

## Publication

### Psychological burden in patients with COVID-19 and their relatives 90 days after hospitalization: A prospective observational cohort study

#### JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)

**ID** 4636953

**Author(s)** Vincent, Alessia; Beck, Katharina; Becker, Christoph; Zumbrunn, Samuel; Ramin-Wright, Maja; Urben, Tabita; Quinto, Adrian; Schaefert, Rainer; Meinschmidt, Gunther; Gaab, Jens; Reinhardt, Thomas; Bassetti, Stefano; Schuetz, Philip; Hunziker, Sabrina

**Author(s) at UniBasel** [Gaab, Jens](#) ;

**Year** 2021

**Title** Psychological burden in patients with COVID-19 and their relatives 90 days after hospitalization: A prospective observational cohort study

**Journal** Journal of psychosomatic research

**Volume** 147

**Pages / Article-Number** 110526

**Keywords** Anxiety, COVID-19, Depression, SARS-CoV-2, Psychological distress, PTSD

#### 0.0.1 Objective:

COVID-19 causes psychological distress for patients and their relatives at short term. However, little research addressed the longer-term psychological outcomes in this population. Therefore, we aimed to prospectively assess clinically relevant psychological distress in hospitalized patients with COVID-19 and their relatives 90 days after hospital discharge.

#### 0.0.2 Methods:

This exploratory, prospective, observational cohort study included consecutive adult patients hospitalized in two Swiss tertiary-care hospitals between March and June 2020 for confirmed COVID-19 and their relatives. The primary outcome was psychological distress defined as clinically relevant symptoms of anxiety and/or depression measured with the Hospital Anxiety and Depression Scale (HADS) 90 days after discharge.

#### 0.0.3 Results:

Clinically relevant psychological distress 90 days after hospital discharge was present in 23/108 patients (21.3%) and 22/120 relatives (18.3%). For patients, risk and protective factors associated with clinically relevant psychological distress included sociodemographic, illness-related, psychosocial, and hospital-related factors. A model including these factors showed good discrimination, with an area under the receiver-operating characteristic curve (AUC) of 0.84. For relatives, relevant risk factors were illness-related, psychosocial, and hospital-related factors. Resilience was negatively associated with anxiety and depression in both patients and relatives and regarding PTSD in relatives only.

#### 0.0.4 Conclusion:

COVID-19 is linked to clinically relevant psychological distress in a subgroup of patients and their relatives 90 days after hospitalization. If confirmed in an independent and larger patient cohort, knowledge about these potential risk and protective factors might help to develop preventive strategies.

**ISSN/ISBN** 0022-3999

**Full Text on edoc ;**

**Digital Object Identifier DOI** 10.1016/j.jpsychores.2021.110526

**PubMed ID** <http://www.ncbi.nlm.nih.gov/pubmed/34051515>