



SARS-CoV-2: Mental Health in Österreich, eine Studie in 12 Befragungswellen

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SUPRA-OnlineTagung 2021: Suizidprävention und COVID-19



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Suizid(prävention) und Covid-19

- Massive Auswirkungen auf Suizidprävention (Niederkrotenthaler et al., 2020)
 - Umstellung von Hilfsangeboten
 - Unklar wie insbesondere gefährdete Gruppen erreicht werden können
 - Belastungen für Helfende
- Anekdotische Berichte über Anstieg von Suizid während Lockdown (Gunnell, 2020)



Suicide attempts soar among lonely elderly during lockdown
 SUICIDE attempts by pensioners have increased during months of lockdown, says research from the UK.



Suicide trends in the early months of the COVID-19 pandemic: an interrupted time-series analysis of preliminary data from 21 countries

Summary
 Background The COVID-19 pandemic is having profound mental health consequences for many people. Concerns have been expressed that, at their most extreme, these consequences could manifest as increased suicide rates. We aimed to assess the early effect of the COVID-19 pandemic on suicide rates around the world.

Methods We sourced real-time suicide data from countries or areas within countries. We used an interrupted time-series analysis to model the trend in monthly suicide before COVID-19 (from at least Jan 1, 2019, to March 31, 2020) in each country or area within a country, comparing the expected number of suicides derived from the model to the observed number of suicides in the early months of the pandemic (from April 1 to July 31, 2020), as the primary analysis.

Findings We sourced data from 21 countries (16 high-income and five upper-middle-income countries), including whole-country data in ten countries and data for various areas in 11 countries). Rate ratios (RRs) and 95% CIs based on the observed versus expected numbers of suicides showed evidence of a significant increase in risk of suicide since the pandemic began in any country or area. There was statistical evidence of a decrease in suicide compared



Österreich: Rückgang der Suizide im Jahr 2021 verglichen mit 2020: 4% (1068 vs. 1113 Suizide)

