

MENTAL HEALTH STATUS, SYMPTOMS AND SLEEP QUALITY OF PATIENTS HOSPITALIZED FOR INFECTION WITH COVID-19

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OBJECTIVES

The COVID-19 pandemic has been a major problem for public health. The high incidence of post-COVID symptoms continues to be a problem of significance after the pandemic has subsided. Our research aimed to examine the mental health status, post-COVID symptoms, and sleep quality and the factors influencing it among COVID-19-infected people who received hospitalization.

METHODS

A cross-sectional study was conducted in Hungary from 01.09.2022 to 01.02.2023 among patients with COVID-19 infection treated at the Infectious Diseases Department of Somogy County Kaposi Mór Teaching Hospital, selected by simple non-random sampling (n=150). The question groups were sociodemographic variables, health behaviour, and vaccination status. The validated questionnaires included Generalized Anxiety Disorder-7, The Patient Health Questionnaire-9, and the Insomnia Severity Index. Descriptive statistical analysis, independent sample t-test, c2-test, ANOVA, and Spearman correlation analysis (p<0.05) were performed using SPSS 26.0 software.

RESULTS

The average age is 52.8 years, and 44% of the respondents did not have a vaccination against COVID-19. The most common post-covid symptoms are fatigue (76.7%), fatigue due to physical exertion (58%), sleep disorders (50.7%) and weakness (46%). 33.3% have mild depression, 14.7% moderate depression, 6.7% moderate depression and 4.7% severe depression. 29.3% had mild anxiety, 10% had moderate anxiety, and 6.7% (10 people) had severe anxiety. 25.3% have moderate sleep disorders. Moderate and severe sleep disorders were significantly (p=0,003) more common in those who had 7 or more post-covid symptoms (39,1%). Moderate/moderately severe/severe depression was significant (p=0,007) among respondents who needed high flow transnasal oxygen therapy or mechanical ventilation (41,7%). Moderate and severe sleep disorders were significantly (p=0,003) more common in those who had seven or more post-covid symptoms (39,1%). Mild depression (40,0%) and moderate/moderately severe/severe depression (48,7%) were significantly (p<0,001) common among those with moderate/severe sleep disorders.

CONCLUSIONS

Great emphasis must be placed on rehabilitating patients who have been infected.

