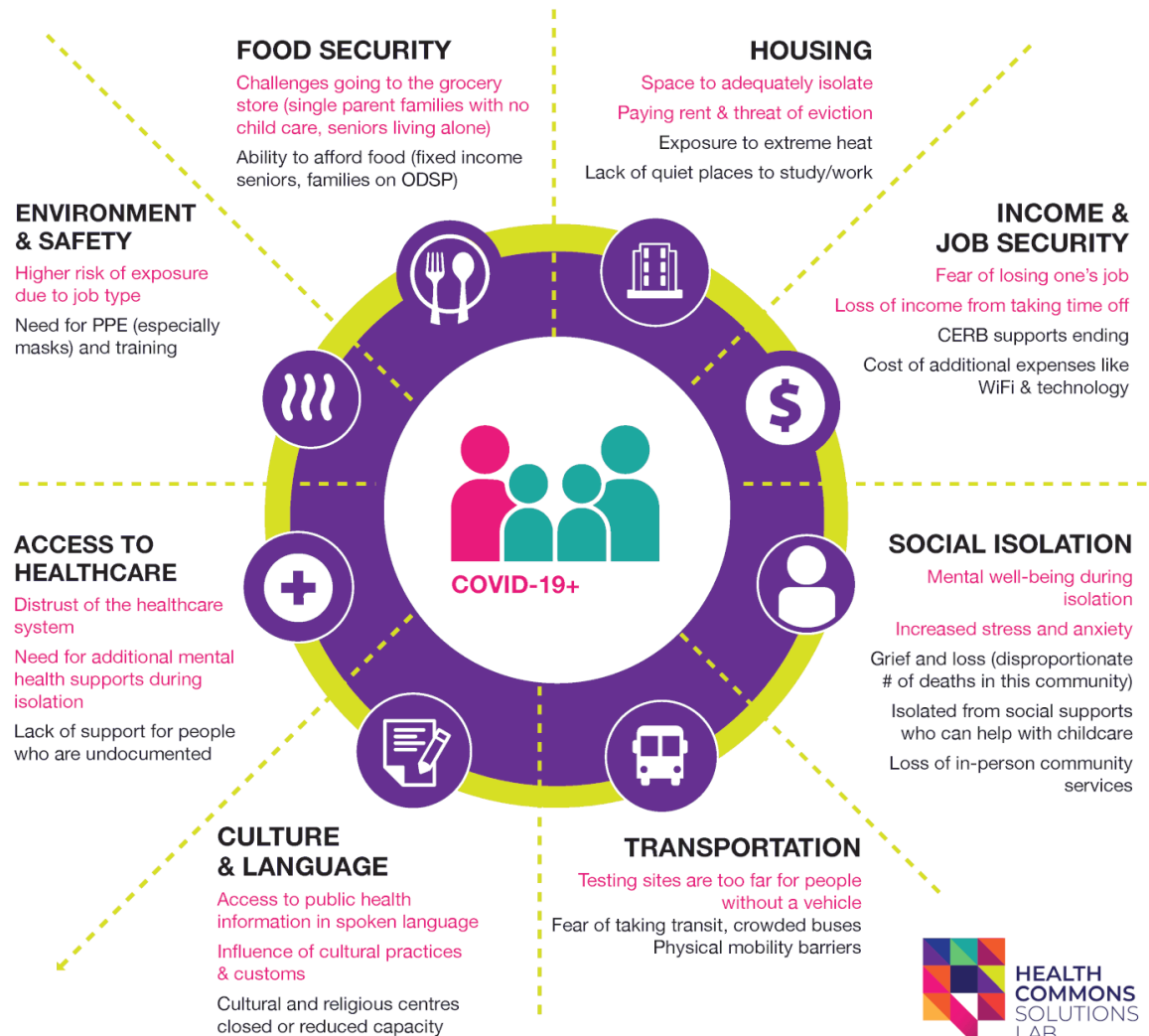
Cosa ha cambiato la pandemia da COVID-19?



COVID-19 & SOCIAL DETERMINANTS OF HEALTH

Not everyone has been affected equally by the pandemic. The social determinants of health affect not only who gets sick (pink) but everyone in the community during this unprecedented time.

The pandemic is exacerbating the impact of these inequities, particularly for communities who are already under-resourced and experiencing barriers.

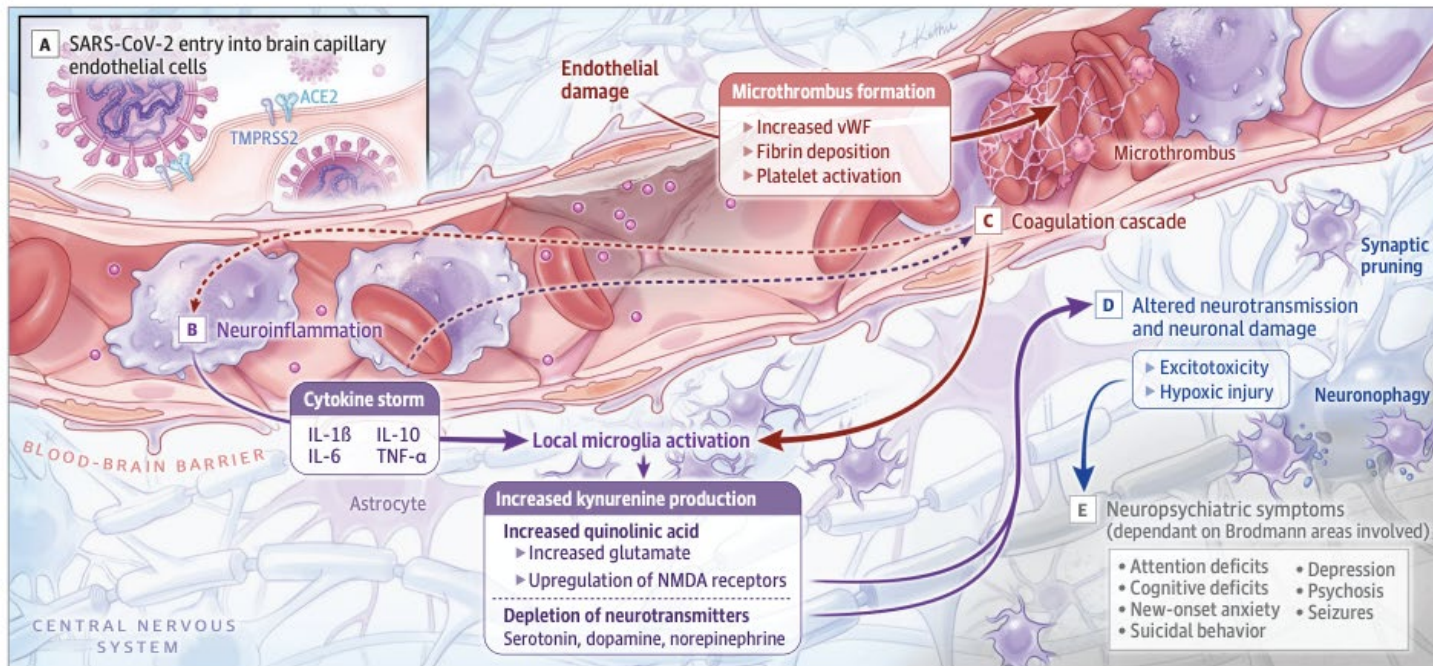


Neuroscience and Psychiatry

How COVID-19 Affects the Brain

Maura Boldrini, MD, PhD; Peter D. Canoll, MD, PhD; Robyn S. Klein, MD, PhD

Figure. Brain Vascular Injury, Neurotransmitter System Dysfunction, Thrombotic Events, Neuronal Damage, and Neuropsychiatric Symptoms



A, SARS-CoV-2 invades endothelial cells via transmembrane angiotensin-converting enzyme 2 (ACE2) receptor, enabled by transmembrane protease, serine 2 (TMPRSS2). B, Cytokine elevation and microglia activation result in increased kynurenine, quinolinic acid, and glutamate, and neurotransmitter depletion. C, Coagulation cascade and elevation of von Willebrand factor (vWF) lead to thrombotic events. D, Altered neurotransmission, excitotoxicity by increased glutamate, and hypoxic injury contribute to neuronal dysfunction and loss. E, Neuropsychiatric symptoms differ depending on the Brodmann area involved. IL indicates interleukin; NMDA, N-methyl-D-aspartate; TNF, tumor necrosis factor.



Contents lists available at [ScienceDirect](#)

Public Health

journal homepage: www.elsevier.com/locate/puhe



Original Research

The relation between the social and the biological and COVID-19

M.P. Kelly

Primary Care Unit, Department of Public Health and Primary Care, University of Cambridge, East Forvie Building, Cambridge, CB2 0SR, UK

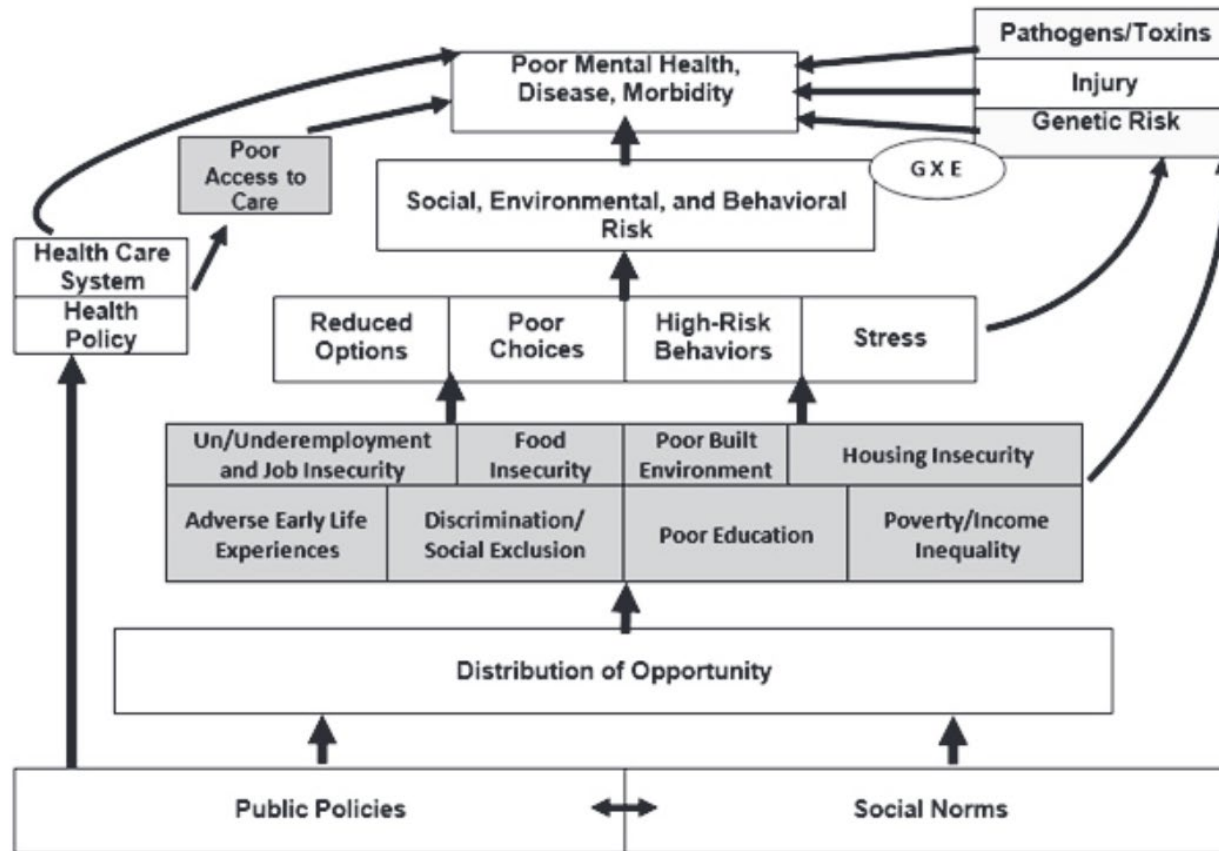


Unravelling the mechanisms at the social and biological interface is crucial. The way people live their lives and their actions, habits and skills are deeply ingrained socially and biologically. Our everyday actions have biological consequences with respect to good or poor health.

The Social Determinants of Mental Health

Michael T. Compton, M.D., M.P.H., and Ruth S. Shim, M.D., M.P.H.

FIGURE 1. Conceptualizing the Social Determinants of Mental Health^a



^a G × E, gene-by-environment interaction


I determinanti sociali di salute mentale

Social factors are important at every stage of human development starting from the prenatal stage or even earlier when wider environmental factors are considered. They may provide us with clues towards preventive public strategies in reducing psychiatric morbidities. The impact of social determinants on the human brain is yet to be fully understood.

(Bhugra et al., 2016)

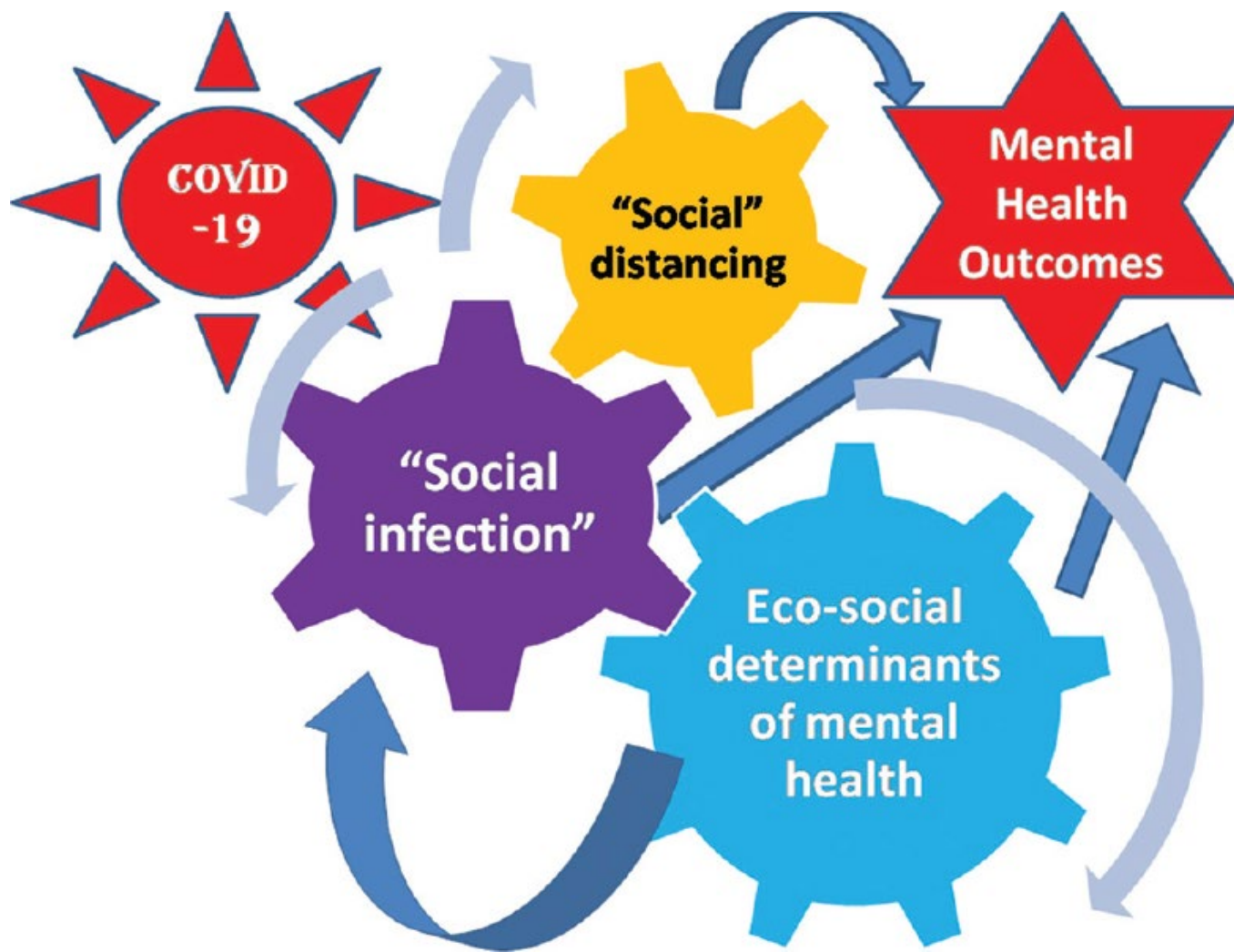
Regular Article

Social determinants of mental health during a year of the COVID-19 pandemic

Savannah Minihan¹ , Amy Orben², Annabel Songco¹, Elaine Fox³, Cecile D. Ladouceur⁴, Louise Mewton¹, Michelle Moulds¹, Jennifer H. Pfeifer⁵, Anne-Laura Van Harmelen⁶ and Susanne Schweizer^{1,7}

¹University of New South Wales, Sydney, Australia, ²MRC Cognition and Brain Sciences Unit, University of Cambridge, Cambridge, United Kingdom, ³University of Oxford, Oxford, United Kingdom, ⁴University of Pittsburgh, Pittsburgh, United States of America, ⁵University of Oregon, Eugene, Oregon, United States of America, ⁶Leiden University, Leiden, The Netherlands and ⁷University of Cambridge, Department of Psychology, Cambridge, United Kingdom

The global COVID-19 pandemic brought about unprecedented disruptions to our daily lives. Governments imposed restrictions and limitations on social life, leading to considerable reductions of face-to-face social contact for people over the world





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Covid-19 and Psychiatry

COVID-19 has been a most dramatic recent development with major implications for mental health. This collection features the latest contributions to the rapidly developing research on how the virus itself may affect the brain and how the pandemic-related social and economic disruption has affected mental health. The collection aims to promote novel findings and provide a useful source of key papers on COVID-19 from epidemiological, clinical and biological studies.

Collection Leads:

Philip Gorwood, *St. Anne Hospital, France*

Professor Andrea Fiorillo, *Professor of Psychiatry, University of Campania "Luigi Vanvitelli", Napoli, Italy*

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COVID-19 Resource Centre

This page contains links to high-quality COVID-19 resources for both health professionals and the general public.
The EPA will expand the selection to include resources in multiple languages as they become available.

[EPA Recommendations](#)

Brief Report

Cite this article: Wasserman D, van der Gaag R, Wise J (2020). The term “physical

The term “physical distancing” is recommended rather than “social distancing” during the COVID-19 pandemic for reducing feelings of rejection among people with mental health problems


Danuta Wasserman^{1,2*}, Rutger van der Gaag^{3,2} and Jan Wise^{4,2}

The term social distancing may increase social isolation. The term, as well as the fact that people are closely locked-down with reduced opportunity for being helped by others, is strongly pathogenic. The notion of “social distancing” affords neither comfort nor help to vulnerable people. We advocate to use the term “physical distancing”—as a physical distance of 2m will prevent and diminish the spread of COVID-19—rather than “social distancing”.