Journal of Affective Disorders, 2021, 283, 1-10

Research paper
Mental health over nine months during the SARS-CoV-2 pandemic: Representative cross-sectional survey in twelve waves between April and December 2020 in Austria
 T. Niederkrotenthaler^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100,101,102,103,104,105,106,107,108,109,110,111,112,113,114,115,116,117,118,119,120,121,122,123,124,125,126,127,128,129,130,131,132,133,134,135,136,137,138,139,140,141,142,143,144,145,146,147,148,149,150,151,152,153,154,155,156,157,158,159,160,161,162,163,164,165,166,167,168,169,170,171,172,173,174,175,176,177,178,179,180,181,182,183,184,185,186,187,188,189,190,191,192,193,194,195,196,197,198,199,200,201,202,203,204,205,206,207,208,209,210,211,212,213,214,215,216,217,218,219,220,221,222,223,224,225,226,227,228,229,230,231,232,233,234,235,236,237,238,239,240,241,242,243,244,245,246,247,248,249,250,251,252,253,254,255,256,257,258,259,260,261,262,263,264,265,266,267,268,269,270,271,272,273,274,275,276,277,278,279,280,281,282,283,284,285,286,287,288,289,290,291,292,293,294,295,296,297,298,299,300,301,302,303,304,305,306,307,308,309,310,311,312,313,314,315,316,317,318,319,320,321,322,323,324,325,326,327,328,329,330,331,332,333,334,335,336,337,338,339,340,341,342,343,344,345,346,347,348,349,350,351,352,353,354,355,356,357,358,359,360,361,362,363,364,365,366,367,368,369,370,371,372,373,374,375,376,377,378,379,380,381,382,383,384,385,386,387,388,389,390,391,392,393,394,395,396,397,398,399,400,401,402,403,404,405,406,407,408,409,410,411,412,413,414,415,416,417,418,419,420,421,422,423,424,425,426,427,428,429,430,431,432,433,434,435,436,437,438,439,440,441,442,443,444,445,446,447,448,449,450,451,452,453,454,455,456,457,458,459,460,461,462,463,464,465,466,467,468,469,470,471,472,473,474,475,476,477,478,479,480,481,482,483,484,485,486,487,488,489,490,491,492,493,494,495,496,497,498,499,500,501,502,503,504,505,506,507,508,509,510,511,512,513,514,515,516,517,518,519,520,521,522,523,524,525,526,527,528,529,530,531,532,533,534,535,536,537,538,539,540,541,542,543,544,545,546,547,548,549,550,551,552,553,554,555,556,557,558,559,560,561,562,563,564,565,566,567,568,569,570,571,572,573,574,575,576,577,578,579,580,581,582,583,584,585,586,587,588,589,590,591,592,593,594,595,596,597,598,599,600,601,602,603,604,605,606,607,608,609,610,611,612,613,614,615,616,617,618,619,620,621,622,623,624,625,626,627,628,629,630,631,632,633,634,635,636,637,638,639,640,641,642,643,644,645,646,647,648,649,650,651,652,653,654,655,656,657,658,659,660,661,662,663,664,665,666,667,668,669,670,671,672,673,674,675,676,677,678,679,680,681,682,683,684,685,686,687,688,689,690,691,692,693,694,695,696,697,698,699,700,701,702,703,704,705,706,707,708,709,710,711,712,713,714,715,716,717,718,719,720,721,722,723,724,725,726,727,728,729,730,731,732,733,734,735,736,737,738,739,740,741,742,743,744,745,746,747,748,749,750,751,752,753,754,755,756,757,758,759,760,761,762,763,764,765,766,767,768,769,770,771,772,773,774,775,776,777,778,779,780,781,782,783,784,785,786,787,788,789,790,791,792,793,794,795,796,797,798,799,800,801,802,803,804,805,806,807,808,809,810,811,812,813,814,815,816,817,818,819,820,821,822,823,824,825,826,827,828,829,830,831,832,833,834,835,836,837,838,839,840,841,842,843,844,845,846,847,848,849,850,851,852,853,854,855,856,857,858,859,860,861,862,863,864,865,866,867,868,869,870,871,872,873,874,875,876,877,878,879,880,881,882,883,884,885,886,887,888,889,890,891,892,893,894,895,896,897,898,899,900,901,902,903,904,905,906,907,908,909,910,911,912,913,914,915,916,917,918,919,920,921,922,923,924,925,926,927,928,929,930,931,932,933,934,935,936,937,938,939,940,941,942,943,944,945,946,947,948,949,950,951,952,953,954,955,956,957,958,959,960,961,962,963,964,965,966,967,968,969,970,971,972,973,974,975,976,977,978,979,980,981,982,983,984,985,986,987,988,989,990,991,992,993,994,995,996,997,998,999,1000}

Erhebung zu psychischer Gesundheit in Österreich während Covid-19

- Online-Befragung der österreichischen Bevölkerung bzgl. psychischer Gesundheit
- 12 Befragungswellen mit je 1.000 Personen im Abstand von 3 Wochen – Beginn: April 2020; Ende: Dezember 2020
- Jede Welle repräsentativ für die österreichische Bevölkerung hinsichtlich
 - Geschlecht (männlich, weiblich, divers)
 - Alter (16-29 J., 30-39 J., 40-49 J., 50-59 J., 60-69 J., 70+ J.)
 - Region (9 Bundesländer)
 - Bildung (ohne Matura, mit Matura, Hochschulabschluss)

Covid-19 Psychische Gesundheit in Österreich

Psychische Gesundheit:

Depressivität (PHQ-9)

Angst (HADS)

Suizidalität (BSS)

Konflikterfahrungen (Konflikte mit Partner/Familienmitglied, Gewalt)

Weitere Variablen:

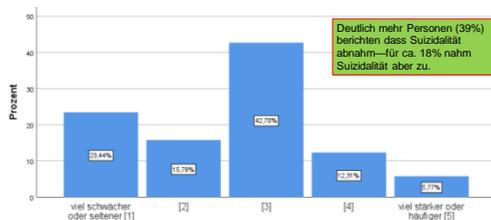
Soziodemografie (Geschlecht, Alter, Wohnort, Bildung, Beruf, Einkommen)

Risikofaktoren (Körperliche Erkrankungen, vorbestehende psychische Erkrankungen)

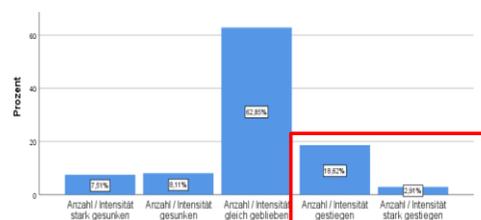
Covid-19 Erkrankung

Wie hat sich Suizidalität seit Beginn der Pandemie verändert?

Suizidgedanken im Vgl zu vor Covid-19 (n=977)



Konflikte im Vgl zu vor Covid-19

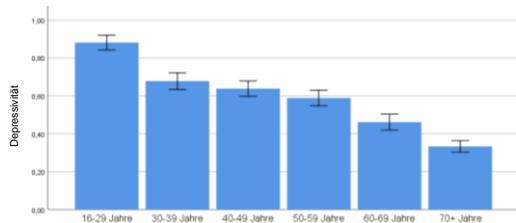


Welche Gruppen geben an, dass sich Suizidalität verschlechtert hat?

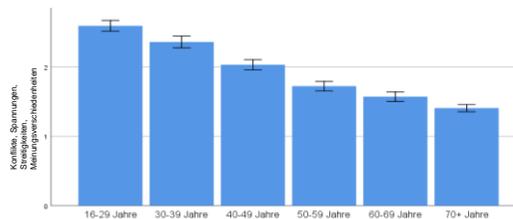
Suizidalität



Depressivität



Konflikte in Familie

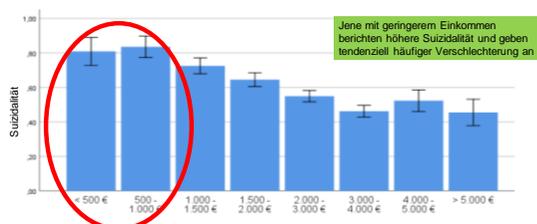


Alter	Suizidgedanken	Depressive Symptome (moderat-schwer)	Angst (moderat-schwer)	Häusliche Gewalt (jede Form, Ausprägung)
16-29	11.7%	39.0%	37.1%	35.3%
30-39	7.1%	25.5%	29.3%	25.4%
40-49	6.8%	21.1%	24.4%	19.5%
50-59	5.2%	18.3%	20.6%	12.5%
60-69	4.9%	12.7%	15.7%	7.8%
70+	4.2%	6.7%	8.9%	5.3%

Niederkrönbauer, T., Lauth, Z., Kirschner, S., Braun, M., Möstler, H., Wälchli, T., Steiner, M., Gassler, G., & Yip, B. (2021). Mental health over one month during the SARS-CoV-2 pandemic: Representative cross-sectional survey in twelve nations between April and December 2020 in Aachen. *Journal of Affective Disorders*, 296, 49-58.

Welche weiteren Gruppen geben an, dass sich Suizidalität verschlechtert hat?

