



European Foundation
for the Improvement
of Living and Working
Conditions

The tripartite EU Agency providing knowledge
to assist in the development of better social,
employment and work-related policies

IMPACTS OF THE COVID-19 PANDEMIC AND MENTAL HEALTH

Evidence from Eurofound's Living, Working and Covid-19 e-survey

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The COVID19 crisis: like a modern Kerberos



The impact on mental health.

- Besides causing disease and death, COVID-19 has generated a '**parallel epidemic**' of mental health. The effects here could linger long after the pandemic has subsided.
- There is increasing evidence for a surge in mental health problems, greater vulnerability and alarming implication for emotional and social functioning.
- Pandemic-related distress stems from the **fear of the illness, economic hardship, and uncertainty** about the real impact of the crisis.
- It is also a result of **social isolation** and **tensions** (within families) in lockdown together as a **result of restrictions** (NPI) that most governments have deployed to contain the pandemic

Documenting the impact of the crisis.

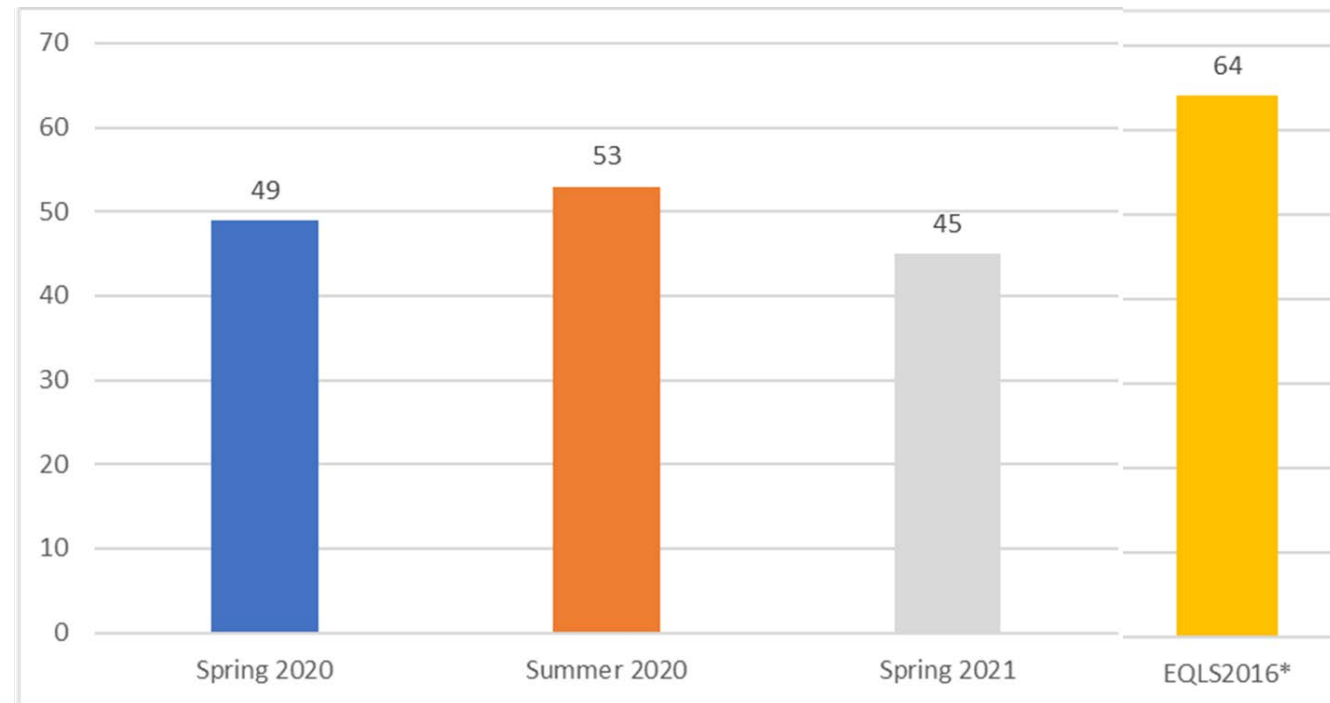
- *Living, Working and COVID19*
- The Eurofound large-scale online survey across the European Union and beyond.
- Three Waves:
 - Spring 2020
 - Summer 2020
 - Spring 2021
- More than 120,000 responses.