Viewpoint

Cite this article: McDaid D (2021). Viewpoint:
Investing in strategies to support mental



Viewpoint: Investing in strategies to support mental health recovery from the COVID-19 pandemic

David McDaid* 

Care Policy and Evaluation Centre, Department of Health Policy, London School of Economics and Political Science, London, United Kingdom

The pandemic has changed the way in which mental health systems operate, with increased provision of online services and a much greater focus on resilience and wellbeing. This provides an opportunity to reshape mental health service delivery so that online services complement traditional mental health service models.

Principles of mental health care during the COVID-19 pandemic

Martina Rojnic Kuzman^{1,2*} , Marko Curkovic^{2,3}  and Danuta Wasserman⁴



**WORLD
PSYCHIATRIC
ASSOCIATION**

COVID-19 and psychiatrists' responsibilities: a WPA position paper

The SARS-CoV-2 virus has changed our world, endangering health, lives, social connections and economies¹, with the likelihood and consequences of future waves of infection still unknown. In this context, the WPA Standing Committee on Ethics and Review has produced a position paper

proven treatments, potential harms of vaccines, and protective measures. Of course, psychiatrists should safeguard their own health with proper nutrition, sleep, rest and exercise, and promptly seek professional help if they become physically or mentally unwell⁵.

supports.

As leaders in their hospitals, health care agencies and communities, psychiatrists may also participate in COVID-19 decision-making committees (including triage), where they should safeguard the rights of persons with mental disorders. They may

Psychiatry in the age of COVID-19

Jürgen Unützer¹, Ryan J. Kimmel^{2,3}, Mark Snowden^{3,4}

¹Department of Psychiatry and Behavioral Sciences, University of Washington, Washington, WA, USA; ²University of Washington Medical Center, Seattle, WA, USA; ³Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA, USA; ⁴Harborview Medical Center, Seattle, Washington, WA, USA

“There are new psychiatric symptoms in individuals experiencing stress, anxiety or grief... some are experiencing losses under traumatic circumstances. There is an increase in the rates of all mental disorders.”



Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic



COVID-19 Mental Disorders Collaborators*

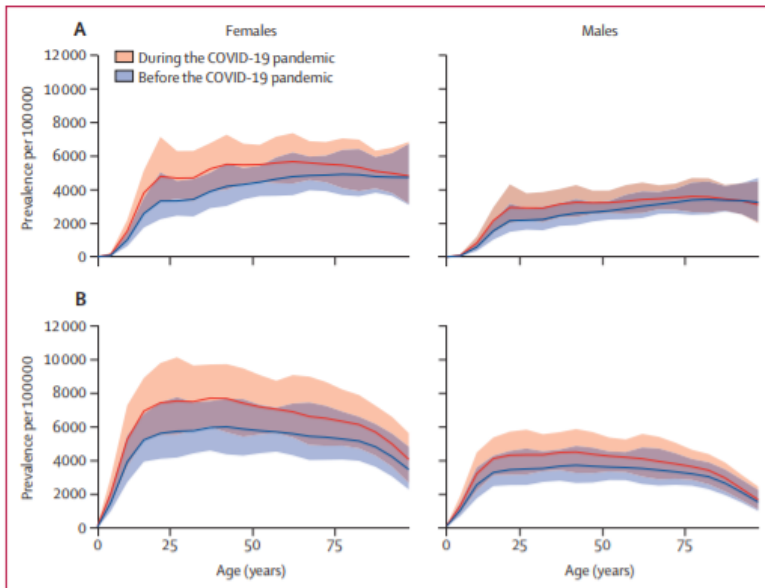


Figure 1: Global prevalence of major depressive disorder (A) and anxiety disorders (B) before and after adjustment for (ie, during) the COVID-19 pandemic, 2020, by age and sex

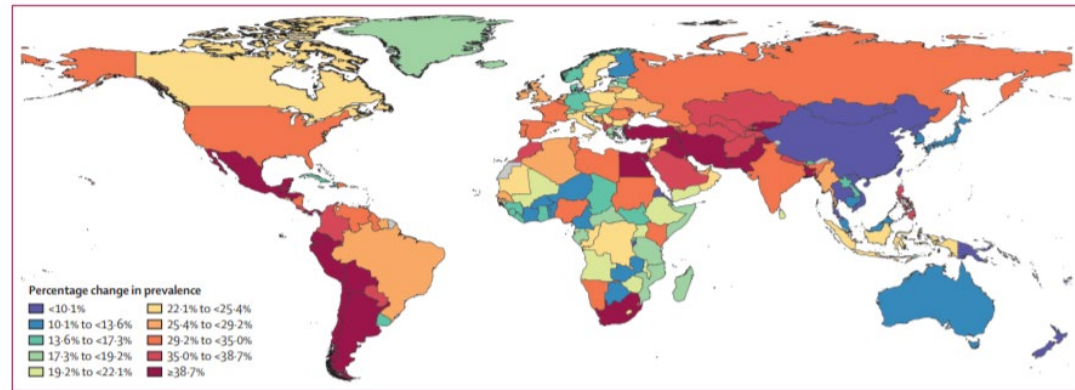


Figure 2: Change in the prevalence of major depressive disorder after adjustment for (ie, during) the COVID-19 pandemic, 2020

(2021)

The consequences of the COVID-19 pandemic on mental health and implications for clinical practice

Editorial

Cite this article: Fiorillo A, Gorwood P (2020). The consequences of the COVID-19 pandemic on mental health and implications for clinical practice. *European Psychiatry*, **63**(1), e32, 1–2 <https://doi.org/10.1192/j.eurpsy.2020.35>

Andrea Fiorillo^{1,2} and Philip Gorwood^{3,4}

¹Department of Psychiatry, University of Campania “L. Vanvitelli”, Naples, Italy; ²Editor, European Psychiatry; ³GHU Paris Psychiatrie et Neurosciences, CMME, Hôpital Sainte-Anne, 75014 Paris, France and ⁴Université de Paris, Institute of Psychiatry and Neuroscience of Paris (IPNP), INSERM U1266, 75014 Paris, France

People exposed to COVID-19

Vulnerable people
(people with disability or pre-existing mental health problems)

First- and second-line healthcare workers

Quarantined people
(people in lockdown who have not been directly exposed to COVID-19)

The COMET - Covid MEntal health Trial

A no-profit, national, multicentric, cross-sectional population-based study



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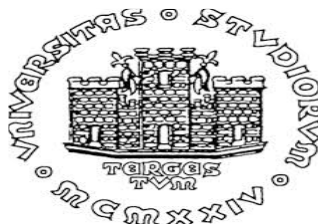
University of Pisa



Sapienza University of Rome



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University of Trieste



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Center for Behavioral Sciences and Mental Health



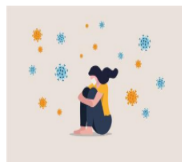
Università degli Studi della Campania Luigi Vanvitelli



SIPS

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Affiliated to the World Association of Social Psychiatry





The Impact of Quarantine and Physical Distancing Following COVID-19 on Mental Health: Study Protocol of a Multicentric Italian Population Trial

Vincenzo Giallonardo^{1†}, Gaia Sampogna^{1†}, Valeria Del Vecchio¹, Mario Luciano¹, Umberto Albert^{2,3}, Claudia Carmassi⁴, Giuseppe Carrà⁵, Francesca Cirulli⁶, Bernardo Dell'Osso⁷, Maria Giulia Nanni⁸, Maurizio Pompili⁹, Gabriele Sani^{10,11}, Alfonso Tortorella¹², Umberto Volpe¹³ and Andrea Fiorillo^{1*}

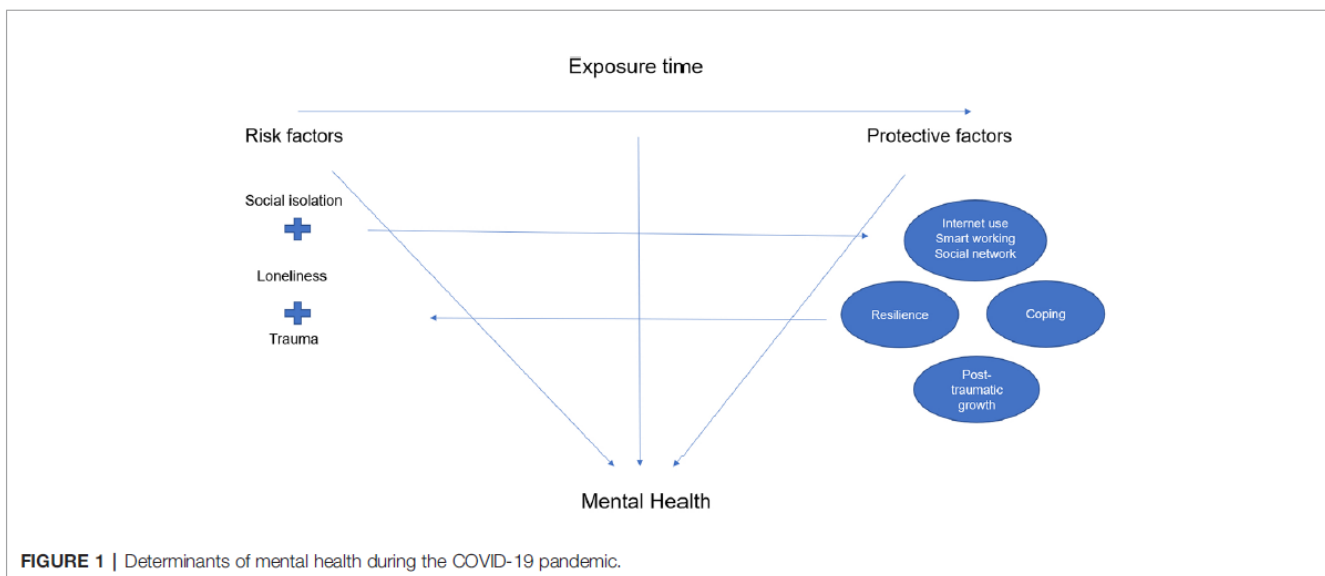


FIGURE 1 | Determinants of mental health during the COVID-19 pandemic.

