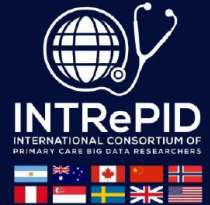


Impact of COVID-19 Pandemic on Mental Health Visits in Primary Care: A Global Perspective across INTRePID Countries



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INTRODUCTION

The COVID-19 pandemic, lockdowns and other self-isolation measures implemented played a determinant role in aggravating mental health disorders. However, there is limited evidence regarding its impact on mental health visits to primary care physicians.

OBJECTIVE

Assess the impact of the COVID-19 pandemic on primary care visit trends related to mental health conditions.

METHODS

Interrupted time series analysis to examine rates of monthly mental health visits, including sub-group analysis based on in-person/virtual visits and mental health categories.

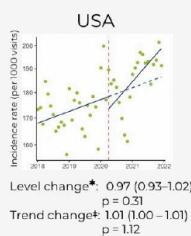
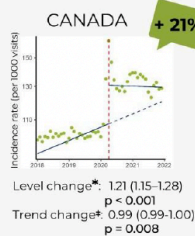
- Data were from nine countries through the **International Consortium of Primary Care Big Data Researchers (INTRePID)**, which accessed primary care big data.
- We standardized visit codes and used a generalized linear mixed model (GLMM) for estimations

RESULTS

Primary reasons for mental health visits amid COVID-19 pandemic in all countries:

- 1 Anxiety and mood disorders
- 2 Sleep disorders
- 3 Substance-related and addictive disorders

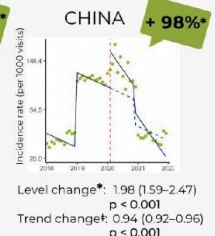
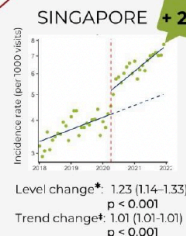
North America



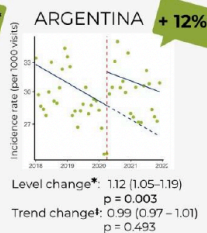
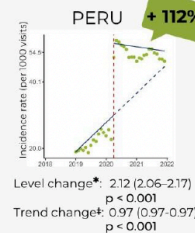
What was the change in mental health visits after the onset of the pandemic?



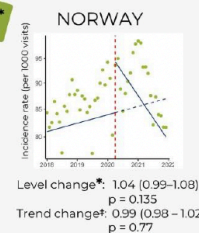
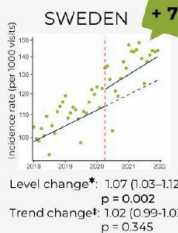
Asia



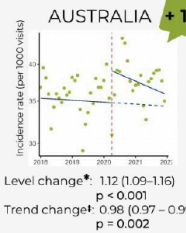
South América



Northern Europe



Oceania



● Observed rate
 --- Prepandemic trend
 --- Pandemic trend
 --- Pandemic declaration

* Immediate shift of mental health visits in the first month of the pandemic (Level change)
 ‡ Long-term pattern alteration over subsequent months (Trend change)

Changes driven by virtual or in-person visits?



- Virtual visits reported in Australia, Canada, Norway, Peru, Sweden, and the USA

CONCLUSION

Mental Health visits increased globally at pandemic onset, with uneven trends thereafter. Primary care, especially virtual, played a crucial role.

See more about INTRePID work at:

