

Mental health during the COVID- 19 pandemic: Risks and effective responses

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Friday, June 5, 2020 at 11 am (EDT)

**COVID-19: Managing
Mental Health in Canada**

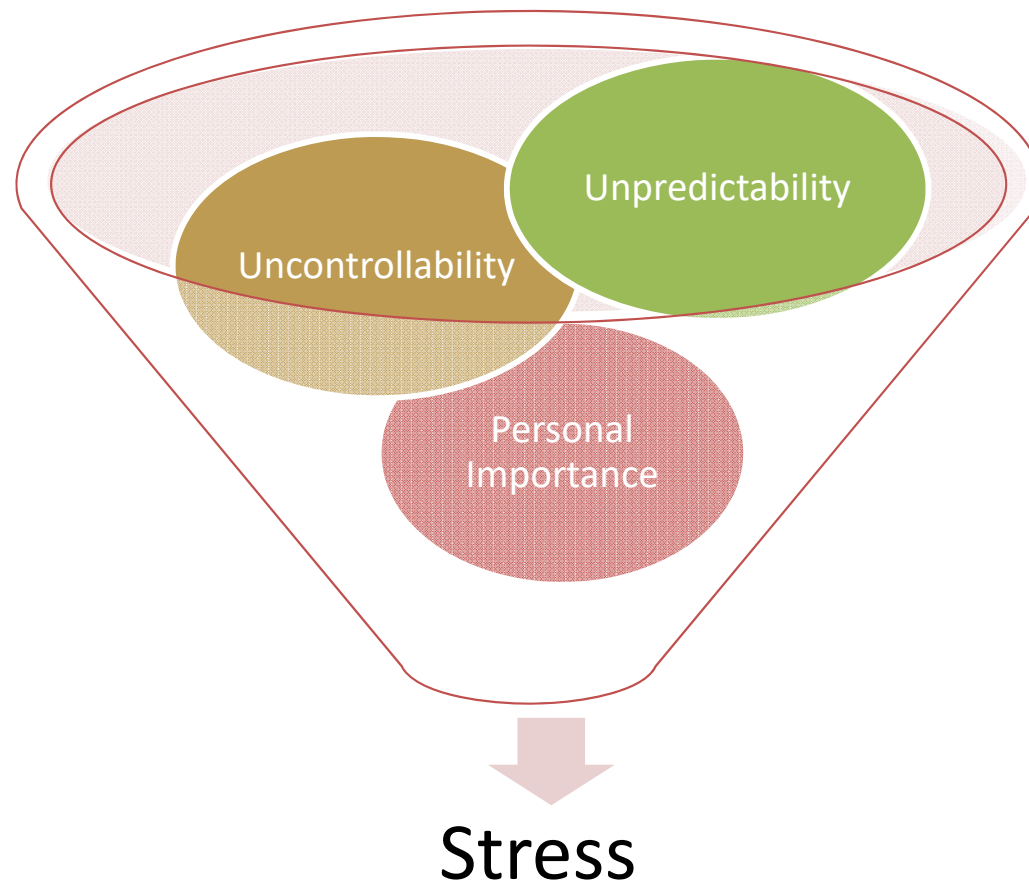
Hosted by the COVID-19 Social Impacts Network

Vendredi 5 juin 2020 à 11h (HAE)

**COVID-19 : La gestion de la
santé mentale au Canada**

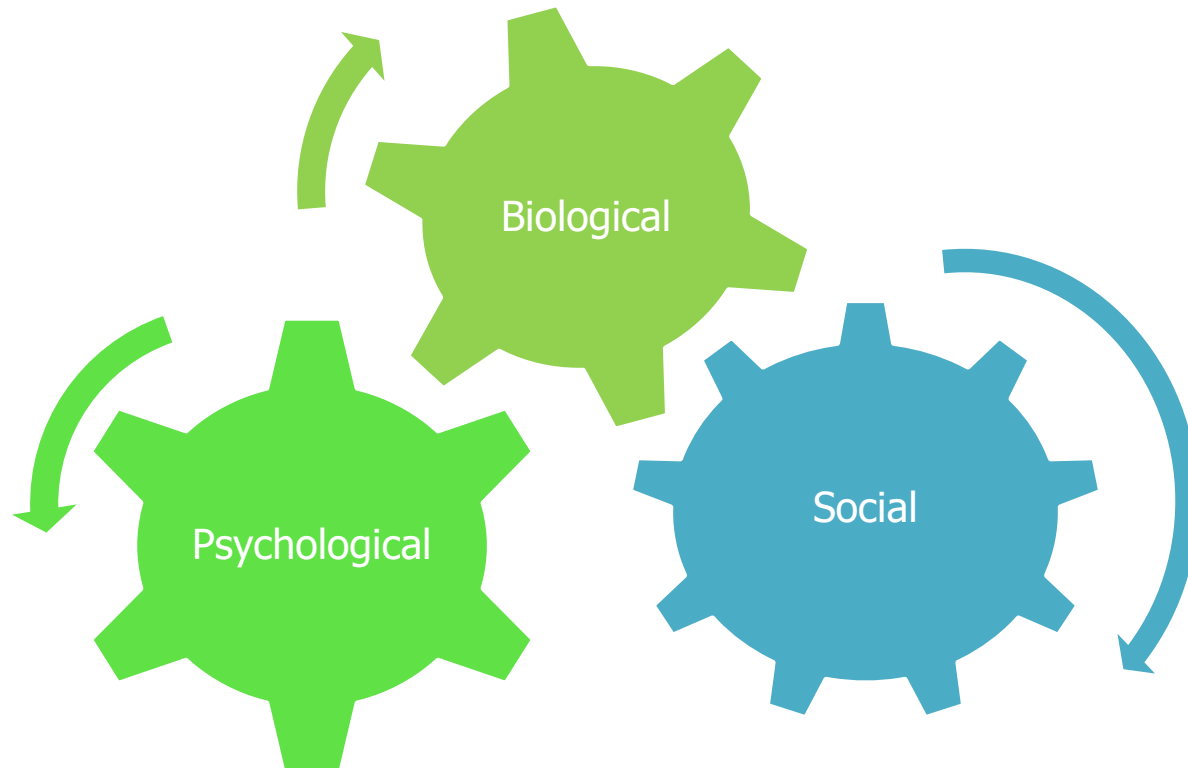
Organisée par le Réseau COVID-19 sur les impacts sociaux