Assessment tool	Acronym	N. items	Description
General Health Questionnaire-12	GHQ-12	12	Each item assesses the severity of a mental problem on a 4-level Likert scale. The total score ranges from 0 to 36, with higher scores indicating worse conditions.
Depression, Anxiety and Stress Scale - 21	DASS-21	21	It consists of three subscales. The depression subscale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia. The anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The stress scale assesses difficulty in relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive and impatient.
Obsessive-Compulsive Inventory – Revised	OCI-R	18	Each item assesses the severity of obsession or compulsion on a 5-level Likert scale. The total score range from 0 to 72, with higher scores indicating worse conditions.
Insomnia Severity Index	ISI	7	Each item assesses the nature, severity, and impact of insomnia on a 5-level Likert scale. The aspects evaluated includes sleep onset, sleep maintenance, and early morning awakening problems, sleep dissatisfaction, interference of sleep difficulties with daytime functioning, noticeability of sleep problems by others, and distress caused by the sleep difficulties. The total score ranges from 0 to 28.
Severity-of-Acute-Stress-Symptoms-Adult	SASS	9	It assesses the severity of post-traumatic stress disorder in adult individuals. Each item assesses the severity of post-traumatic symptoms during the past seven days.
Suicidal Ideation Attributes Scale	SIDAS	5	It assesses all the attributes of suicidal thoughts: frequency, controllability, closeness to attempt, level of distress associated with the thoughts, and impact on daily functioning. Each item is assessed on 10-level Likert scale. When the score at the first item is zero, the remaining items are not compiled.
Impact of Event Scale-6	IES-6	6	It assesses the impact of the traumatic event, including three subscales that describe the three major symptoms of posttraumatic stress: intrusion, avoidance, and hyperarousal.
UCLA Loneliness scale - short version	UCLA	8	It is an 8-item scale designed to measure one's subjective feelings of loneliness as well as feelings of social isolation.
Brief Coping Orientation to Problems Experienced	Brief-COPE	28	It includes 14 subscales designed for measuring effective and ineffective ways to cope with a stressful life event. The subscales include: self-distraction, active coping, denial, substance use, use of emotional support, use of instrumental support, behavioral disengagement, venting, positive reframing, planning, humor, acceptance, religion, and self-blame.
Post Traumatic Growth Inventory- short form	PTGI	10	It evaluates the construct of post-traumatic growth on a 6-level Likert scale.
Connor-Davidson Resilience Scale – short form	CD-RISC	10	It evaluates the levels of resilience and it includes the following five factors: personal competence, high standards, and tenacity; trust in one's instincts, tolerance of negative affect, and strengthening effects of stress; positive acceptance of change and secure relationships; control; spiritual influences. Each item is rated on a 6-level Likert scale.
Multidimensional Scale of Perceived Social Support	MSPSS	12	It evaluates the levels of perceived adequacy of social support from the family, friends, and significant others on a 5-level Likert scale
Pattern of Care Schedule - modified version	PCS	20	It is an <i>ad hoc</i> schedule evaluating the pharmacological and nonpharmacological treatments received by participants
Maslach Burnout Inventory (only for healthcare professionals)	MBI	22	It evaluates the three dimensions of burnout: emotional exhaustion, depersonalization, and personal accomplishment

The COMET - Covid MEntal health Trial

European Psychiatry

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Research Article

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Author for correspondence: Andrea Fiorillo, E-mail: andrea.fiorillo@uncometa.it

Effects of the lockdown on the mental health of the general population during the COVID-19 pandemic in Italy: Results from the COMET collaborative network

Andrea Fiorillo¹, Gaia Sampogna¹, Vincenzo Giallonardo¹, Valeria Del Vecchio¹, Mario Luciano¹, Umberto Albert², Claudia Carmassi³, Giuseppe Carrà⁴, Francesca Cirulli⁵, Bernardo Dell'Osso⁶, Maria Giulia Nanni⁷, Maurizio Pompili⁸, Gabriele Sani^{9,10}, Alfonso Tortorella¹¹ and Umberto Volpe¹²

¹Department of Psychiatry, University of Campania "L. Vanvitelli", Naples, Italy; ²Department of Medicine, Surgery and Health Sciences, University of Trieste and Department of Mental Health, Azienda Sanitaria Universitaria Giuliano Isontina - ASUGI, Trieste, Italy; ³Department of Clinical and Experimental Medicine, University of Pisa, Italy; ⁴Department of Medicine and Surgery, University of Milan, Brescia, Milan, Italy; ⁵Center for Behavioral Sciences and Mental Health, National Institute of Health, Rome, Italy; ⁶Department of Biomedical and Clinical Sciences "Luigi Sacco" and Aldo Rossi Center for Neurotechnology and Brain Therapeutics, University of Milan, Milan, Italy; ⁷Institute of Psychiatry, Department of Biomedical and Specialty Surgical Sciences, University of Ferrara, Ferrara, Italy; ⁸Department of Neuroscience, Mental Health and Sensory Organs, Faculty of Medicine and Psychology, Sapienza University of Rome, Rome, Italy; ⁹Department of Neuroscience, Section of Psychiatry, University Cattolica del Sacro Cuore, Rome, Italy; ¹⁰Department of Psychiatry, Fondazione Policlinico Agostino Gemelli IRCCS, Rome, Italy; ¹¹Department of Psychiatry, University of Perugia, Perugia, Italy and ¹²Clinical Psychiatry Unit, Department of Clinical Neuroscience, University Policlinica della Marche, Ancona, Italy

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Did we learn something positive out of the COVID-19 pandemic? Post-traumatic growth and mental health in the general population

Giulia Menculini^{1,2}, Umberto Albert^{3,4}, Valeria Bianchini⁵, Claudia Carmassi⁶, Giuseppe Carrà⁷, Francesca Cirulli⁸, Bernardo Dell'Osso^{9,10}, Michele Fabrazzo¹¹, Francesco Ferris¹², Gaia Sampogna¹³, Maria Giulia Nanni¹⁴, Maurizio Pompili¹⁵, Gabriele Sani^{14,16} and Alfonso Tortorella¹⁷

International Journal of Environmental Research and Public Health



Original Research

COVID-19-RELATED SOCIAL ISOLATION PREDISPOSE TO PROBLEMATIC INTERNET AND ONLINE VIDEO GAMING USE

Umberto Volpe^{1,2}, Laura Orsolini³, Virginio Salvi⁴, Umberto Albert⁵, Claudia Carmassi⁶, Giuseppe Carrà⁷, Francesca Cirulli⁸, Bernardo Dell'Osso⁹, Mario Luciano¹⁰, Giulia Menculini¹¹, Maria Giulia Nanni¹², Maurizio Pompili¹³, Gabriele Sani^{14,15}, Gaia Sampogna¹⁶, Working Group¹⁷ and Andrea Fiorillo¹⁸

#Working Group: Martino Belvederi Murri¹⁹, Rosangela Caruso⁹, Valeria Del Vecchio¹, Marco Di Nicola¹⁴, Vincenzo Giallonardo¹, Lisa Giannelli¹, Alessandra Mugnolo¹, Federico Toniomi¹¹, Alfonso Tortorella¹⁷

frontiers in Psychiatry

ORIGINAL RESEARCH
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Orsolini et al. *Annals of General Psychiatry* (2022) 11:44
<https://doi.org/10.1186/s12991-022-00419-w>

Annals of General Psychiatry

Loneliness in Young Adults During the First Wave of COVID-19 Lockdown: Results From the Multicentric COMET Study

Gaia Sampogna¹⁹, Vincenzo Giallonardo¹, Valeria Del Vecchio¹, Mario Luciano¹, Umberto Albert^{2,2}, Claudia Carmassi⁴, Giuseppe Carrà⁵, Francesca Cirulli⁶, Bernardo Dell'Osso⁷, Giulia Menculini⁸, Martino Belvederi Murri⁹, Maurizio Pompili¹⁰, Gabriele Sani^{11,12}, Umberto Volpe¹³, Valeria Bianchini¹⁴ and Andrea Fiorillo¹

RESEARCH

Open Access

Use of social network as a coping strategy for depression among young people during the COVID-19 lockdown: findings from the COMET collaborative study

Laura Orsolini¹, Umberto Volpe², Umberto Albert³, Claudia Carmassi⁴, Giuseppe Carrà⁵, Francesca Cirulli⁶, Bernardo Dell'Osso⁷, Valeria Del Vecchio¹, Marco Di Nicola¹², Vincenzo Giallonardo¹, Mario Luciano¹, Giulia Menculini⁸, Maria Giulia Nanni¹⁰, Maurizio Pompili¹¹, Gabriele Sani^{12,13}, Gaia Sampogna¹⁴, Alfonso Tortorella¹⁵ and Andrea Fiorillo¹

Journal of Psychiatric Research 152 (2022) 243–249



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Journal of Psychiatric Research

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Were anxiety, depression and psychological distress associated with local mortality rates during COVID-19 outbreak in Italy? Findings from the COMET study

Giuseppe Carrà^{1,2,3}, Cristina Crocama^{4,5}, Francesco Bartoli⁶, Ilaria Riboldi⁶, Gaia Sampogna⁷, Mario Luciano⁸, Umberto Albert⁹, Claudia Carmassi¹⁰, Francesca Cirulli¹¹, Bernardo Dell'Osso¹², Giulia Menculini¹³, Maria Giulia Nanni¹⁴, Maurizio Pompili¹⁵, Gabriele Sani¹⁶, Umberto Volpe¹⁷, Andrea Fiorillo¹⁸

