

Effect of Covid-19 on Mental Health of Retirement Home Residents

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Background

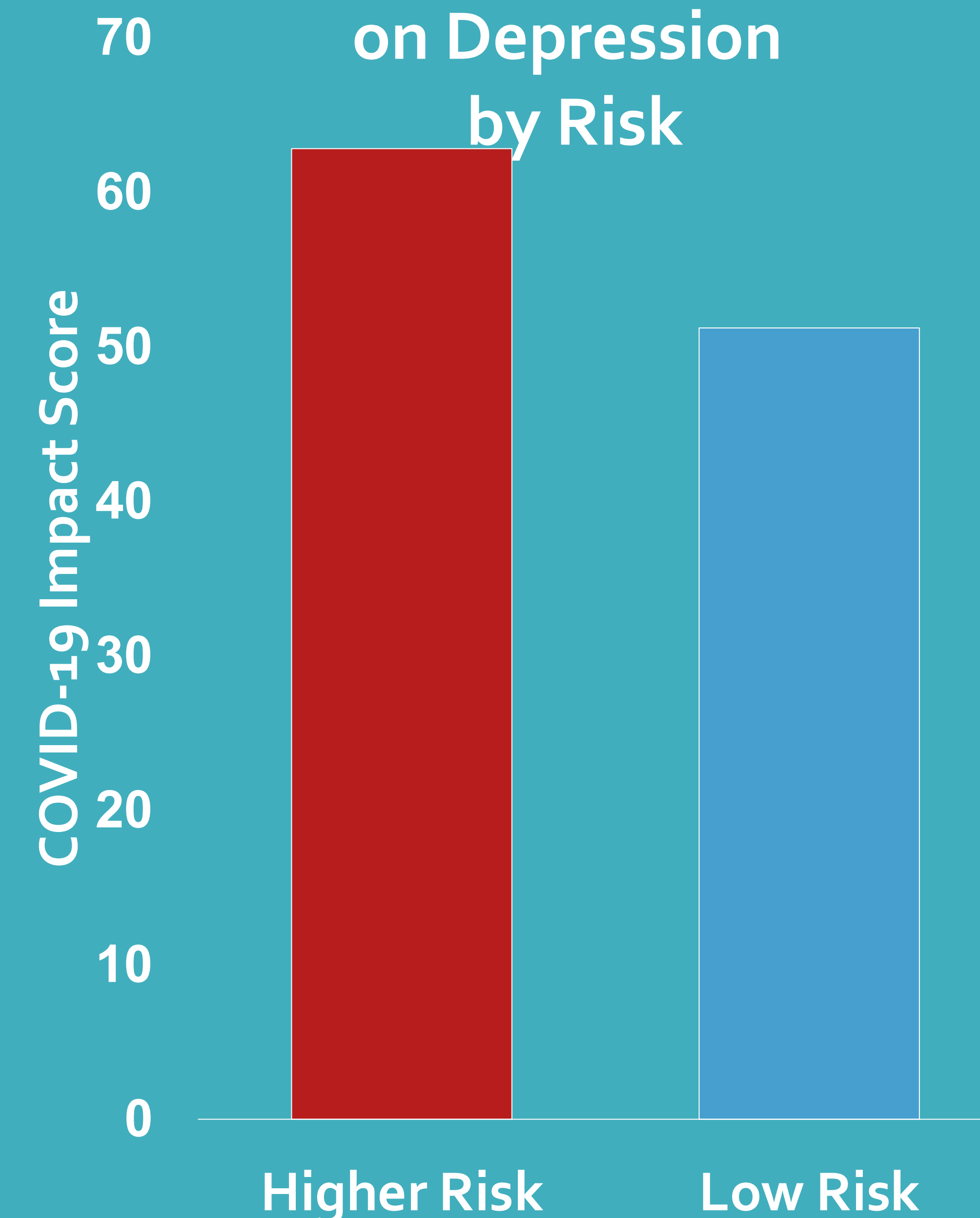
- Older Adults have been found to be more at risk for mental health issues such as depression
- COVID-19 has forced many retirement home residents to be isolated from family, friends and other residents
- Older Adults have the highest risk for serious health problems or death from COVID-19

Methods

- **N** = 94(59 Female)
- Recruited from a retirement home in Lancaster, PA
- Ages 65-95, *M* age = 82
- Surveys used:
 - UCLA loneliness scale
 - Geriatric depression scale
 - COVID-19 Impact on each scale

