



## Impact of Covid Vaccination on Mental Health

**For Prelims:** Impact of Covid Vaccination on Mental Health, [Mental Health](#), [Covid-19](#), [National Mental Health Programme \(NMHP\)](#), Ayushman Bharat – Health and Wellness Centres (AB-HWC), National Tele Mental Health Programme.

**For Mains:** Impact of Covid Vaccination on Mental Health, Status of Mental Healthcare in India, Government Initiatives Related to Mental Health, Population and associated issues.

[Source: TH](#)

### Why in News?

Some studies have suggested a **lower incidence of Mental Health** issues among vaccinated individuals compared to the unvaccinated post-[Covid-19](#) infection.

- The additional risk of depression at 6 months following Covid-19 was 449 per 100,000 among vaccinated individuals, while it was 1009 per 100,000 among the unvaccinated.

### How Severe was the Issue of Mental Health after Covid-19?

- **Anxiety and Depression:**
  - Individuals who survived Covid-19 hospitalization faced **persistent mental health challenges**, including anxiety and depression, lasting at least a year post-recovery.
  - Long Covid, affecting about 5% of individuals regardless of its severity, overlaps with these **mental health conditions, adding to the burden.**
- **Increased Burden on Healthcare Systems:**
  - The burden of mental health issues post-Covid-19 added **strain to healthcare systems**, requiring additional resources for diagnosis, treatment, and support for individuals facing these challenges.
- **Children and Vulnerable Groups Affected:**
  - School closures, disrupted routines, and limited social interaction affected children's mental health, leading to **increased anxiety and other psychological** challenges.
  - Marginalized populations faced compounded challenges due to socioeconomic disparities, leading to increased mental health vulnerabilities.
- **Isolation and Grief Amplifying Mental Health Issues:**
  - Social isolation, limited access to communication devices, domestic stress, and grief from the loss of friends and relatives to Covid-19 amplified mental health challenges, especially among vulnerable groups like the elderly.

### What is the link Between Mental Health and Vaccination?

- **Reduction in Mental Health Challenges:**
  - The reduction in mental health issues among vaccinated individuals was observed irrespective of whether they had a prior history of mental illness.

- This suggests that vaccination's impact on mental health outcomes was independent of pre-existing conditions.
- **Reduced Anxiety:**
  - Vaccination **created a sense of safety and decreased anxiety** among individuals.
  - Feeling protected against severe illness or **death from Covid-19 contributed** to lower levels of anxiety and stress associated with the pandemic.

## What is the Status of Mental Health Illness in India?

- **About:**
  - Mental health **refers to a person's emotional, psychological, and social well-being**, encompassing their overall mental and emotional state.
  - It involves a person's ability to cope with stress, manage their emotions, maintain healthy relationships, work productively, and make rational decisions.
    - Mental health is an integral part of overall health and well-being, just as important as physical health.
- **Status in India:**
  - In India, according to [National Institute of Mental Health and Neuro-Sciences](#) data, more than 80% of people do not access care services for a multitude of reasons, ranging from lack of knowledge, stigma and high cost of care.
    - The economic loss due to mental health conditions, between 2012-2030, is estimated at USD 1.03 trillion (WHO).
- **Government Initiatives Related to Mental Health:**
  - [National Mental Health Programme \(NMHP\)](#)
  - [Ayushman Bharat - Health and Wellness Centres \(AB-HWC\)](#)
  - [National Tele Mental Health Programme](#)
  - [Kiran Helpline](#)
  - [Rashtriya Kishor Swasthya Karyakram](#)
  - [Yuva Spandana Yojana \(Karnataka\)](#)

## UPSC Civil Services Examination, Previous Year Question:

### **Mains**

**Q.** Why suicide among young women is increasing in Indian society? (2023)