Journal of Affective Disorders 311 (2022) 75–83



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Journal of Affective Disorders

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Psychopathological burden and coping strategies among frontline and second-line Italian healthcare workers facing the COVID-19 emergency: Findings from the COMET collaborative network

Gabriele Sani^{1,2,3}, Delfina Janiri⁴, Lorenzo Moccia^{5,6}, Umberto Albert⁷, Giuseppe Carrà⁸, Claudia Carmassi⁹, Francesca Cirulli¹⁰, Bernardo Dell'Osso¹¹, Giulia Menculini¹², Maria Giulia Nanni¹³, Maurizio Pompili¹⁴, Umberto Volpe¹⁵, Andrea Fiorillo¹⁶

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ORIGINAL ARTICLE

Brain and Behavior
WILEY

Acute stress symptoms in general population during the first wave of COVID lockdown in Italy: Results from the COMET trial

Claudia Carmassi^{1,2} | Gaia Sampogna^{3,4} | Matteo Di Vincenzo⁵ | Salvatore Cipolla⁶ | Claudia Ton⁷ | Umberto Albert⁸ | Giuseppe Carrà⁹ | Francesca Cirulli¹⁰ | Bernardo Dell'Osso¹¹ | Sara Fantasia¹² | Maria Giulia Nanni¹³ | Virginia Pedrinelli¹⁴ | Maurizio Pompili¹⁵ | Gabriele Sani^{16,17} | Alfonso Tortorella¹⁸ | Umberto Volpe¹⁹ | Andrea Fiorillo²⁰



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Journal of Affective Disorders

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Research paper

The impact of Covid-19 on unemployment across Italy: Consequences for those affected by psychiatric conditions

Maurizio Pompili^{1,2}, Marco Innamorati³, Gaia Sampogna⁴, Umberto Albert^{5,6}, Claudia Carmassi⁷, Giuseppe Carrà^{8,9}, Francesca Cirulli¹⁰, Denise Erbutto¹¹, Mario Luciano¹², Maria Giulia Nanni¹³, Gabriele Sani^{14,15}, Alfonso Tortorella¹⁶, Caterina Viganò¹⁷, Umberto Volpe¹⁸, Andrea Fiorillo¹⁹

Comprehensive Psychiatry 118 (2022) 152345



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Insomnia and related factors in patients with pre-existing psychiatric disorders compared to the general population during the COVID-19 lockdown: Findings from the multicentric COMET study

Bernardo Dell'Osso^{1,2,3,4}, Caterina Viganò⁵, Dario Conti⁶, Carolina Scarpa⁷, Lorenzo Casati⁸, Umberto Albert⁹, Claudia Carmassi¹⁰, Giuseppe Carrà¹¹, Francesca Cirulli¹², Maria Giulia Nanni¹³, Maurizio Pompili¹⁴, Gaia Sampogna¹⁵, Gabriele Sani¹⁶, Alfonso Tortorella¹⁷, Umberto Volpe¹⁸, Andrea Fiorillo¹⁹

brain sciences



Article

Access to Mental Health Care during the First Wave of the COVID-19 Pandemic in Italy: Results from the COMET Multicentric Study

Giulia Menculini^{1,2}, Alfonso Tortorella³, Umberto Albert^{4,5}, Claudia Carmassi⁶, Giuseppe Carrà⁷, Francesca Cirulli⁸, Bernardo Dell'Osso^{9,10}, Mario Luciano¹¹, Maria Giulia Nanni¹², Maurizio Pompili¹³, Gabriele Sani^{12,13}, Umberto Volpe¹⁴ and Gaia Sampogna¹⁵

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REVIEWED BY
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Gale Sampogna, gsampogna@unipmn.it
CORRESPONDENCE
Giulia Menculini, giulia.menculini@uniroma1.it
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The effect of social media and infodemic on mental health during the COVID-19 pandemic: results from the COMET multicentric trial

Gaia Sampogna¹, Matteo Di Vincenzo², Mario Luciano³, Bianca Della Rocca⁴, Umberto Albert⁵, Claudia Carmassi⁶, Giuseppe Carrà⁷, Francesca Cirulli⁸, Bernardo Dell'Osso⁹, Maria Giulia Nanni¹⁰, Maurizio Pompili¹¹, Gabriele Sani^{12,13}, Alfonso Tortorella¹⁴, Umberto Volpe¹⁵ and Andrea Fiorillo¹⁶

brain sciences



Article





What is the role of resilience and coping strategies on the mental health of the general population during the COVID-19 pandemic? Results from the Italian multicentric COMET study

Gaia Sampogna¹, Valeria Del Vecchio¹, Vincenzo Giallonardo¹, Mario Luciano¹, Umberto Albert², Claudia Carmassi³, Giuseppe Carrà⁴, Francesca Cirulli⁵, Bernardo Dell'Osso⁶, Giulia Menculini⁷, Mariagiulia Nanni⁸, Maurizio Pompili⁹, Gabriele Sani^{10,11}, Umberto Volpe¹², Valeria Bianchini¹³, Andrea Fiorillo¹⁴

Research Article

Cite this article: Fiorillo A, Sampogna G, Giallonardo V, Del Vecchio V, Luciano M, Albert U, Carmassi C, Carrà G, Cirulli F, Dell'Osso B, Nanni MG, Pompili M, Sani G, Tortorella A, Volpe U (2020). Effects of the lockdown on the mental health of the general population during the COVID-19 pandemic in

Effects of the lockdown on the mental health of the general population during the COVID-19 pandemic in Italy: Results from the COMET collaborative network

Andrea Fiorillo¹, Gaia Sampogna¹, Vincenzo Giallonardo¹ , Valeria Del Vecchio¹, Mario Luciano¹, Umberto Albert², Claudia Carmassi³, Giuseppe Carrà⁴ , Francesca Cirulli⁵ , Bernardo Dell'Osso⁶, Maria Giulia Nanni⁷, Maurizio Pompili⁸ , Gabriele Sani^{9,10}, Alfonso Tortorella¹¹ and Umberto Volpe¹²

- N= 20,720
- Età : 40.4 ±14.3 anni
- Donne: 71%
- Con partner: 52%
- 49%: sintomi depressivi da moderati a gravi
- 34%: sintomi ansiosi moderati-gravi
- 39%: livelli moderati/gravi di insonnia
- 11%: sintomi ossessivo-compulsivi
- 14%: ideazione suicidaria

Impatto del lockdown sulla salute mentale

- La gravità dei sintomi psichiatrici (ansiosi, depressivi, insonnia e correlati a stress) aumentava nel corso delle settimane di lockdown (dal 30 Marzo al 4 Maggio)
- Oltre la durata del lockdown, gli altri fattori che predicono la comparsa di problemi di salute mentale sono il sesso femminile, la mancanza di lavoro, la quantità di tempo trascorso su Internet e la percezione di elevati livelli di solitudine

(Modello di regressione lineare multivariata pesata per propensity score, $p < .005$)



Were anxiety, depression and psychological distress associated with local mortality rates during COVID-19 outbreak in Italy? Findings from the COMET study

Giuseppe Carrà^{a,b,1}, Cristina Crocamo^{a,1}, Francesco Bartoli^a, Ilaria Riboldi^{a,*}, Gaia Sampogna^c, Mario Luciano^c, Umberto Albert^d, Claudia Carmassi^e, Francesca Cirulli^f, Bernardo Dell'Osso^g, Giulia Menculini^h, Maria Giulia Nanniⁱ, Maurizio Pompili^j, Gabriele Sani^{k,1}, Umberto Volpe^m, Andrea Fiorillo^c

Adjusted ordered regression analyses showed an association between mortality ratio and moderate (OR = 1.10, 95%CI 1.03–1.18) and severe (OR = 1.11, 95%CI 1.03–1.21) DASS-21 anxiety levels

Local mortality rate seems a meaningful driver for anxiety among the general population. Considering the potentially long-lasting scenario, local public health authorities should provide neighbouring communities with preventive interventions reducing psychological isolation and anxiety levels.

