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## **Mental Health Impact of the Confinement Measures During the COVID-19 Pandemic**

Claire PAULY<sup>1,2</sup>, Valerie E. SCHRÖDER<sup>1,2</sup>, Laure PAULY<sup>1,2</sup>, , Rejko KRÜGER<sup>1,2,3</sup>, Anja K. LEIST<sup>4</sup>, on behalf of the CON-VINCE Consortium

<sup>1</sup>Clinical and Experimental Neuroscience, Luxembourg Centre for Systems Biomedicine, University of Luxembourg, Esch-Belval, Luxembourg ; <sup>2</sup>Parkinson Research Clinic, Department of Neurology, Centre Hospitalier de Luxembourg, Luxembourg, Luxembourg ; <sup>3</sup>Transversal Translational Medicine, Luxembourg Institute of Health, Luxembourg ; <sup>4</sup>University of Luxembourg, Institute for Research on Socio-Economic Inequality, Esch-sur-Alzette, Luxembourg ;

**Background.** Mid-March 2020, with exponentially increasing COVID-19 infections, Luxembourg closed schools and businesses, and declared a crisis (*état de crise*) to implement confinement measures, including orders to not leave the home unless to fulfill essential needs. The psychological consequences of these policy responses to the pandemic on older people, considered a high-risk group, were unknown at the time. The aim of this study was to use the nationally representative CON-VINCE study that assessed mental health at the height of the confinement measures mid-April 2020, to assess the psychological impact of quarantine on older adults.

**Method.** A total of 451 participants aged 60+ years (55.0% male) filled in the CES-D, the GAD-7 and the 3-item loneliness scale, which measured depressive symptoms, level of anxiety, and feelings of social isolation.

**Results.** Mean age was 67.7 years (SD 5.5), average number of school years were 13.1 (SD 3.6). The participants were mainly of Luxembourgish nationality (87.8%), and a majority (69.8%) was married. Clinically relevant depression scores were present in 13.1%, generalized anxiety in 1.8%, and self-perceived isolation in 16.9% of participants. Number of depressive symptoms was associated with perceived isolation ( $p<0.001$ ) and current exercise levels ( $p=0.02$ ).

**Discussion.** The rate of older adults with clinically relevant impaired mental health was similar to pre-pandemic levels in Luxembourg, suggesting that negative mental health consequences of the confinement measures were largely absent. Possible explanations are that confinement was considered a universal experience, and that the healthcare system remained functional, unlike in other countries at the time.