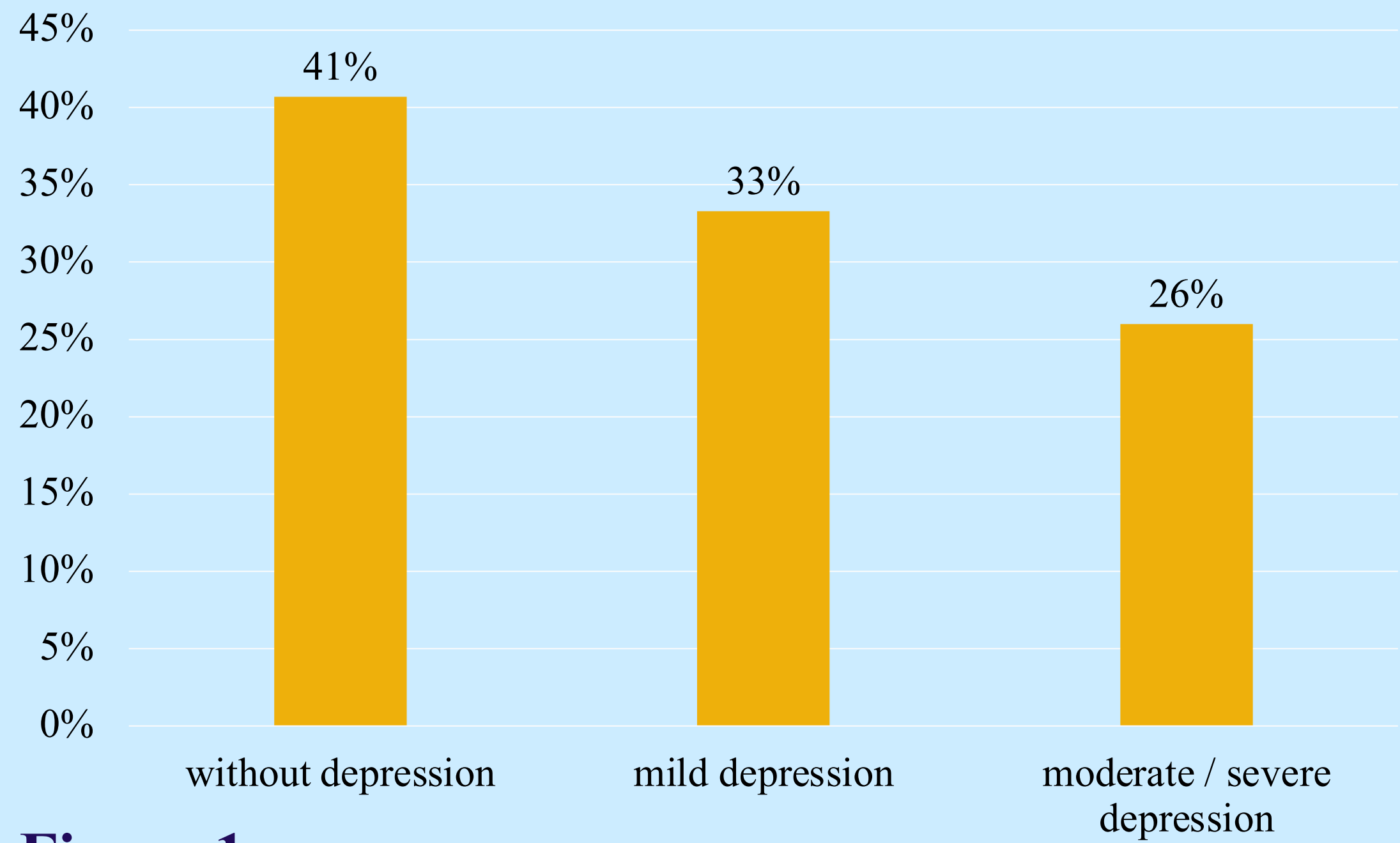


Figure 1. Distribution of depression (Patient Health Questionnaire) categories (n=150)

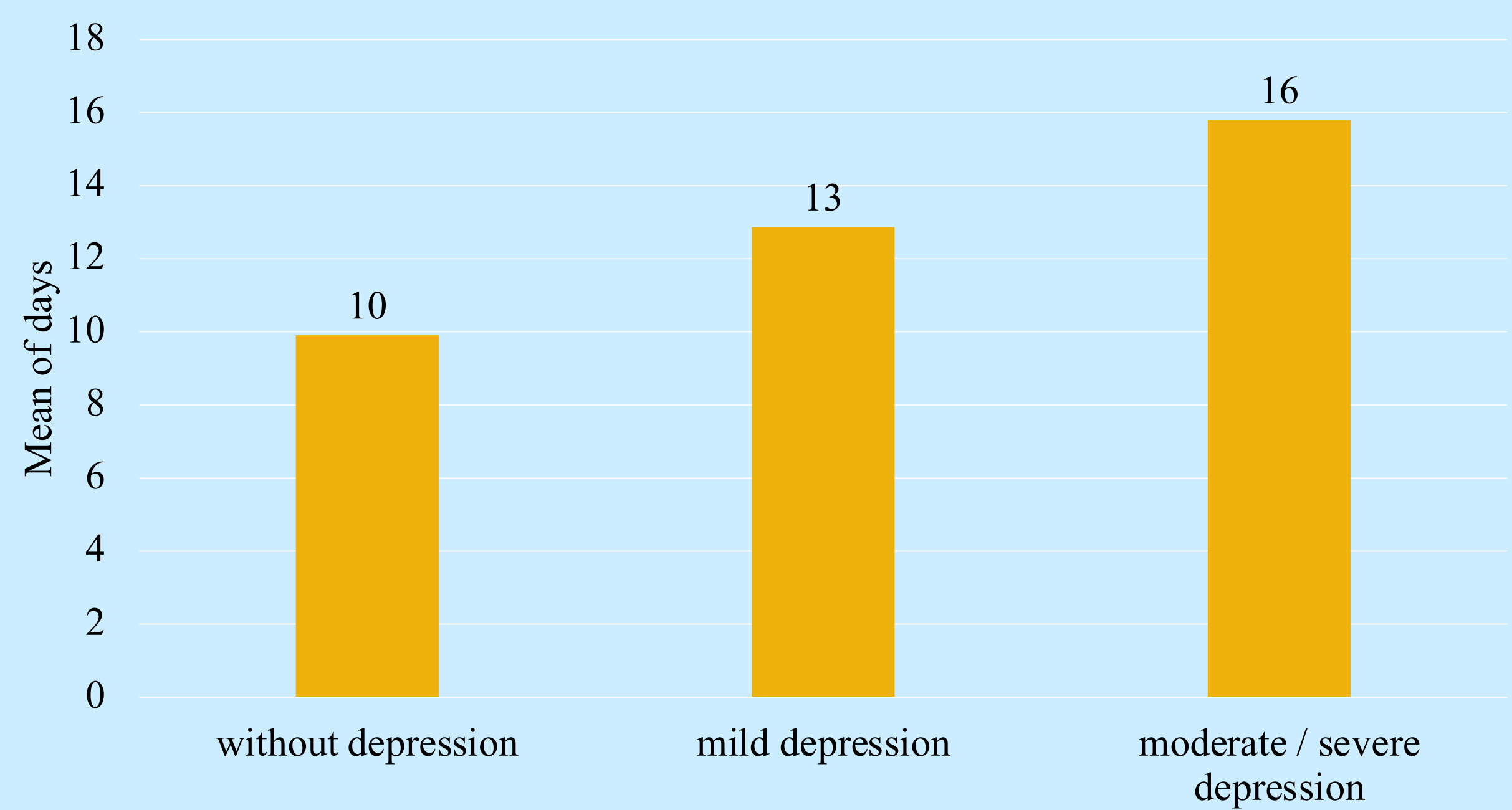


Figure 2. Distribution of the mean number of nursing days according to depression categories