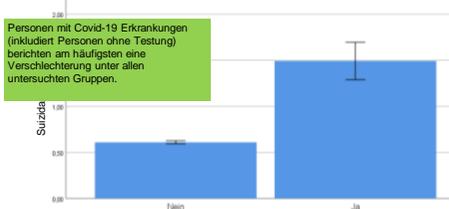
Einkommen



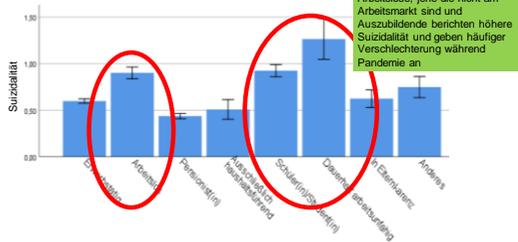
Vorbestehende psych. Erkrankung



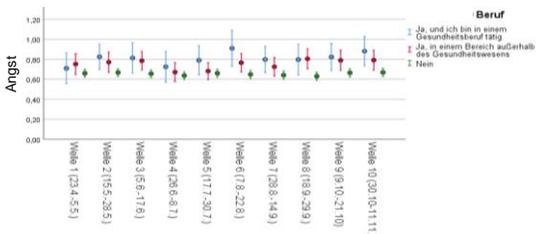
Eigene Covid-19 Erkrankung



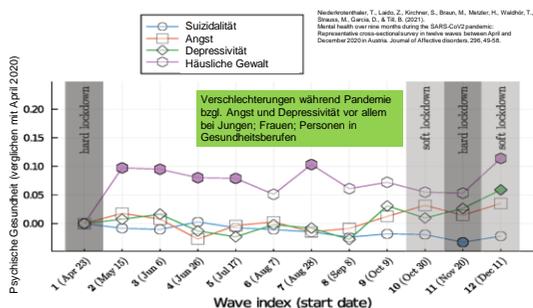
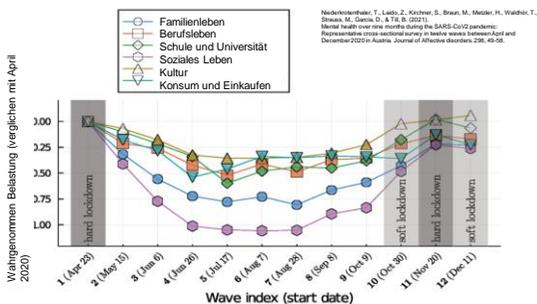
Berufstätigkeit



Berufliches Risiko



Veränderungen über die Zeit?

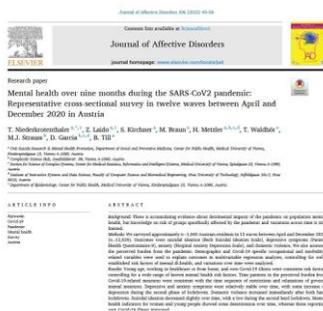


Diskussion

- Differenziertes Bild zur psychischen Gesundheit der österreichischen Bevölkerung während der Pandemie
- Veränderung über den Beobachtungszeitraum: Depressivität und Angst gegen Ende leicht ansteigend; Anstieg von häuslicher Gewalt nach jedem Lockdown; leichte Reduktion von Suizidalität
- Risikofaktoren für Suizidgedanken oder suizidales Verhalten erhöht; keine Evidenz für einen Einfluss auf Suizidgedanken oder suizidales Verhalten im Jahr 2020
- Risikogruppen: bereits bekannte Gruppen, als auch junge Personen und Personen aus Gesundheitsberufen

Aussicht

- Ressourcen und Unterstützung für Hilfseinrichtungen inkl. Online-Technologien sowie soziale Teilhabe gilt es **aufrecht zu erhalten**
- Fokus auf jüngere und sozial schlechter gestellte Personen, Personen mit psychischen Erkrankungen und jene mit Covid-19 Erkrankung
- Finanzielle Unterstützung für Hilfsbedürftige; soziale Maßnahmen wie Moratorien für Wohnungsräumungen, Arbeitsmarktprogramme
- Evaluierung und Überprüfung bestehender Maßnahmen sowie psychosozialer Unterstützungsmöglichkeiten während der Pandemie



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