

**THE IMPACT OF THE
PANDEMIC ON THE
MENTAL HEALTH OF
PEOPLE WITH CHRONIC
DISEASES TREATED
AT THE SPECIALIZED
HEALTH CARE UNIT
(UAES) DE VIÇOSA - MG**

Arthur Marcio Sabatini Santos

Cristiane Junqueira de Carvalho

Alexandre da Costa Pinto Lopes

Sarah Kissia Jorge Ruas

Eduarda Demoner Paseto

Larisse Vitória Moreira Arruda

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



Introduction: The emergence of COVID 19 initiated a pandemic context throughout the world, becoming especially important in Brazil. This context-imposed uncertainties, concerns and sudden changes in the population's routine, with the need for social isolation and daily care, which may have had an impact on the mental health of individuals. The negative psychosocial impact caused by this atypical situation can worsen pre-existing mental disorders or generate new disorders, especially anxiety, depression and sleep problems. Therefore, the importance of analyzing the impacts of the pandemic on the health of the population assisted by the SUS is evident, as this information is of great help in managing the situation. **Objective:** to analyze the impacts of the coronavirus pandemic on the physical and mental health of individuals assisted by the Specialized Health Care Unit (UAES), in the city of Viçosa-MG. **Methodology:** This is a cross-sectional, observational study, with the application of a semi-structured questionnaire to adult patients treated at UAES, from June to November 2021. Among the parameters evaluated are sociodemographic, clinical and style data. and lifestyle and mental health habits during the pandemic. 482 patients were interviewed, a number found based on the sample calculation carried out in the OpenEpi program. Descriptive analyzes were carried out in the STATA 13 program, using the Chi-square and Mann-Whitney tests and through graphs of median and interquartile range of

visual analogue scales (VAS). **Results:** There was a greater frequency of women among those interviewed (78.22%), with a total average age of 45.79 years. Worsening mental health was reported by 55.39% of volunteers, with the proportion of women being significantly higher (60.48 x 37.14 $p < 0.001$). Analyzing the interquartile range of the VAS, ranging from 0 to 10, referring to the emotions felt during the pandemic - anxiety, worry, sadness or depression, insomnia, loneliness and fear - the results found were, respectively, 8; 9; 8; 7; 5 and 7 among men and 5; 5; 10; 10; 9 and 9 among women. **Conclusion:** The study shows that the impact of the pandemic on mental health was more reported among women, with emphasis on feelings of sadness or depression, loneliness, fear and insomnia. Among men, feelings of anxiety and worry draw attention. Given these results, it is worth reflecting and discussing: among men, could these be more related to the fear of unemployment and financial insecurity? And among women, can these be explained by the greater degree of social vulnerability and the increased exposure of this population to situations of domestic violence, abuse, discrimination and overload during the pandemic period? More studies are needed to clarify outcomes related to mental health and the social scenario of the population.

Keywords: COVID-19, pandemic, mental health

REFERENCES:

FOGAÇA, P. C. .; AROSSI, G. . A. .; HIRDES, A. . Impact of social isolation caused by the COVID-19 pandemic on the mental health of the general population: An integrative review. *Research, Society and Development*, [S. l.], v. 10, n. 4, p. e52010414411, 2021. DOI: 10.33448/rsd-v10i4.14411. Disponível em: <https://rsdjournal.org/index.php/rsd/article/view/14411>. Acesso em: 4 oct. 2022