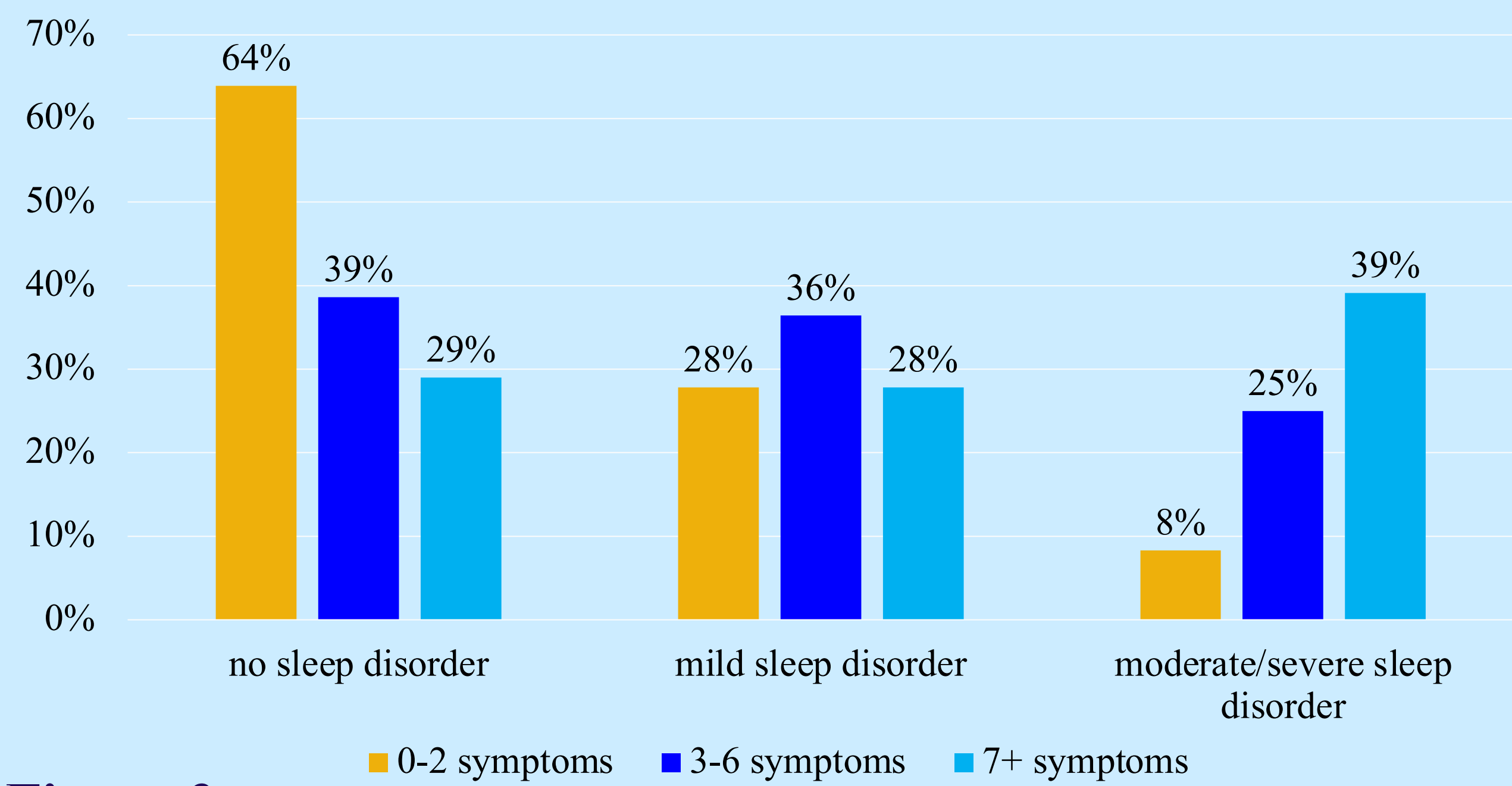


Figure 3. The distribution of the number of post-covid symptoms based on sleep disorder categories (n=150)

