

Swiss Corona Stress Study

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Swiss Corona Stress Study

<https://osf.io/z6kt4/>

Swiss Corona Stress Study:

second pandemic wave

<https://osf.io/s845c/>

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The Transfaculty Research Platform Molecular and Cognitive Neurosciences (MCN) has the distinction of being the first transfaculty endeavour of the University of Basel and has developed into a thriving hub for neuroscience-oriented psychological and psychiatric research. MCN focuses on the molecular, neurobiological and neural underpinnings of human emotional and cognitive processes and the development of novel treatment options for neuropsychiatric disorders.



MCN is affiliated with the Psychiatric University Clinics of the Medical Faculty and with the Faculty of Psychology. Members of MCN have backgrounds in various disciplines, including psychiatry, biology, genetics, psychology, mathematics, and engineering.

News

24. FEBRUAR 2021

[Corona Stress Study: Video zu den Resultaten der 1. Welle](#)

08. FEBRUAR 2021

[Virtual Reality App hilft gegen Höhenangst](#)https://youtu.be/e44_Ge7DPbU<https://mcn.unibas.ch/de/>

Data collection: Online questionnaire

- anonymous questionnaire
- 68 questions (some context dependent), in German, French, Italian(SoSci Survey)
- minimum age for participants 14 years
- living in Switzerland
- publicity via newspapers, radio, TV
- about 10k participants, April, May and November 2020

Data collection: the information we collected

demographics

gender, age, nationality, canton of residence, type of residence (town/village), living alone/with partner/children, religion (believer yes/no), number/age of children, education, profession

health information

pre-existing conditions (cardiovascular disease, high blood pressure, disease of the respiratory system, liver and kidney, immuno-deficiency/suppression, diabetes or cancer), pregnancy

burdens

compulsory use of masks, restrictions in social life, homeoffice; restrictions in sport; no cultural events; distance rules (1.5 metres); financial consequences; conflicts at home have increased; the change of the work situation; change in school/study/training is a burden; taking care of my children; the thought of the future burdens me, I think that fundamental political/democratic rights are being violated, I have to work more/less due to the current situation

stress factors

I find it stressful to live alone; I feel less/more in control of my own situation compared to before; personal freedom is being restricted too much; having dinner indoors without protective measures (distance, masks); friends or family members who do not live in the same household

changes in behaviour

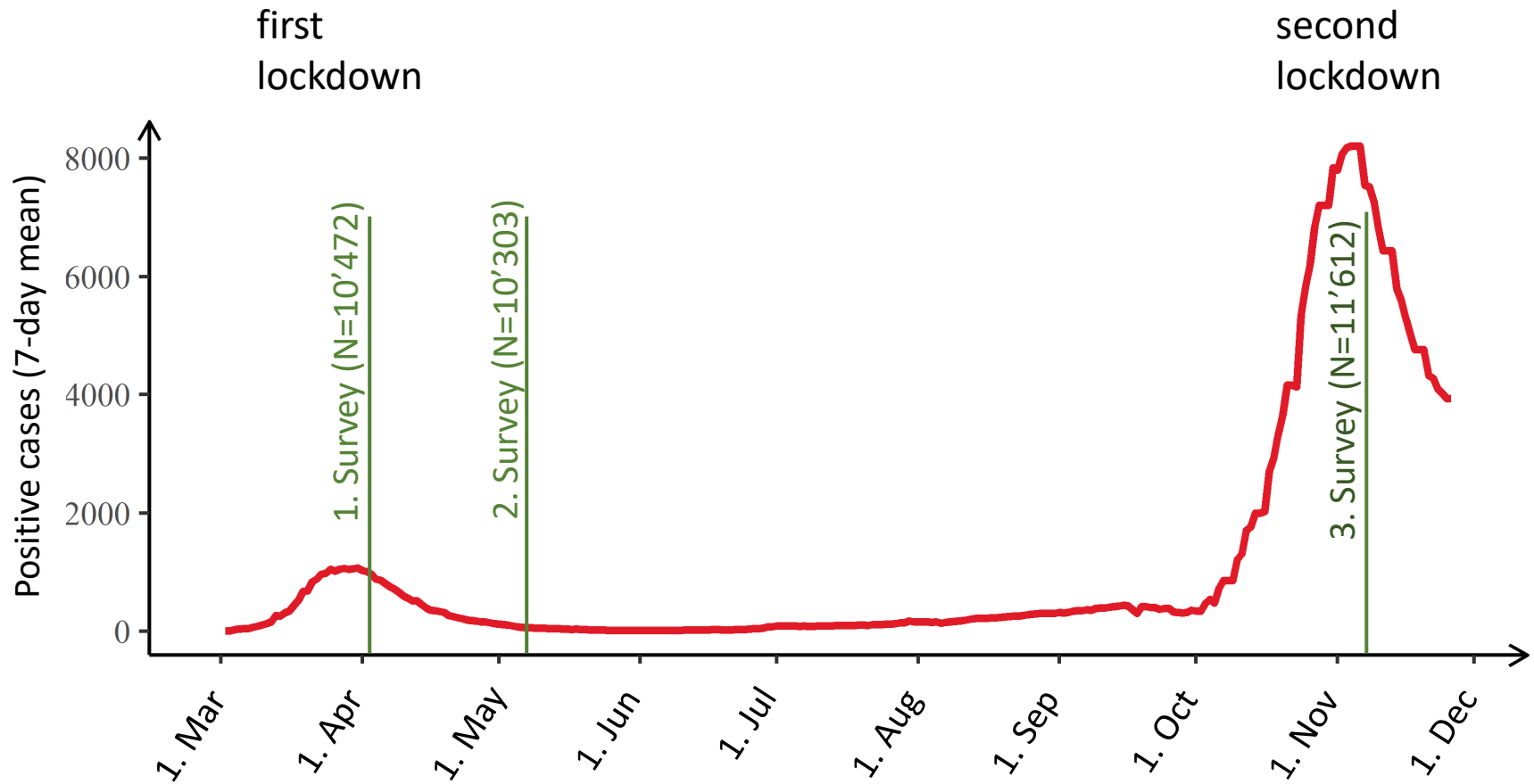
more time for hobbies at home (reading, music etc.); for new projects; spend more time with my family/my partner/my children; do I feel relieved by the loss of private obligations; do I feel relieved by the loss of professional/school obligations; do I have more time to relax; changes in daily rhythm of sleep, work, eating; since crisis do more/less: light physical activity per week; Intensive physical activity per week; relaxation exercises per week; eat; shop;

