

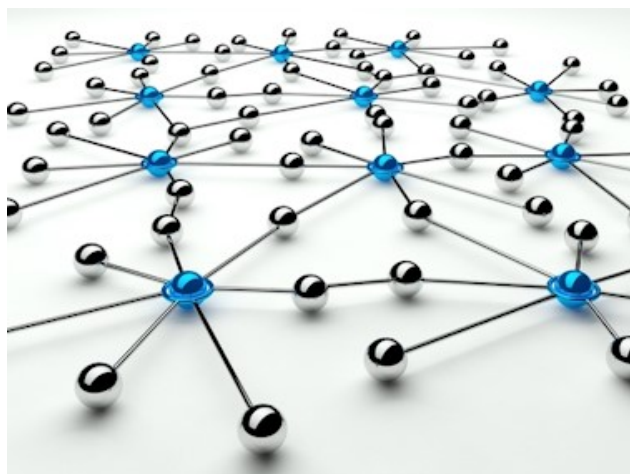


## COVID, Mental Health and Wellbeing

There is not much known about the effect of a pandemic on the mental health of the community. A better understanding of the mental health effects of the pandemic, specifically the effects in the Australian context, will help people and services manage the effects both now and in the future.

### What we did

A survey was conducted 9 times between March 2020 and May 2022 using quota sampling to select a broadly representative sample of people in Australia. Complete data was collected from 1296 people on a variety of mental health and wellbeing questions.



### What we found

Overall people were more depressed and anxious in the early period of COVID than pre-COVID. This applied to both people with a mental health diagnosis and people who had no diagnosis. The main drivers of this increase were pandemic induced impairments in work and social functioning. Financial distress, rather than job loss per se was also a key driver of a decrease in psychological wellbeing.

### What we learned

The keys to managing the mental health impacts of COVID, and any future major health events, are minimising disruption to people's work and social life.

#### Want to learn more?

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