Sentiment trajectories from social media

European Psychiatry

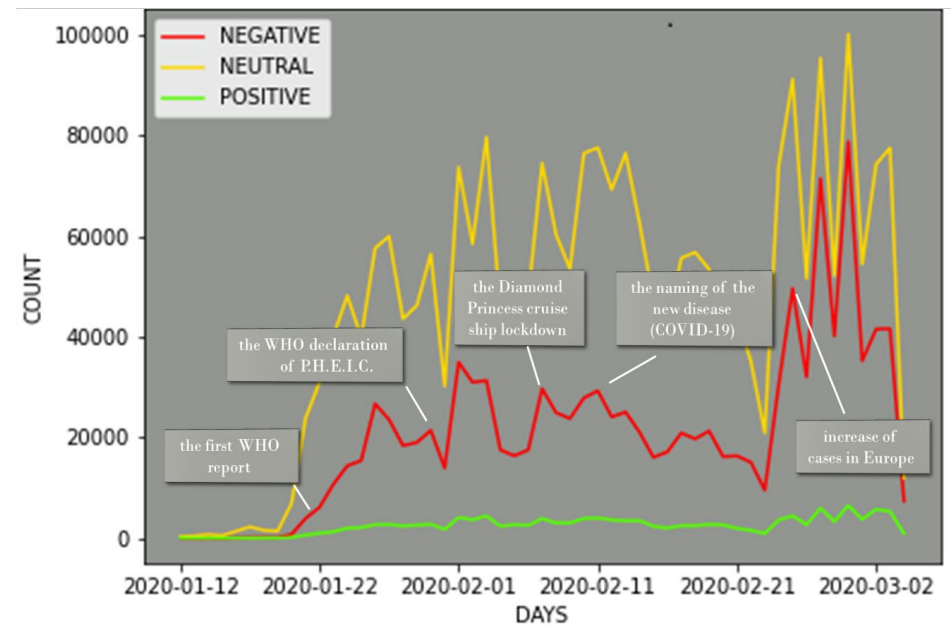
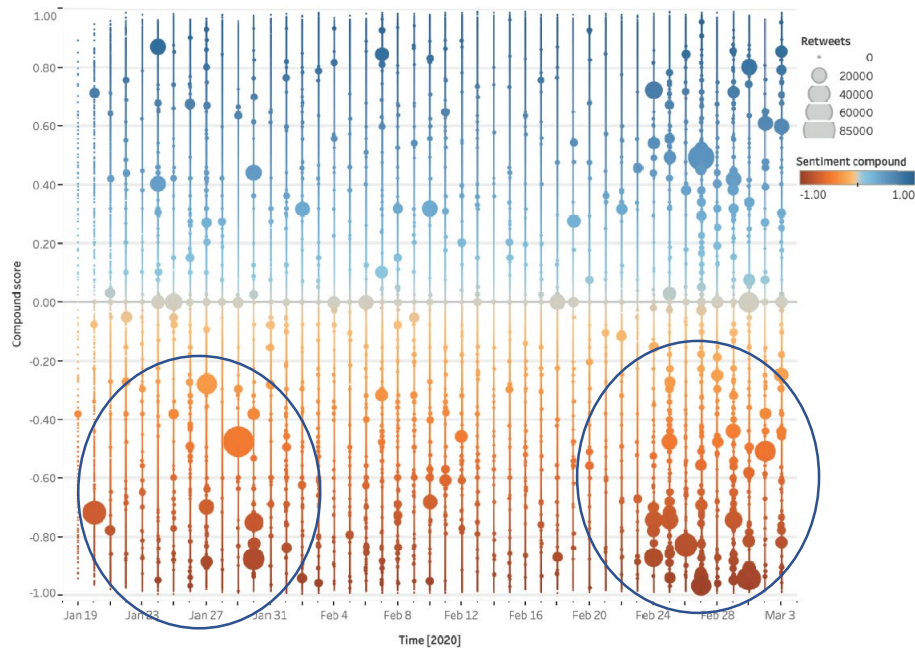
www.cambridge.org/epa

Research Article

Surveilling COVID-19 Emotional Contagion on Twitter by Sentiment Analysis

Cristina Crocamo^{1,*}, Marco Viviani², Lorenzo Famiglini², Francesco Bartoli^{1,3}, Gabriella Pasi² and Giuseppe Carrà^{1,3,4}

- Emotional contagion
- Subjects may be engaged in emotionally unstable connections



Topics and Digital Markers

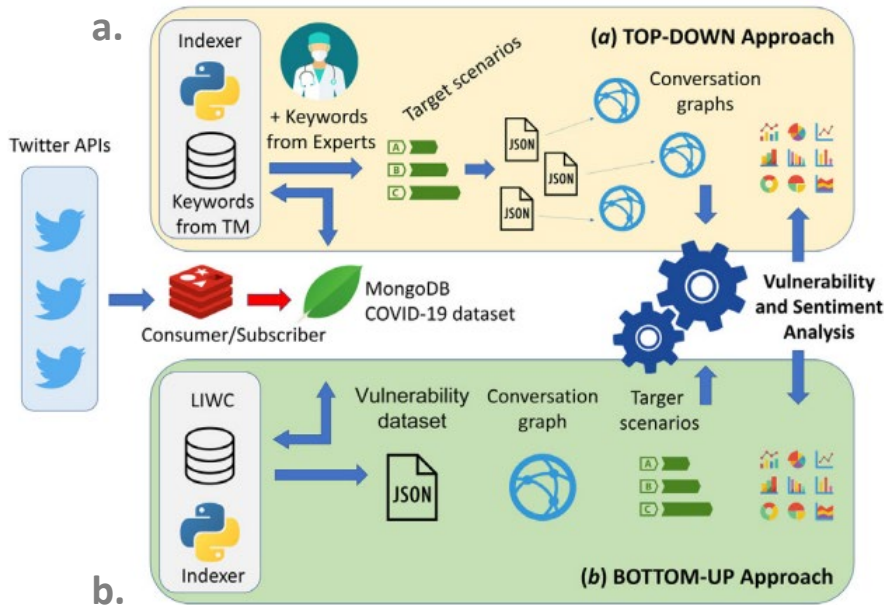
Exploring generated and shared content across different users



Assessing vulnerability to psychological distress during the COVID-19 pandemic through the analysis of microblogging content



Marco Viviani ^{a,*}, Cristina Crocamo ^b, Matteo Mazzola ^a, Francesco Bartoli ^{b,c}, Giuseppe Carrà ^{b,c,d,1}, Gabriella Pasi ^{a,1}



hybrid **supervised-unsupervised** approach

- potential scenarios selected by psychiatrists and associated with topics from Twitter
- topics extracted in a totally unsupervised way based on a Twitter dataset -filtered according to the presence of keywords-

Impatto del lockdown sulla salute mentale




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DOI: 10.1002/brb.33314

ORIGINAL ARTICLE

Brain and Behavior  WILEY

Acute stress symptoms in general population during the first wave of COVID lockdown in Italy: Results from the COMET trial

Claudia Carmassi^{1,*} | Gaia Sampogna^{2,*}  | Matteo Di Vincenzo² |
Salvatore Cipolla²  | Claudia Toni² | Umberto Albert³ | Giuseppe Carrà⁴ |
Francesca Cirulli⁵ | Bernardo Dell'Osso^{6,7} | Sara Fantasia¹ | Maria Giulia Nanni⁸ |
Virginia Pedrinelli¹ | Maurizio Pompili⁹ | Gabriele Sani^{10,11} | Alfonso Tortorella¹² |
Umberto Volpe¹³ | Andrea Fiorillo² 

Subjects with pre-existing mental health problems reported a statistically significant higher risk of acute post-traumatic symptoms compared to the general population and health care professionals

Levels of acute post-traumatic symptoms were higher in younger and female respondents.

Social isolation and sleep disorder/insomnia represented predictors of acute stress

Impatto della pandemia su stili di coping, loneliness e crescita post-traumatica



Article

What is the role of resilience and coping strategies on the mental health of the general population during the COVID-19 pandemic? Results from the Italian multicentric COMET study

Gaia Sampogna^{1*}, Valeria Del Vecchio¹, Vincenzo Giallonardo¹, Mario Luciano¹, Umberto Albert², Claudia Carmassi³, Giuseppe Carrà⁴, Francesca Cirulli⁵, Bernardo Dell'Osso⁶, Giulia Menculini⁷, Mariagiulia Nanni⁸, Maurizio Pompili⁹, Gabriele Sani^{10,11}, Umberto Volpe¹², Valeria Bianchini¹³, Andrea Fiorillo¹



ORIGINAL RESEARCH
published: 10 December 2021
doi: 10.3389/fpsyg.2021.788139

Loneliness in Young Adults During the First Wave of COVID-19 Lockdown: Results From the Multicentric COMET Study

Gaia Sampogna^{1*}, Vincenzo Giallonardo¹, Valeria Del Vecchio¹, Mario Luciano¹, Umberto Albert^{2,3}, Claudia Carmassi⁴, Giuseppe Carrà⁵, Francesca Cirulli⁶, Bernardo Dell'Osso⁷, Giulia Menculini⁸, Martino Belvederi Murri⁹, Maurizio Pompili¹⁰, Gabriele Sani^{11,12}, Umberto Volpe¹³, Valeria Bianchini¹⁴ and Andrea Fiorillo¹

- Low levels of resilience in 50% of cases
- Resilience was not influenced by the time exposure to lockdown, infection to COVID-19, role of healthcare professional

- High levels of loneliness in 27% of cases
- More severe depressive, anxiety and stress symptoms in lonely people

- Very low levels of post-traumatic growth
- The duration of exposure to lockdown did not influence post-traumatic growth

European Psychiatry

www.cambridge.org/epa

Did we learn something positive out of the COVID-19 pandemic? Post-traumatic growth and mental health in the general population

Giulia Menculini^{1*}, Umberto Albert^{2,3}, Valeria Bianchini⁴, Claudia Carmassi⁵, Giuseppe Carrà⁶, Francesca Cirulli⁷, Bernardo Dell'Osso^{8,9,10}, Michele Fabrazzo¹¹, Francesco Perris¹¹, Gaia Sampogna¹¹, Maria Giulia Nanni¹², Maurizio Pompili¹³, Gabriele Sani^{14,15}, Umberto Volpe¹⁶ and Alfonso Tortorella¹

Research Article

Cite this article: Menculini G, Albert U, Bianchini V, Carmassi C, Carrà G, Cirulli F, Dell'Osso B, Fabrazzo M, Perris F, Sampogna G, Nanni MG, Pompili M, Sani G, Volpe U, Tortorella A (2021) Did we learn

Impatto della pandemia sull'accesso ai servizi e sugli operatori sanitari

Article

Access to Mental Health Care during the First Wave of the COVID-19 Pandemic in Italy: Results from the COMET Multicentric Study

Giulia Menculini ^{1,*}, Alfonso Tortorella ¹, Umberto Albert ^{2,3}, Claudia Carmassi ⁴, Giuseppe Carrà ⁵, Francesca Cirulli ⁶, Bernardo Dell'Osso ^{7,8}, Mario Luciano ⁹, Maria Giulia Nanni ¹⁰, Maurizio Pompili ¹¹, Gabriele Sani ^{12,13}, Umberto Volpe ¹⁴, Andrea Fiorillo ⁹ and Gaia Sampogna ⁹