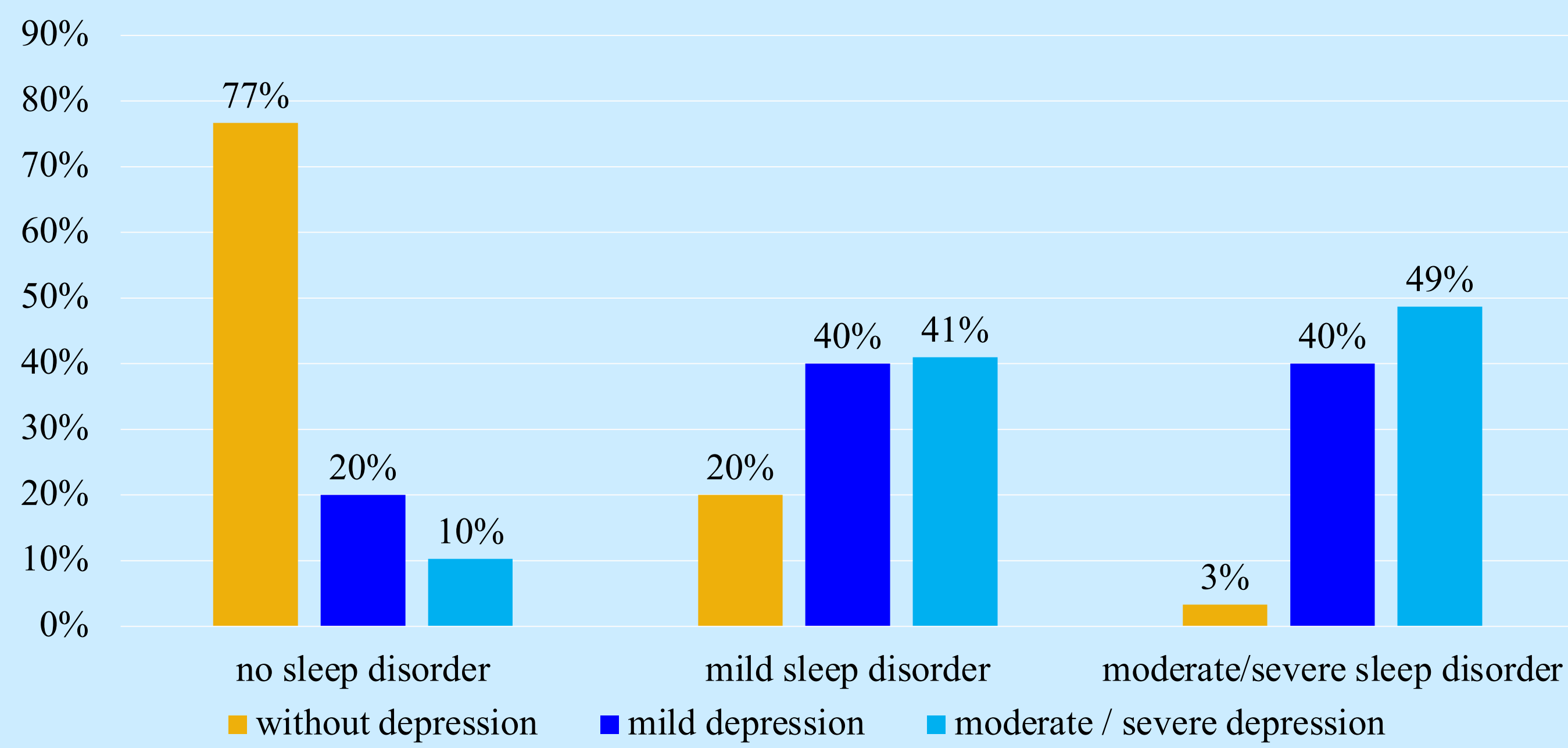


Figure 4. The distribution of the sleep disorder based on depression categories (n=150)

Symptoms	n	%
Fatigue	115	76.7
Fatigue dou to physical activity	87	58
Sleep disorder	76	50.7
Weakness	69	46
Limb/joint pain	50	33.3
Night sweats	47	31.3
Hair loss	47	31.3
Anxiety	46	30.7
Digestive complaints	38	25.3
Forgetfulness	38	25.3
Feeling of chest discomfort	33	22
Dry cough	31	20.7
Palpations on exertion	30	20
Back pain	30	20
Smell disorder	26	17.3
Disturbace of taste	21	14.0
Increased need for sleep	21	14.0
Heart palpations at rest	15	10.0
Headache	15	10.0
Dizziness	14	9.3
Loose stool	11	7.3
Weight loss	9	6.0
Tinnitus	10	6.7
Throat	5	3.3
scratch/pharyngeal irritation		
Dyspnoe	2	1.3

Table 1. Distribution of the post-covid symptoms

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