

# How are older adults with Depression experiencing the COVID-19 pandemic?

A MIXED METHODS STUDY OF 73 OLDER ADULTS IN 4 US CITIES

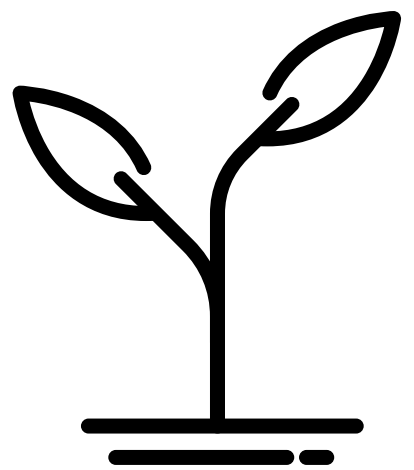


## 1.) THEY'RE MORE CONCERNED WITH THE VIRUS THAN ISOLATION

Older adults are very concerned with the risks of contracting the virus and are willing to tolerate physical distancing.

## 2.) THEY SHOW RESILIENCE

Older adults who have experienced depression have plenty of life experience and coping strategies to draw upon.



## 3.) THEY FIND OTHER WAYS TO STAY CONNECTED

Older adults are using phone and video calls to stay in touch. It's not the same, and they miss seeing their grand-kids.

## 4.) THEY REPORT LOWER QUALITY OF LIFE

Although their depression and anxiety scores did not worsen, the older adults reported a lower quality of life and feared it could become worse.



## 5.) THEY ARE FRUSTRATED WITH GOVERNMENTAL LEADERSHIP

Almost half spontaneously reported feeling anger or worry about the US response to the pandemic.

### READ MORE:

[Megan E. Hamm, Patrick J. Brown, Jordan F. Karp, Emily Lenard, Flor Cameron, Alicia Dawdani, Helen Lavretsky, J. Philip Miller, Benoit H. Mulsant, Vy T. Pham, Charles F. Reynolds, Steven P. Roose, Eric J. Lenze, Experiences of American older adults with pre-existing depression during the beginnings of the COVID-19 pandemic: a multi-city, mixed-methods study, The American Journal of Geriatric Psychiatry, 2020, https://doi.org/10.1016/j.jagp.2020.06.013.](https://doi.org/10.1016/j.jagp.2020.06.013)