Journal of Affective Disorders 311 (2022) 79–83

Contents lists available at ScienceDirect

Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad



ELSEVIER



Psychopathological burden and coping strategies among frontline and second-line Italian healthcare workers facing the COVID-19 emergency: Findings from the COMET collaborative network

Gabriele Sani ^{a,b,*}, Delfina Janiri ^b, Lorenzo Moccia ^{a,b}, Umberto Albert ^c, Giuseppe Carrà ^d, Claudia Carmassi ^e, Francesca Cirulli ^f, Bernardo Dell'Osso ^g, Giulia Menculini ^h, Maria Giulia Nanni ⁱ, Maurizio Pompili ^j, Umberto Volpe ^k, Andrea Fiorillo ^l

- Access to mental health services reported only by 7.7% of respondents, with low levels of perceived professional and social support
- Increased insomnia, anxiety, non-traumatic and acute traumatic stress, and obsessive-compulsive symptoms in frontline healthcare workers

Impatto della pandemia sugli operatori sanitari

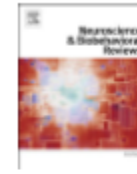
Neuroscience and Biobehavioral Reviews 131 (2021) 912–922



Contents lists available at ScienceDirect

Neuroscience and Biobehavioral Reviews

journal homepage: www.elsevier.com/locate/neubiorev



Some of us are most at risk: Systematic review and meta-analysis of correlates of depressive symptoms among healthcare workers during the SARS-CoV-2 outbreak

Cristina Crocamo ^{a,*}, Bianca Bachi ^a, Angela Calabrese ^a, Tommaso Callovini ^a,
Daniele Cavaleri ^a, Riccardo M. Cioni ^a, Federico Moretti ^a, Francesco Bartoli ^a, Giuseppe Carrà ^{a,b}

^a Department of Medicine and Surgery, University of Milano Bicocca, Monza, Italy

^b Division of Psychiatry, University College London, London, UK

- COVID-19 pandemic has been a major burden on healthcare workers' (HCWs) wellbeing.
- Early recognition of correlates of depressive symptoms among HCWs is pivotal.
- Some professional and individual/interpersonal factors identify vulnerable HCWs.
- Women, individuals with suspected/confirmed COVID-19 and those with an infected family member or friend were more likely to report depressive features, which, instead, were less frequent among doctors (compared with nurses) and HCWs who felt adequately protected

Impatto della pandemia sui pazienti con disturbi mentali

Journal of Affective Disorders xxx (xxxx) 1–8



Contents lists available at [ScienceDirect](#)

Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad



Research paper

The impact of Covid-19 on unemployment across Italy: Consequences for those affected by psychiatric conditions

Maurizio Pompili^{a,*}, Marco Innamorati^b, Gaia Sampogna^c, Umberto Albert^{d,e}, Claudia Carmassi^f, Giuseppe Carrà^{g,h}, Francesca Cirulliⁱ, Denise Erbuto^a, Mario Luciano^c, Maria Giulia Nanni^l, Gabriele Sani^{m,n}, Alfonso Tortorella^o, Caterina Viganò^p, Umberto Volpe^q, Andrea Fiorillo^c

Comprehensive Psychiatry 118 (2022) 152345



Contents lists available at [ScienceDirect](#)

Comprehensive Psychiatry

journal homepage: www.elsevier.com/locate/comppsy



Insomnia and related factors in patients with pre-existing psychiatric disorders compared to the general population during the COVID-19 lockdown: Findings from the multicentric COMET study

Bernardo Dell'Osso^{a,b,c,*}, Caterina Viganò^a, Dario Conti^a, Carolina Scarpa^a, Lorenzo Casati^a, Umberto Albert^d, Claudia Carmassi^e, Giuseppe Carrà^f, Francesca Cirulli^g, Maria Giulia Nanni^h, Maurizio Pompiliⁱ, Gaia Sampogna^j, Gabriele Sani^{k,l}, Alfonso Tortorella^m, Umberto Volpeⁿ, Andrea Fiorillo^j

- Those with mental health problems had a higher risk of losing job because of the COVID-19 pandemic, worse mental health and higher levels of depression
- Higher levels of insomnia in patients with pre-existing mental disorders, which increased with the weeks of exposure to the lockdown

Pandemia e uso di Internet

COVID-19-RELATED SOCIAL ISOLATION PREDISPOSE TO PROBLEMATIC INTERNET AND ONLINE VIDEOGAMING USE

Umberto Volpe^{1,†}, Laura Orsolini¹, Virginio Salvi¹, Umberto Albert², Claudia Carmassi³, Giuseppe Carrà⁴, Francesca Cirulli⁵, Bernardo Dell'Osso⁶, Mario Luciano⁷, Giulia Menculini⁸, Maria Giulia Nanni⁹, Maurizio Pompili¹⁰, Gabriele Sani^{11,12}, Gaia Sampogna⁷, Working Group[‡] and Andrea Fiorillo⁷

[†]Working Group: Martino Belvederi Murri⁹, Rosangela Caruso⁹, Valeria Del Vecchio⁷, Marco Di Nicola¹¹, Vincenzo Giallonardo⁷, Lisa Giannelli⁷, Alessandra Mugnolo⁷, Federico Tonioni¹¹, Alfonso Tortorella⁷.

RESEARCH

Open Access



Use of social network as a coping strategy for depression among young people during the COVID-19 lockdown: findings from the COMET collaborative study

Laura Orsolini¹, Umberto Volpe^{1*}, Umberto Albert², Claudia Carmassi³, Giuseppe Carrà⁴, Francesca Cirulli⁵, Bernardo Dell'Osso⁶, Valeria Del Vecchio⁷, Marco Di Nicola^{8,12}, Vincenzo Giallonardo⁷, Mario Luciano⁷, Giulia Menculini⁹, Maria Giulia Nanni¹⁰, Maurizio Pompili¹¹, Gabriele Sani¹², Gaia Sampogna⁷, Alfonso Tortorella⁹ and Andrea Fiorillo⁷



OPEN ACCESS

EDITED BY
Stjepan Oreskovic,
European Academy of Sciences and Arts,
Austria

REVIEWED BY
Sharon Abramowitz,
Georgetown University, United States
Ozden Gokdemir,
Faculty of Medicine, Izmir University of
Economics, Türkiye

*CORRESPONDENCE
Gaia Sampogna
||| gaia.sampogna@gmail.com

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The effect of social media and infodemic on mental health during the COVID-19 pandemic: results from the COMET multicentric trial

Gaia Sampogna^{8*}, Matteo Di Vincenzo¹, Mario Luciano¹, Bianca Della Rocca¹, Umberto Albert^{2,3}, Claudia Carmassi⁴, Giuseppe Carrà⁵, Francesca Cirulli⁶, Bernardo Dell'Osso^{7,8}, Maria Giulia Nanni⁹, Maurizio Pompili¹⁰, Gabriele Sani^{11,12,13}, Alfonso Tortorella¹⁴, Umberto Volpe¹⁵ and Andrea Fiorillo¹

- Problematic Internet Use in 33% of participants and in 41% of students
- Problematic use of social media in 78% of participants
- Use of social media negatively predicted depressive symptoms; the interaction is mediated by anger and attentional deficits
- A significant increase in time spent on Internet, significantly higher in people with pre-existing mental disorders in particular in people with moderate levels of depressive symptoms
- Protective factors were being students and living in central Italy

6-month neurological and psychiatric outcomes in 236 379 survivors of COVID-19: a retrospective cohort study using electronic health records



Maxime Taquet, John R Geddes, Masud Husain, Sierra Luciano, Paul J Harrison

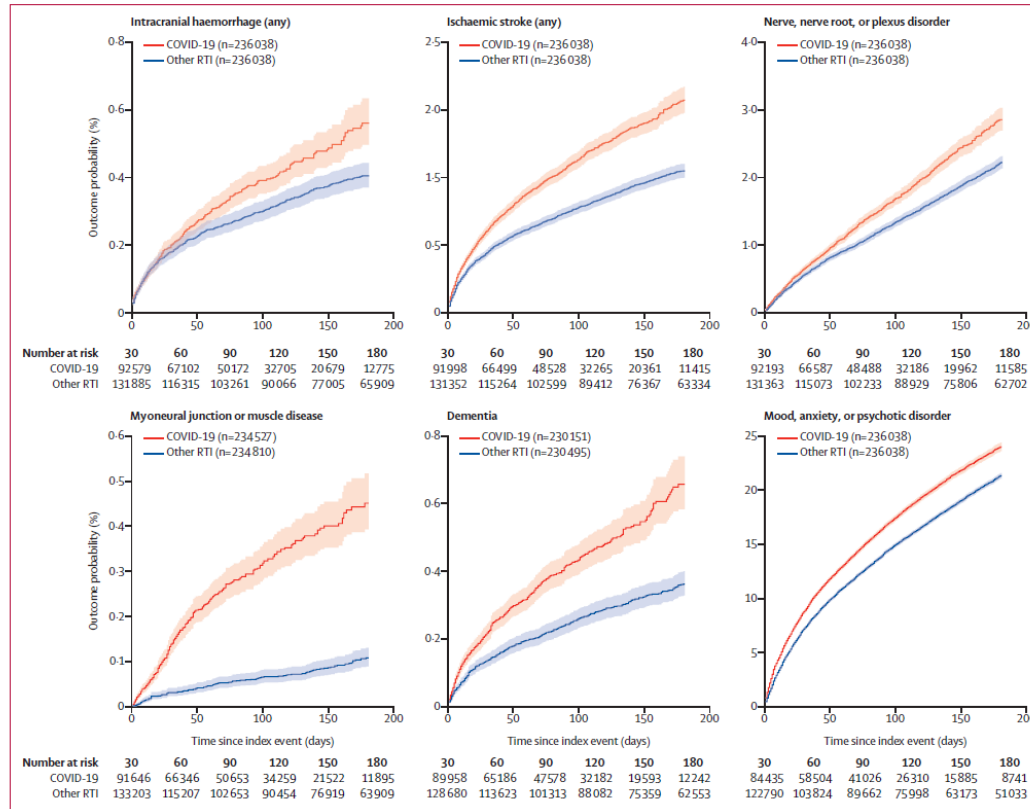


Figure 1: Kaplan-Meier estimates for the incidence of major outcomes after COVID-19 compared with other RTIs. Shaded areas are 95% CIs. For incidences of first diagnoses, the number in brackets corresponds to all patients who did not have the outcome before the follow-up period. For diagnostic subcategories, see appendix (pp 8–10). RTI=respiratory tract infection.