The report with the evidence collected in Spring 2021: **Published today!**

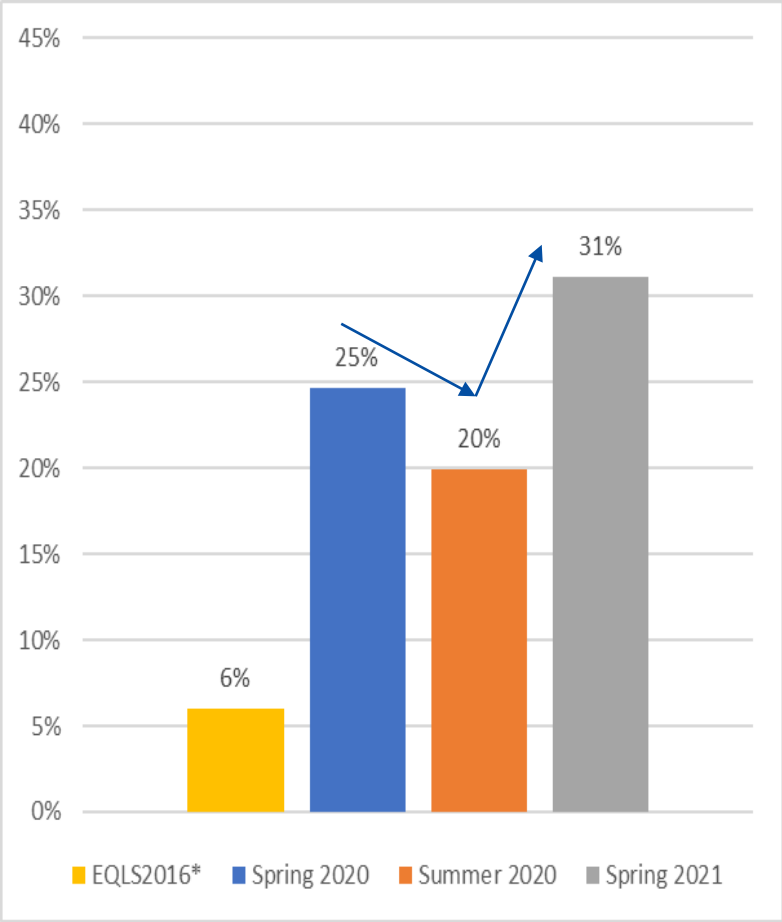
The impact on Mental Wellbeing.

- WHO-5 mental well-being scale (0–100), based on the frequency of positive feelings over the previous two weeks

