Trends in mental health diagnosis and use of resources in Europe during the COVID-19 pandemic

Carmen Rodríguez-Blázquez, Cesar Garriga, M João Forjaz (ISCIII, Spain)

and the PHIRI – Use Case D Project team

Background

- The **European Population Health Information Research Infrastructure (PHIRI)** conducted research through **use cases** of applicability for public health policies during the COVID-19 pandemic.

- The **aim** of this study is to show the impact in diagnosis of depression or anxiety and the use of health services due to the COVID-19 crisis.

Methods

- A **common data model** was defined to collect aggregated data in the same format for all participating countries (datahubs).

- Aggregated datasets with the **total number of diagnosis of depression or anxiety** (ICD10: F30-F39 and F40-F48 codes) and the **number of visits to primary care** were generated.

- Diagnoses were obtained from **electronic health records**, using the PHIRI federated research infrastructure.

- **Incident trends** were depicted by month and year of visit (2017 and 2020).

Diagnoses of depression or anxiety
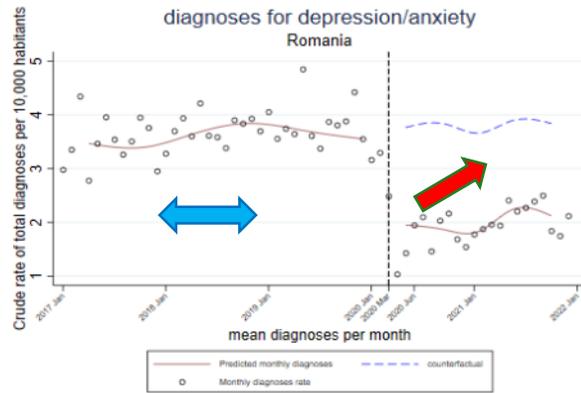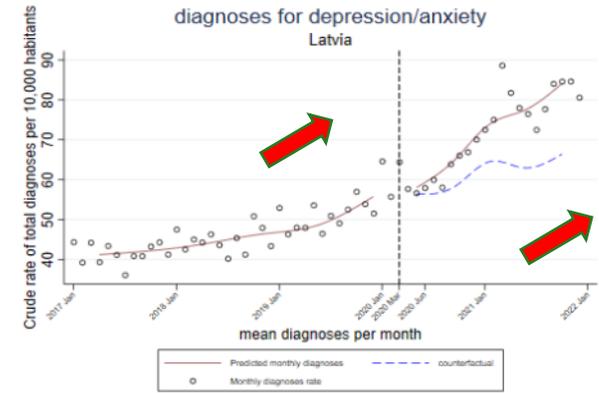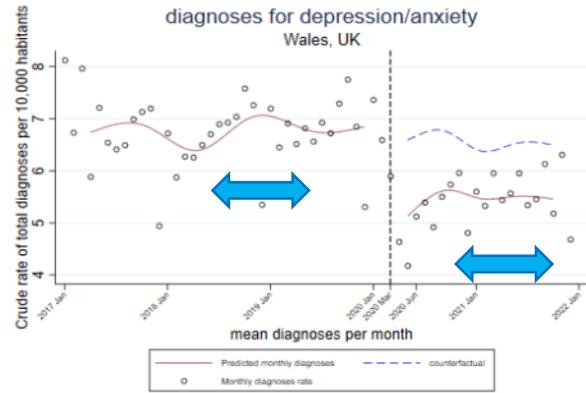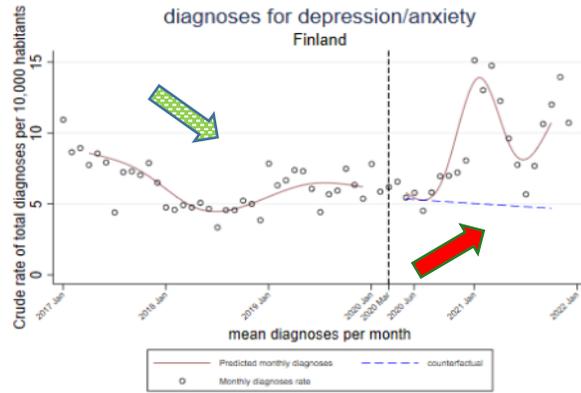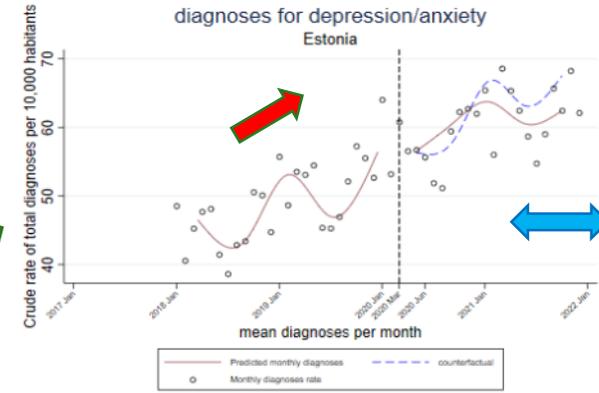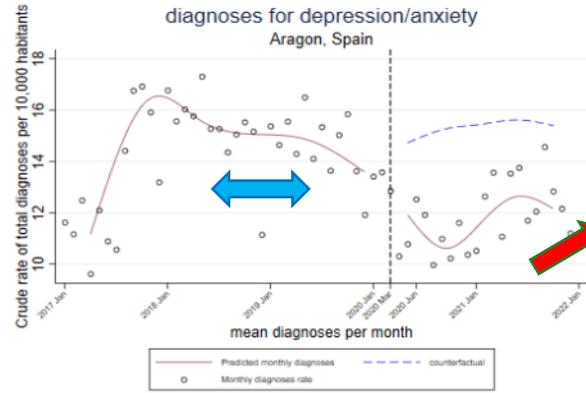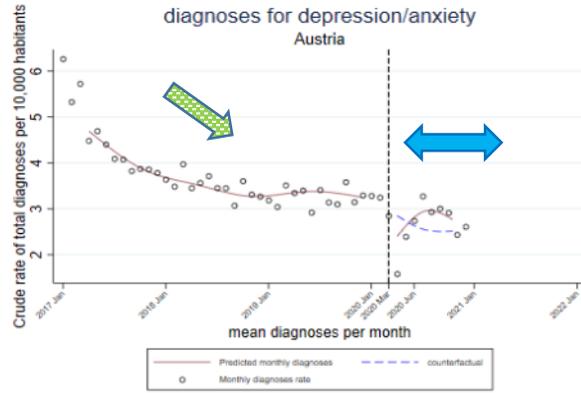
Visits to primary care due to diagnoses of depression/anxiety
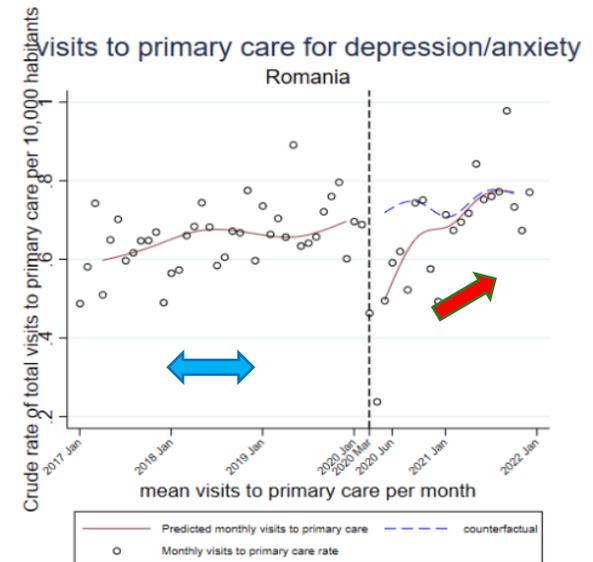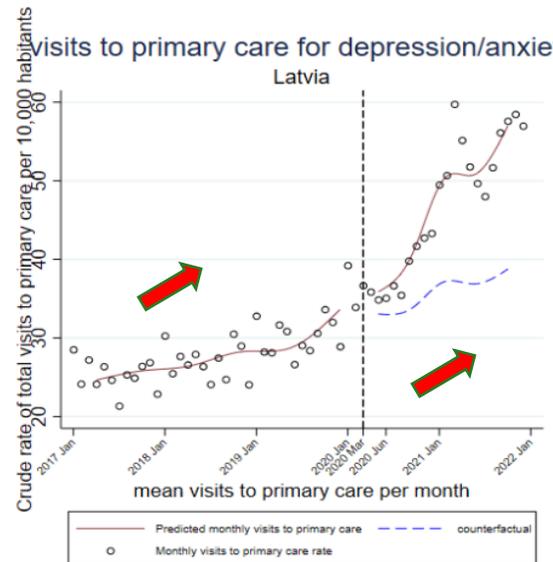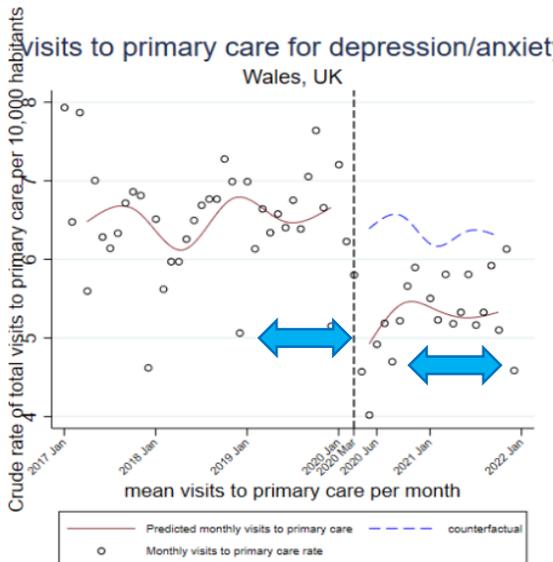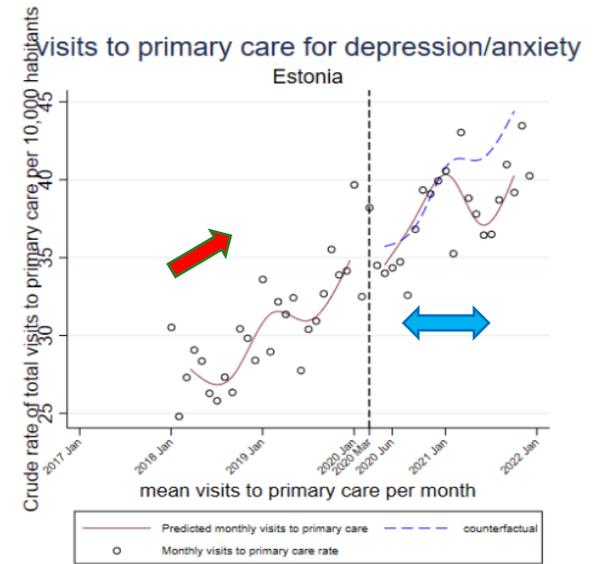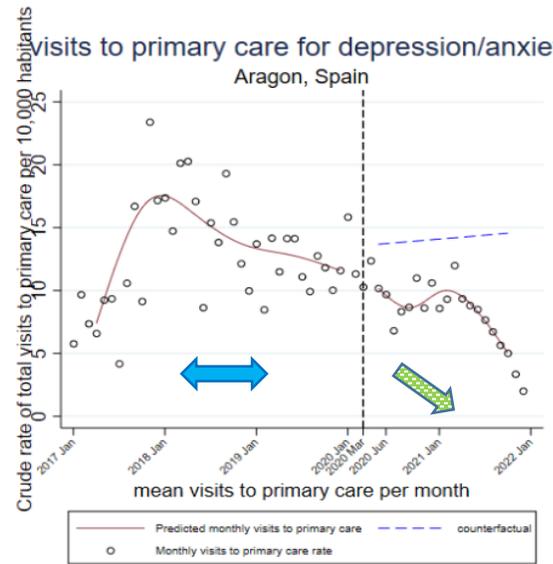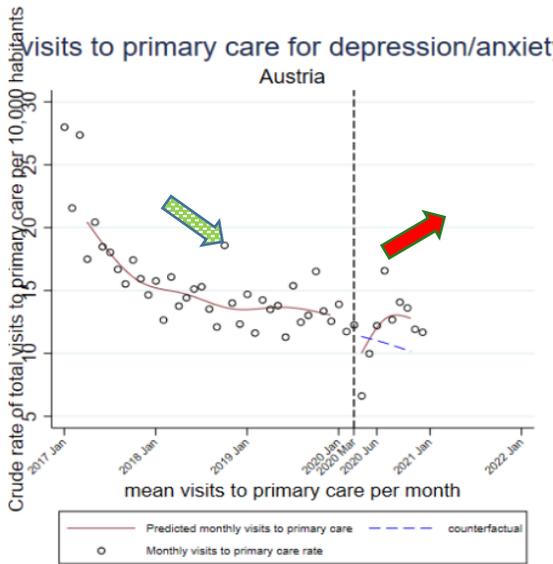
Conclusions

- Despite differences in the European health systems, a **slight impact on COVID-19 on mental health diagnoses and resource use** could be detected.

- This study highlights the **usefulness of harmonized data** for providing evidence for future pandemic preparedness, but also identifies the **difficulties**.

- It is necessary to advance in the **elimination of barriers** for accessing data and to improve the **harmonization and homogenization of data** to allow comparability between countries and the practical use of the results.

- Future analyses:

  Data disaggregated by sex, age, SES

  Include other datahubs

  Specific analyses by country

www.phiri.eu