

10. DEPRESSION ASSOCIATED WITH COVID-19 INFECTION

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Introduction. Before 2020, mental disorders were leading causes of the global health-related burden, especially depressive disorders lead to this burden. The sudden emergence of the COVID-19 pandemic in December, 2019, has created an environment where many contributing factors of poor mental health are exacerbated. The need for up-to-date information on the mental health impacts of COVID-19 is imperative. According to World Statistics, it has been demonstrated that severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) affected more than 360 million people worldwide (417,369 cases in Moldova) and more than 5 millions of people have died from COVID-19 disease. In patients with COVID-19, most depression symptoms can be clearly seen during the illness and after a partial recovery. The most important reasons for developing depression in COVID-19 infected patients can be divided into social and pathological factors.

Aim of study. The purpose of the research is to identify the depressive disorders in people with COVID-19 infection hospitalized in IMSP CIE Moldexpo, Republic of Moldova, as well as to elaborate recommendations for post-covid depression based on the protocol data.

Methods and materials. - Historical analyses of illnesses and care - Interview - Study and analysis of the scientific literature - Collecting data from patient questionnaires - Quantitative and qualitative processing of results

Results. The management of post-covid depression depends on the form and evolution. In this context, treatment could mean: -For patients with mild symptoms, psychological interventions are suggested, which include breathing exercises, relaxation techniques and mindfulness training. -For patients in moderate or severe condition, the recommended intervention and treatment consist of a combination of medication and psychotherapy. New generation antidepressants may be prescribed for mood disorder. -Therapy for patients with severe and critical forms consists in reducing the difficulties of breathing, relief of symptoms, reduction of depression and reduction of complications. -For elderly patients who have other associated diseases such as high blood pressure and diabetes, the administration of psychotropic medication should be done with caution, taking into account drug interactions and their effects on respiration. Establishing an early diagnosis of post-covid depressive disorder, correct treatment methods, and highlighting the risk factors could help to significantly improve patients' quality of life and fasten their social reintegration.

Conclusion. COVID-19 infection is a current, live issue affecting people worldwide. Post-covid affective disorders have a high incidence and prevalence. During the COVID-19 pandemic, people around the world faced long and difficult quarantine periods, lack of social interaction, many have lost their jobs, which has caused a lot of suffering, anxiety, depression and sleep disorders. Depression induced by COVID-19 infection can worsen the prognosis of the disease and have a negative effect on the immune system. Recovery requires great efforts, supportive care, a multidisciplinary and holistic approach.