- Factors associated with increased stress and anxiety:



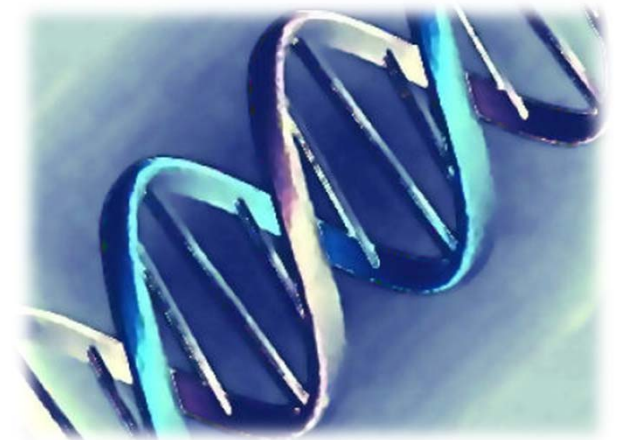
Risk Factors for Mental Illness

- Models of risk and resilience evolve over time.
- Established factors exist in multiple domains:



Biological Risks

- Genetic risk
- Familial transmission
- Neural structures
- Neurobiology (neurotransmission)
- **Sleep dysregulation**
- **ANS arousal**
- **Gender**



Psychological Risks

- **Schemas, beliefs, assumptions**
- **Information processing biases**
- **Pessimism**
- **Negative explanatory style**
- **Rumination**
- **Avoidant problem-solving**
- **Avoidant/ escape behaviors**



Social Risks

- **Parental psychopathology/ parenting style**
- Adverse Childhood Experiences (ACEs)
- Attachment
- **Negative life events (e.g. loss, unemployment)**
- **Couple and relationship issues**
- **Low levels of social support**
- Stress generation
- **Reassurance-seeking and negative feedback-seeking**

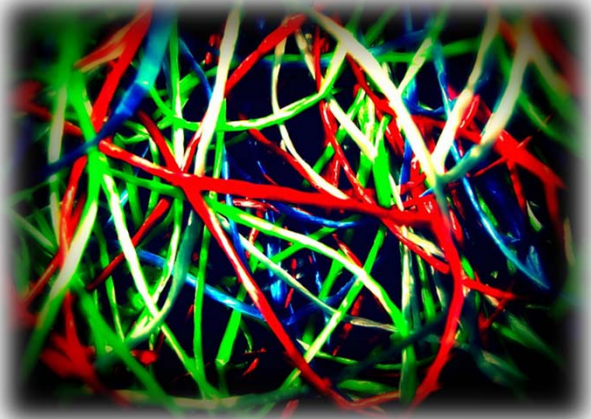
Protective factors for mental health

- 1. Balanced and recuperative temperament.**
- 2. Physical well-being/ regular sleep.**
- 3. Coping strategies.**
- 4. Social and personal competence.**
- 5. Positive peer relationships.**
- 6. Positive family relationships.**



Conclusions about risk

- Mental Disorders represent a broad range of conditions
- Symptom presentation, stage of episode, and risk and resiliency factors for each case will vary
- One size, and one model, will not fit all cases of Mental Illness



Treatments That Work– Comments

- ❖ No one treatment is “the best”
- ❖ Most validated treatments have about equal outcomes
- ❖ Combining treatments might improve outcomes, especially for more severe cases of mental health problems
- ❖ Validated treatments should be the first approach
- ❖ If one treatment does not work, another may
- ❖ Earlier treatment is associated with better outcome
- ❖ Focus on treating the current issue, but also preventing relapse
- ❖ Conduct risk assessments when indicated
- ❖ Go to <https://www.nice.org.uk> for guidelines

What Can We do in Canada?

- Increased surveillance and assessment
- Use the MHCC continuum model
- Ask friends and family.
- Check in with GP or EAP service.

What Can We do in Canada?

- Maintain routines as much as possible (eat, sleep, work)
- Exercise
- Get outside
- Watch your self- talk; note especially worry or rumination Turn down the media noise
- Schedule activities:
 - Set specific short and long-term goals in the areas of productivity and enjoyment, every day.

What Can We do in Canada?

- Keep social contact, even when physically distant
- Practice acceptance and gratitude
- Do something for others if at all possible
- If in doubt, check it out.
 - Public Health Agency of Canada
 - Health Canada
 - Provincial Ministries of Health
 - World Health Organization

What Can We do in Canada?

- Lots of easy online resources, many free.
 - Ensure health information and resources are from a reputable organization or provider.
 - If necessary, get professional help.
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- Thank you! Merci!