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The Mental Health Consequences of Losing a Loved One to COVID-19

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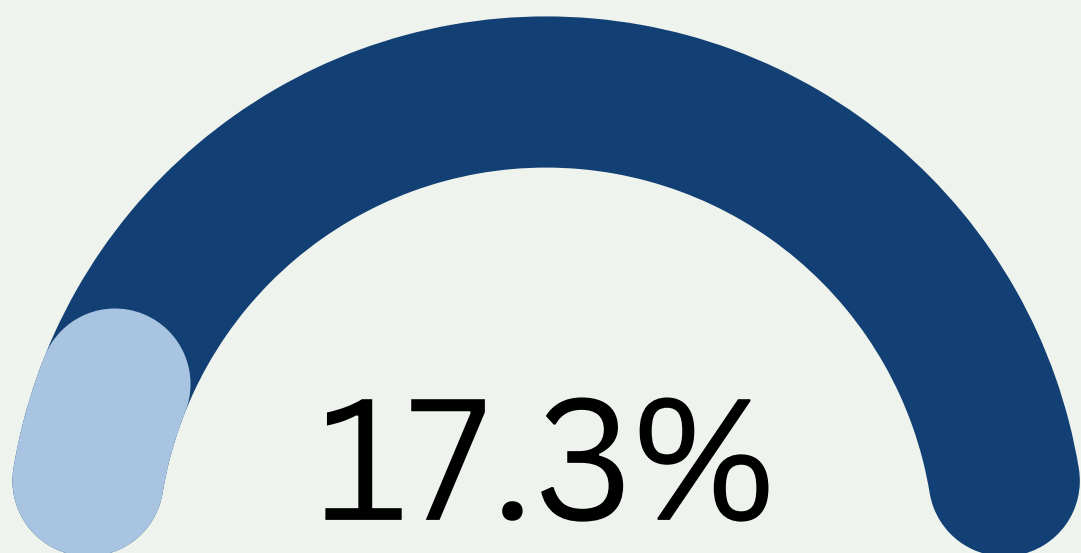
Purpose:

A study that observes depression, anxiety, and suicidal ideation among Rhode Island young adults in association with losing a loved one to COVID-19.

Background

1

Rhode Island has experienced 3,789 deaths due to COVID-19 as of January 2023[8]. For every one death of COVID-19, nine Americans experience the loss of a loved one [11]. Losing a loved one to COVID-19 may increase negative mental health outcomes to grieving individuals.



Percent of Rhode Island young adults who have lost a loved one to COVID-19.

Methodology

2

A cross-sectional survey, the 2022 Rhode Island Young Adult Survey (RIYAS), was used to collect data from young adults in Rhode Island. The survey was administered to 1,022 Rhode Island young adults aged 18-25 who have resided in Rhode Island for at least part of the year.