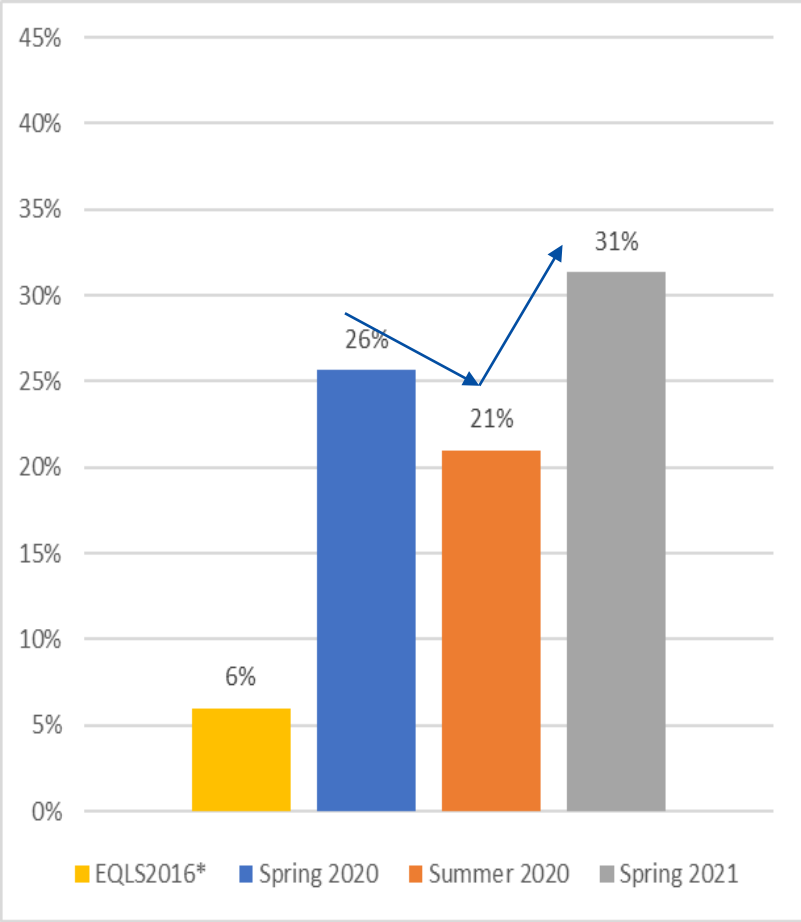


The impact on Mental Wellbeing.

