

# ASK THE DOC



## COVID-19 and Mental Health



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### COVID-19 DASHBOARD

**As of October 11, 2021**

**Michigan Confirmed Cases**  
1,055,420

**Michigan COVID-19 Deaths**  
21,313

**Wayne County Cases**  
(excluding Detroit): 127,493

**Wayne County Deaths**  
(excluding Detroit): 2916

**Detroit City Cases:** 62,869

**Detroit City Deaths:** 2546

**7-day average of new cases:** ~ 3541

**Michigan case fatality rate:** 2.0%

**Wayne County fatality rate:** 2.3%

**Detroit Case fatality rate:** 4.1%

**Test positivity:** 11.17%

### Vaccination Dashboard

**(For > 16 years)**  
**1st dose tracker: 68.4%**

**Michigan (12 years and older)**  
**First dose given: 5,293,414 (63 %)**  
**Two doses given: 4,901,856 (58.5 %)**

**Wayne County:**  
**First dose given: 641,277 (69.8%)**  
**Two doses given: 588,361 (65.8 %)**

**City of Detroit:**  
**First dose given: 246,467 (45.9%)**  
**Two doses given: 203,903 (38.3%)**

On 5/13/2021, the Michigan COVID-19 Vaccination Dashboard began including the population 12 years and older. This increased the population denominator by 497,961 people (from 8,096,917 to 8,594,878) and thus decreased coverage percentage.

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### Latest COVID-19 News

- Merck & Co. Inc. is seeking U.S. authorization for a COVID-19 pill which would treat mild to moderate patients.
- Data from a small clinical trial show that a Pfizer booster shot increased the immune response in trial participants who finished their primary series 6 months earlier. With an increased immune response, people should have improved protection against COVID-19, including the Delta variant.
- Only certain populations vaccinated with the Pfizer vaccine can get a booster shot at this time:
  - Older adults and people 50-64-years-old with medical conditions
- Long-term care residents 18 years and older
- People with medical conditions 18-49 years
- Employees and residents at increased risk for COVID-19 exposure and transmission
- Examples of workers who may get Pfizer booster shots
  - First responders (e.g., healthcare workers, firefighters, police, congregate care staff)
  - Education staff (e.g., teachers, support staff, daycare workers)
  - Food and agriculture workers
  - Manufacturing workers
  - Corrections workers
  - U.S. Postal Service workers
  - Public transit workers
  - Grocery store workers

On Oct. 14 and 15, the advisory committee will meet to discuss the use of booster doses of the Moderna and Janssen vaccines. Both are currently authorized for emergency use. The committee will also discuss available data on the use of a booster of a different vaccine than the one used for the primary series of an authorized or approved COVID-19 vaccine (heterologous or “mix and match” booster).

The FDA anticipates receiving a request from Pfizer to amend its emergency use authorization to allow the use of its COVID-19 vaccine in children 5 through 11 years of age.



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### Other Useful Information:

Everyone 12 years of age and older is now recommended to get a COVID-19 vaccination. Visit [www.Michigan.gov/COVIDvaccine](http://www.Michigan.gov/COVIDvaccine) for the latest information. You can also find vaccination sites near you by using: <https://vaccinefinder.org/search>. Or by texting your zip code to 438829.

### Mental Health Help:

- The DWIHN website offers a free, anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional. <https://screening.mentalhealthscreening.org/DWIHN>
- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. strengths' highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWIHN website to learn more, [www.dwihn.org](http://www.dwihn.org)

### Anxiety and Depression Continue to Rise During Pandemic

Experts continue to report that the rate of depression and anxiety have continued to rise during the pandemic. In order to rapidly monitor recent changes in mental health, the National Center for Health Statistics (NCHS) partnered with the Census Bureau on an experimental data system called the Household Pulse Survey. This 20-minute online survey was designed to complement the ability of the federal statistical system to rapidly respond and provide relevant information about the impact of the coronavirus pandemic in the U.S.



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NCHS included questions to obtain information on the frequency of anxiety and depression. The questions are a modified version of the two-item Patient Health Questionnaire (PHQ-2) and the two-item Generalized Anxiety Disorder (GAD-2) scale on the Household Pulse Survey, collecting information on symptoms over the last 7 days (rather than the typical 14 days). Experiencing depression isn't the same as feeling sad or down. Depression is typically characterized by a combination of: a lack of interest and pleasure in daily activities, sleep issues, low energy, an inability to concentrate, feelings of worthlessness, recurrent thoughts of death or suicide

Estimates of mental health based on the 2019 NHIS may be useful pre-pandemic benchmarks for comparison with estimates from the Household Pulse Survey. In 2019, 8.1% of adults aged 18 and over had symptoms of anxiety disorder, 6.5% had symptoms of depressive disorder, and 10.8% had symptoms of anxiety disorder or depressive disorder. Since the start of pandemic, the rate of depression and anxiety have been consistently over 20 % and frequently over 25%. The rate of depression and anxiety has been over 30%.

These findings are consistent with a new study by the Boston School of Public Health that was published in The Lancet Journal and found that 32.8 percent of US adults experienced elevated depressive symptoms in 2021, compared to 27.8 percent in the early months of the pandemic in 2020, and 8.5 percent before the pandemic.

According to the study, the most significant predictors of depressive symptoms during the pandemic were low household income, not being married, and the experience of multiple pandemic-related stressors. The findings underscore the inextricable link between the pandemic and its short and long-term impact on population mental health.