Assessment of Anxious-depressive Symptoms, Resilience and their Correlation to the Follow-up of Covid Patients 19: Experience of a Covid Medicine Ward

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Background and Aims: In patients who have been hospitalized for Covid 19, the finding of anxious-depressive symptoms and post-traumatic stress syndrome was frequently found. Infact, hospitalized patients experienced hospitalization as a traumatic experience certainly linked to clinical complications and the need for frequent ventilatory support but above all linked to the impossibility of not being able to enjoy the comfort of their family members. The purpose of the study was to evaluate the extent of anxiety and / or depression symptoms, the levels of resilience and their correlation in a sample of patients.

Materials/Patients and Methods: After 4 months from admission to 60 patients, previously admitted to our wards, 30 men and 30 women, the Beck Anxiety inventory (BAI), the Beck Depression Inventory (BDI-II) and the Connor Davidson Resilence Scale (CD-RISC) were administered by telephone.

Results: Symptoms of anxiety and/or depression were highlighted in 60% of the patients examined. The resilience values were medium-high in 70% of cases and low in the remaining 30%. Patients with medium-high resilience values presented anxious depressive symptoms in 18% of cases while in subjects with low resilience symptoms anxiety and/or depression symptoms were present in 42% of cases. The female patients had higher medium-high resilience values than the male subjects.

Discussion: The results we obtained, in agreement with the literature, seem to suggest that patients with medium-high resilience values responded with fewer symptoms of anxiety and depression to hospitalization for Covid 19 and the problems connected to it. Furthermore, in our brief experience we have evaluated how the response of the female sex to stressful situations, evaluated with higher resilience values, was higher than the male sex.

References

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