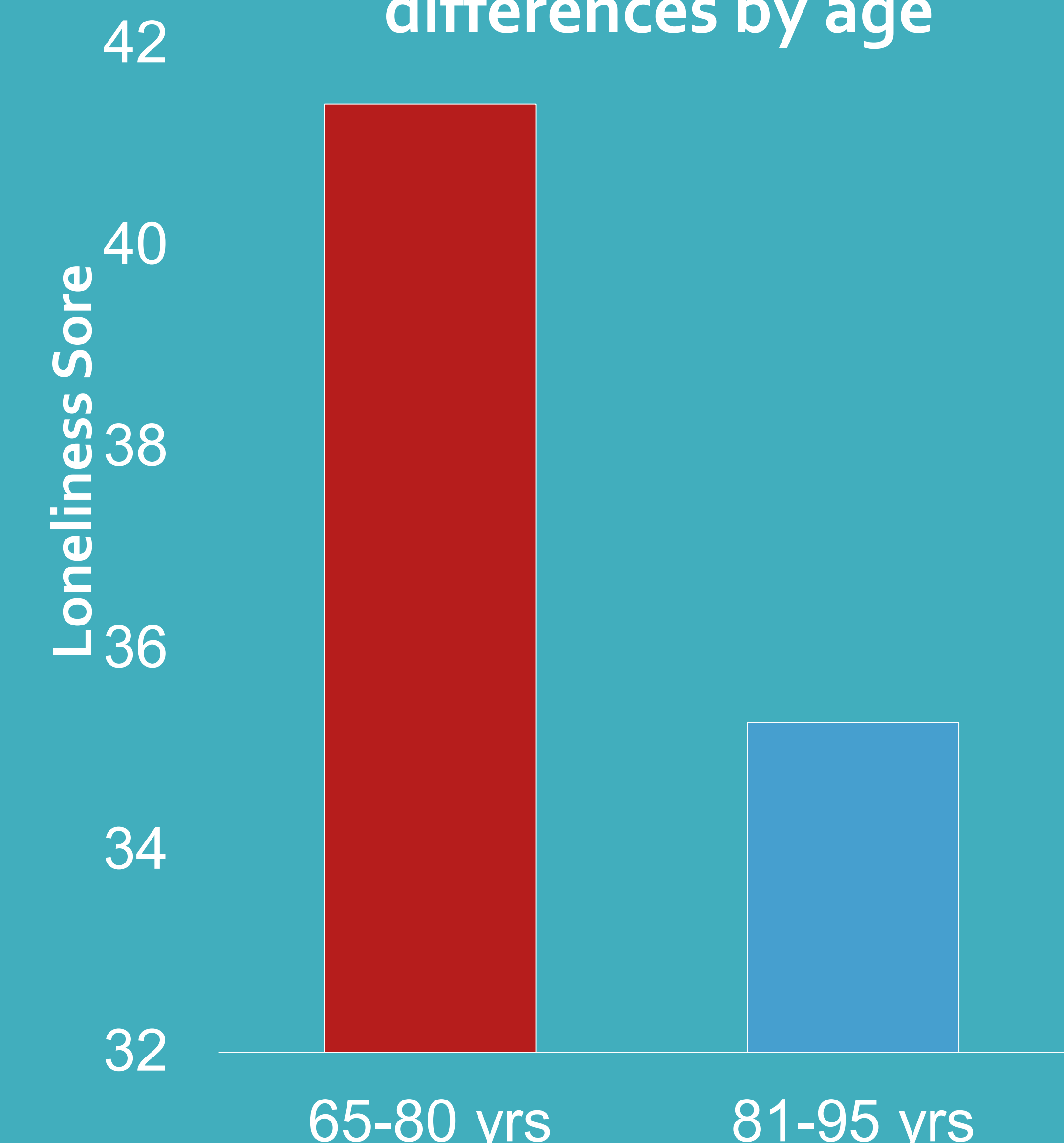
Key Findings

COVID-19 Impact Score on Depression by Risk



Older adults with 2 or more risk conditions felt more impacted by Covid-19 on depression than older adults with only age as a risk factor

Loneliness Score differences by age



Participants in the 60-85 y.o. showed higher scores for loneliness than those in the 81+ y.o.

Take-away

- Previous studies have found that as people age it is easier to be content, which is supported by the results from this study
- While the average depression score for all participants was normal, those with higher risk conditions had a significantly higher perceived COVID-19 impact on the depression scale questions than did those with lower risk conditions. Higher perceived impact of COVID-19 could affect physical health and levels of anxiety or fear, which also contribute to quality of life

Selected References