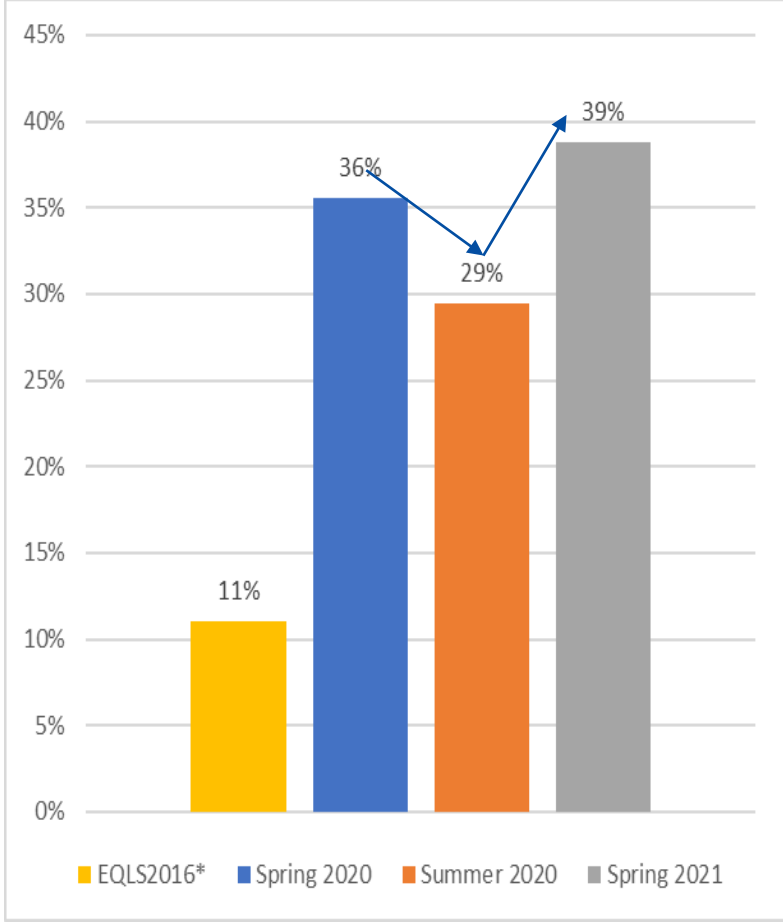
Feeling downhearted and depressed



Feeling lonely

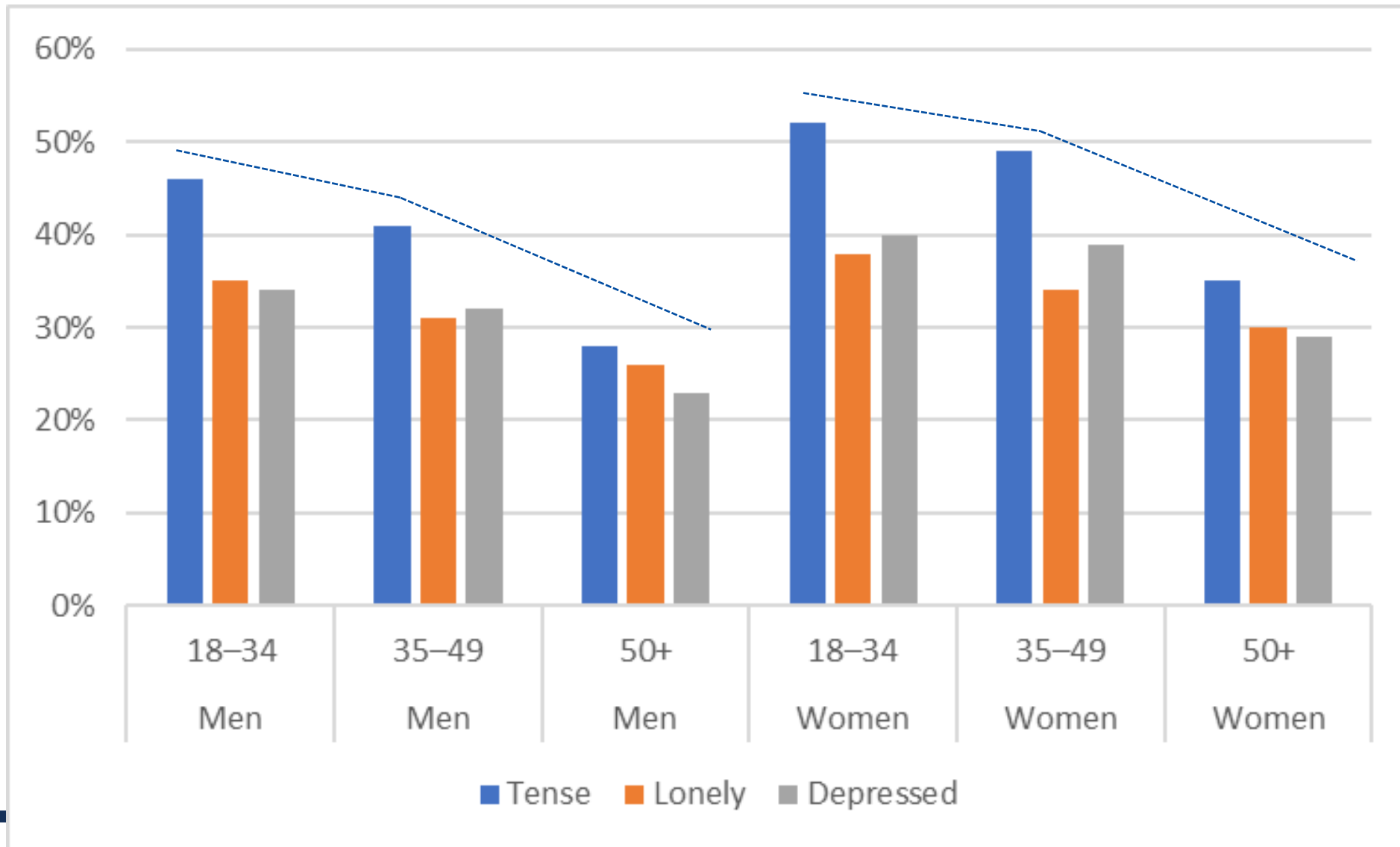


Feeling tense



Source: Eurofound Living, Working and COVID19 survey

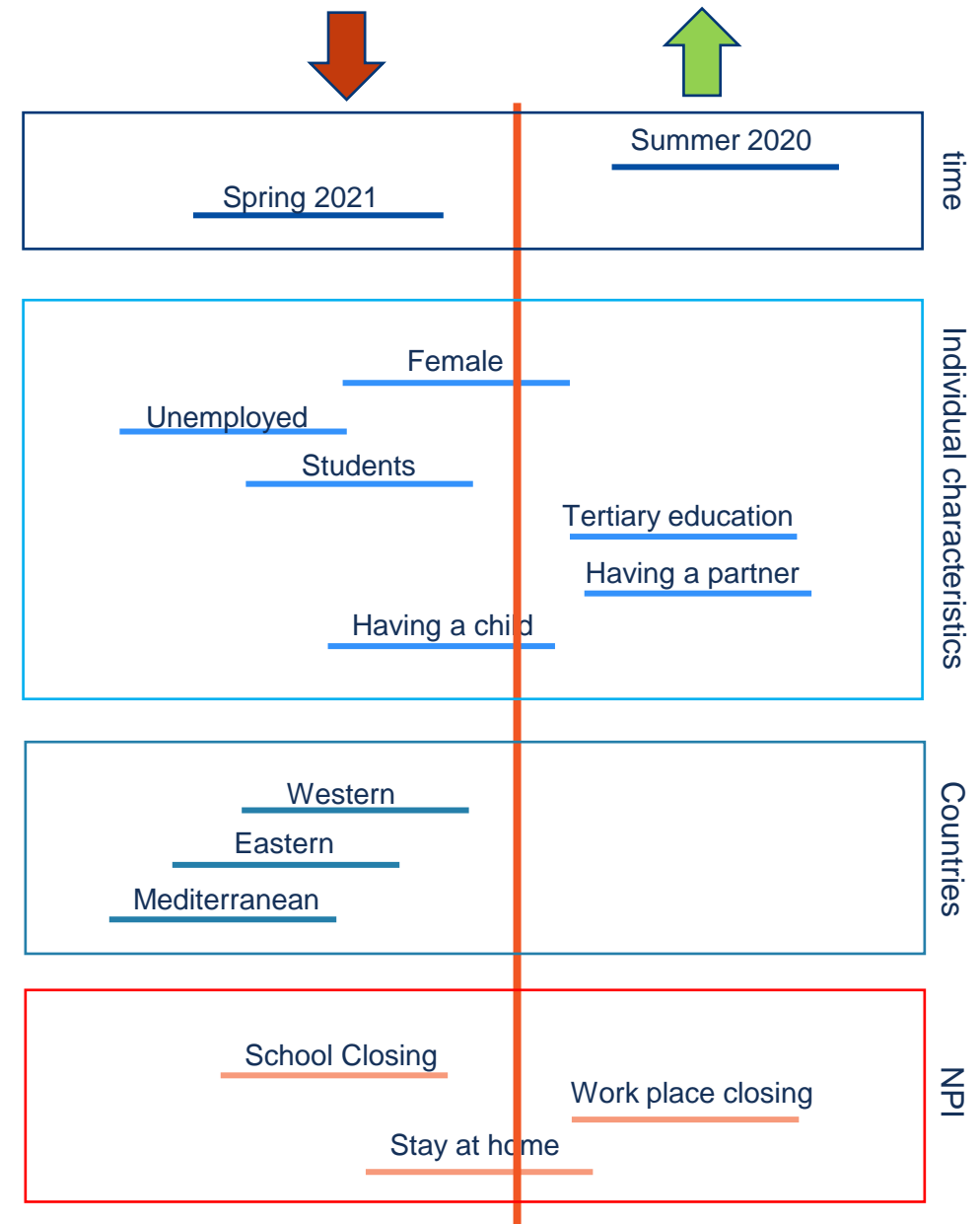
Not everyone is affected the same way