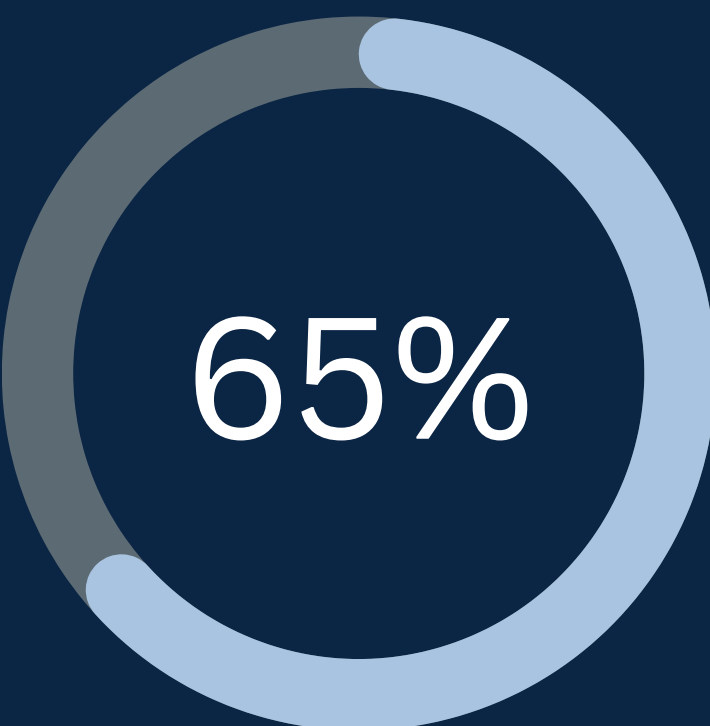


Results/Findings

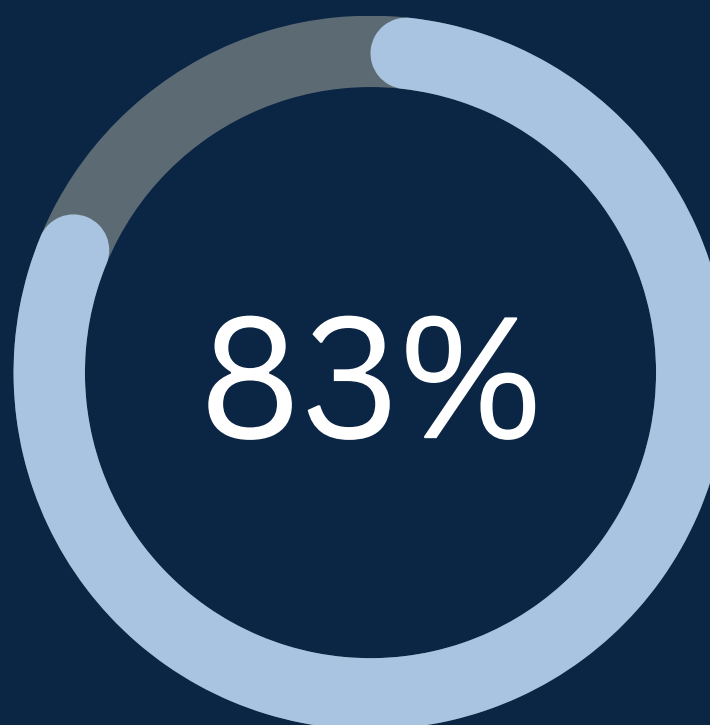
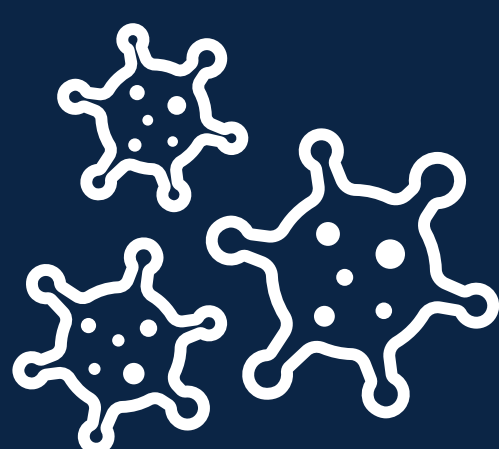
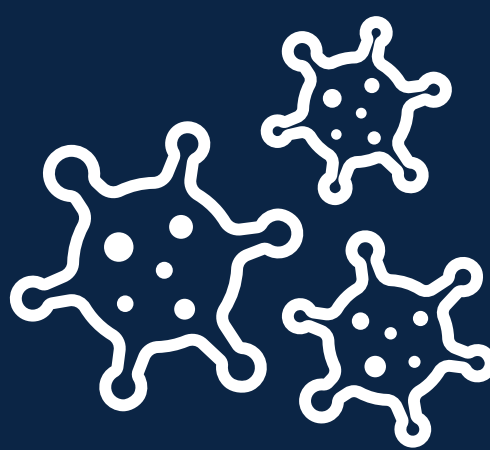
3

Variable		Depression		Anxiety		Suicide Ideation	
		OR	95% CI	OR	95% CI	OR	95% CI
Unadjusted Models							
Loss of a close friend OR family member	Yes	1.17	0.85, 1.62	1.57	1.13, 2.18	1.79	1.19, 2.70
	No
Adjusted Models							
Loss of a close friend OR family member	Yes	1.14	0.80, 1.62	1.65	1.17, 2.33	1.83	1.17, 2.84
	No

Losing a loved one to COVID-19



Increase chance of experiencing anxiety by 65%



Increase chance of experiencing suicide ideation by 83%

Conclusion

5

Rhode Island Young adults aged 18-25 have an increased risk of developing anxiety or suicidal ideation after losing a loved one to COVID-19. Preventative measures such as mental health screenings and mental health awareness campaigns should be implemented in universities and work settings to reduce the effects of mental health consequences of losing a loved one to COVID-19.



Results/Findings

4

Experiencing the loss of a loved one to COVID-19 increases the likelihood of anxiety by 65% (OR[95% CI] = 1.65 [1.17, 2.33] and suicidal ideation by 83% (OR[95% CI] = 1.83 [1.17, 2.84]). The 2022 RIYAS indicates that there is no association between losing a loved one to COVID-19 and depression.



Full article
&
References