COVID-19 is followed by significant rates of neurological and psychiatric diagnoses over the subsequent 6 months

Editorial

Cite this article: Gorwood P, Fiorillo A (2021). One year after the COVID-19: What have we learnt, what shall we do next? *European Psychiatry*, 64(1), e15, 1–2
<https://doi.org/10.1192/j.eurpsy.2021.9>

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Accepted: 10 February 2021

One year after the COVID-19: What have we learnt, what shall we do next?

Philip Gorwood^{1,2}  and Andrea Fiorillo^{3*} 

¹INSERM, U1266 (Institute of Psychiatry and Neuroscience of Paris), Université de Paris, Paris, France; ²CMME, GHU Paris Psychiatrie et Neurosciences, Hôpital Sainte-Anne, Paris, France and ³Department of Psychiatry, University of Campania L. Vanvitelli, Naples, Italy

We are still within the acute phase of the COVID-19 pandemic, so getting lessons of how we coped with it during its first year of life is of interest. The European Psychiatric Association has been trying to help patients, caregivers, and policy makers to concentrate their efforts on those most at risk, relying on consistent information, taking into account many underestimated aspects and making proposals to facilitate adequate strategies. The *European Psychiatry* journal, being

“Vulnerable people should be protected, particularly those infected and even more those at high risk of developing mental health problems ... Psychiatric symptoms among the general population will progressively decline ... Subjects with serious mental disorders will need protection, support, and vaccine with the highest priority ... Studies are needed to understand the long-term effects of the virus on the brain and on mental health.”

Covid's effect on mental health not as great as first thought, study suggests

Pandemic resulted in 'minimal' changes in symptoms, according to review led by McGill University researchers



Was the Covid pandemic bad for mental health? It depends who you ask

Devi Sridhar



A report has been seized upon to argue that lockdown had little effect on mental health - but the truth is more nuanced



 OPEN ACCESS

 Check for updates

Comparison of mental health symptoms before and during the covid-19 pandemic: evidence from a systematic review and meta-analysis of 134 cohorts

Ying Sun,¹ Yin Wu,^{1,2} Suiqiong Fan,¹ Tiffany Dal Santo,^{1,2} Letong Li,¹ Xiaowen Jiang,¹ Kexin Li,¹ Yutong Wang,¹ Amina Tasleem,¹ Ankur Krishnan,¹ Chen He,¹ Olivia Bonardi,¹ Jill T Boruff,³ Danielle B Rice,^{4,5} Sarah Markham,⁶ Brooke Levis,¹ Marleine Azar,¹ Ian Thombs-Vite,¹ Dipika Neupane,¹ Branka Agic,^{7,8} Christine Fahim,⁹ Michael S Martin,^{10,11} Sanjeev Sockalingam,^{7,12} Gustavo Turecki,^{2,13} Andrea Benedetti,^{14,15,16} Brett D Thombs^{12,14,15,17,18}

Most symptom change estimates for general mental health, anxiety symptoms, and depression symptoms were close to zero and not statistically significant, and significant changes were of minimal to small magnitudes. Small negative changes occurred for women in all domains.

(2023)

“As the pandemic moves on, attention is beginning to turn towards the medium- and long-term consequences of the infection. High on the list of priorities is the issue of cognitive impairment, not only as a direct effect of neurotropic viral brain infiltration but also due to indirect factors associated with the pandemic, such as increased social isolation and mental health problems.”

Karen Ritchie¹⁻³, Dennis Chan⁴

¹INSERM, University of Montpellier, Neuropsychiatry: Epidemiological and Clinical Research, Montpellier, France; ²Department of Clinical Brain Sciences, University of Edinburgh, Edinburgh, UK; ³Institut du Cerveau Trocadero, Paris, France; ⁴Institute of Cognitive Neuroscience, University College London, London, UK

World Psychiatry 20:1 - February 2021

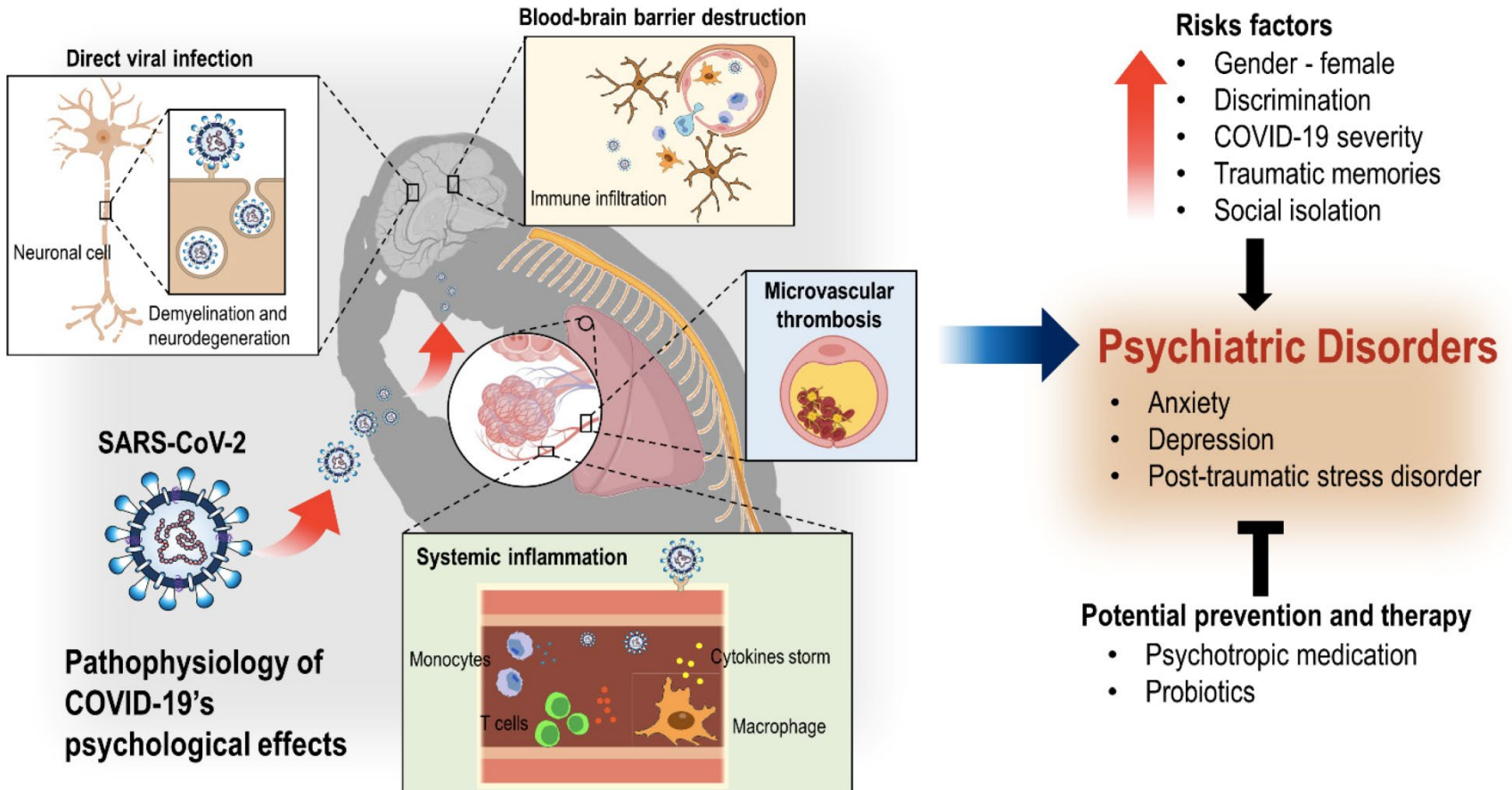
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Coronavirus disease (COVID-19): Post COVID-19 condition

16 December 2021 | Q&A

Most people who develop COVID-19 fully recover, but current evidence suggests approximately 10%-20% of people experience a variety of mid- and long-term effects after they recover from their initial illness. These mid- and long-term effects are collectively known as post COVID-19 condition or “long COVID.” This Q&A will help you understand more about post COVID-19 condition and so you can make informed decisions to protect yourself and those around you. It’s important to remember that our understanding of post COVID-19 condition, along with COVID-19, continues to evolve. Researchers are working with patients who develop post COVID-19 condition to better understand more about its cause, symptoms and effects. WHO will update information and materials as we learn more.

Long COVID-19 associated Psychiatric Disorders



Conclusioni

- La pandemia ha dato la possibilità di studiare nel real world gli effetti di un agente esterno sulla salute mentale e la sua interazione con fattori biologici e psicosociali
- Sono necessari studi longitudinali e metodologicamente corretti per verificare l'andamento il ruolo della pandemia sul cervello e sulla salute mentale
- Abbiamo l'opportunità di modificare la nostra pratica clinica sulla base delle conoscenze fornite durante e dopo la pandemia