Source: Eurofound Living, Working and COVID19 survey

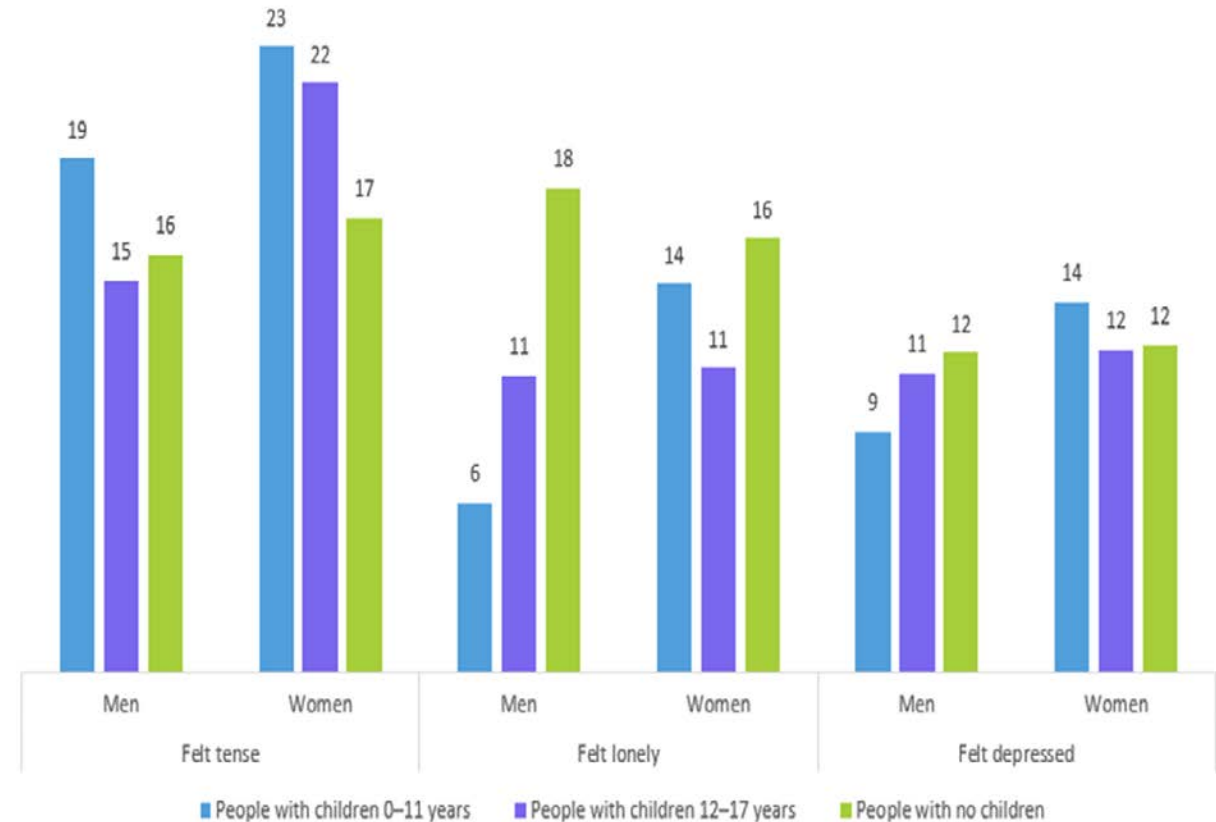
The case of young people.

- Young people have been among the mostly affected by COVID19 crisis in terms of mental health.
- According to EQLS2016, young people had higher mental wellbeing than other age groups.
- Data collected during the pandemic show the opposite.



The case of women with children

- The closure of school and the surge of telework put women under a lot of strain in terms of family responsibilities.
- This had inevitable reflections on work life balance and on mental health.

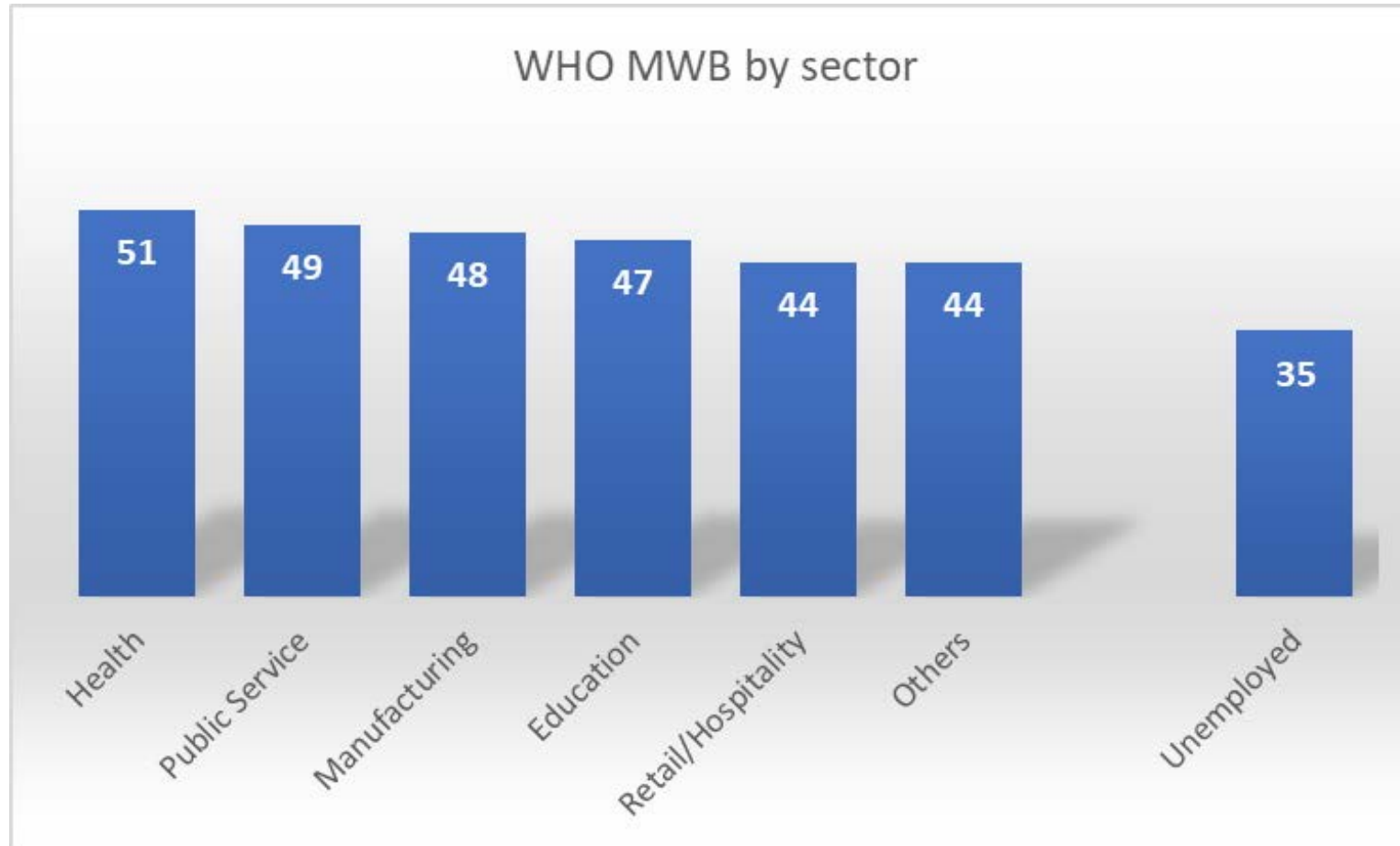


Labour market status

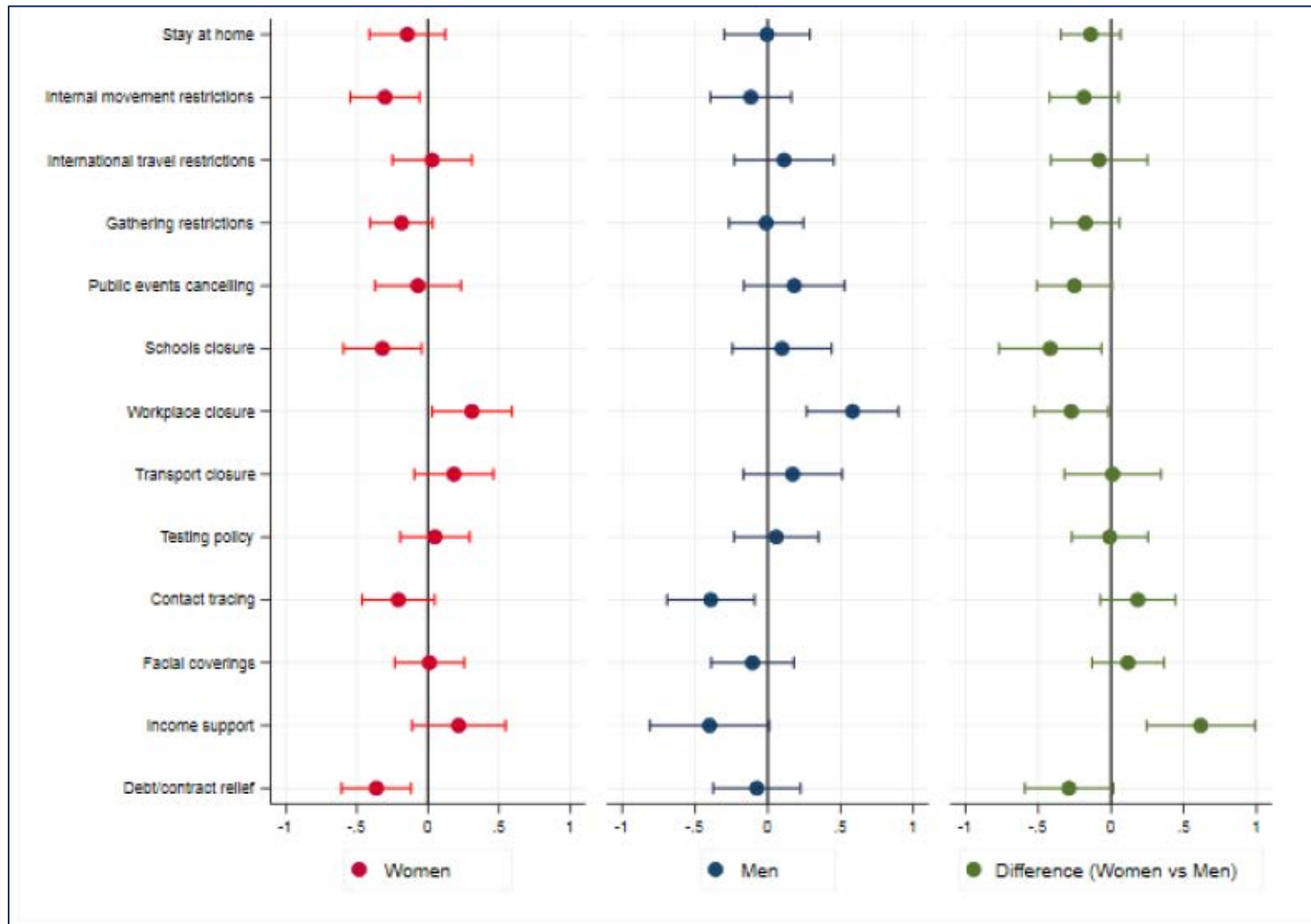
- WHO Mental wellbeing indicator



Mental wellbeing by sector



The impact of NPI on mental health.



Source: Author's elaboration on Eurofound Living, Working and COVID19 survey Round 1,2 Panel

Conclusions