Anxiety: I felt anxiety (now/before)

Stress: I felt stressed (now/before)

PHQ9 depressive symptoms – before and now; e.g. change in appetite, thoughts of self-harm/suicide

Data collection: three surveys April, May and November 2020



Some basic data (example: 3. survey)

num	percent	Gender
2966	25.5	male
8570	73.8	female
32	0.3	diverse
44	0.4	not reported

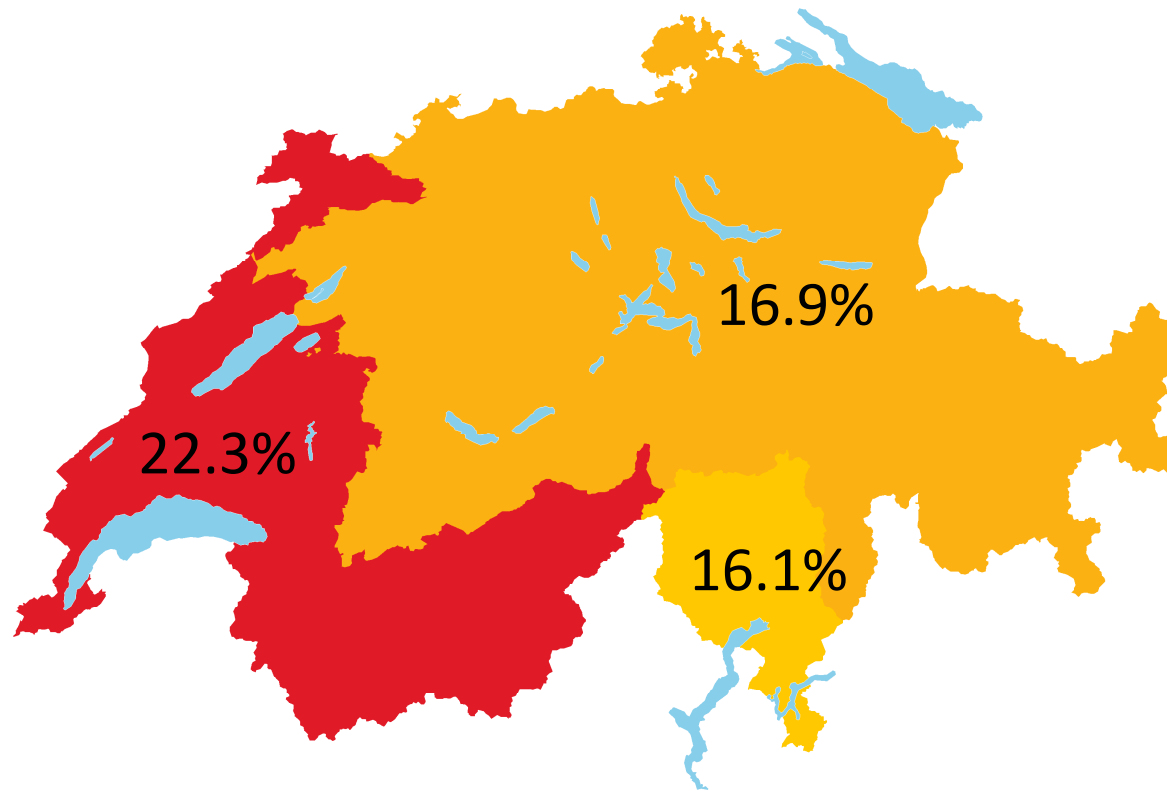
Number of children	num	percent
0	6781	58.4
1	1504	13.0
2	2365	20.4
3	751	6.5
4	161	1.4
5	32	0.3
6	14	0.1
7	2	0.0
8	1	0.0
12	1	0.0

num	percent	religion
3988	34.3	religious
7624	65.7	not religious

num	percent	Type of residence
2573	22.2	alone
3204	27.6	with partner
2946	25.4	with partner and child(ren)
741	6.4	in a flat-share
1324	11.4	with mother/father
15	0.1	in a residential institution (e.g. student residence)
147	1.3	other
662	5.7	with child(ren)

	April 6-8	November 11-19
participants	10472	11612
female %	71	74
age mean	40,3	39,3
age median	39	38
age max	92	85
no children %	46	58
university degree %	52	51

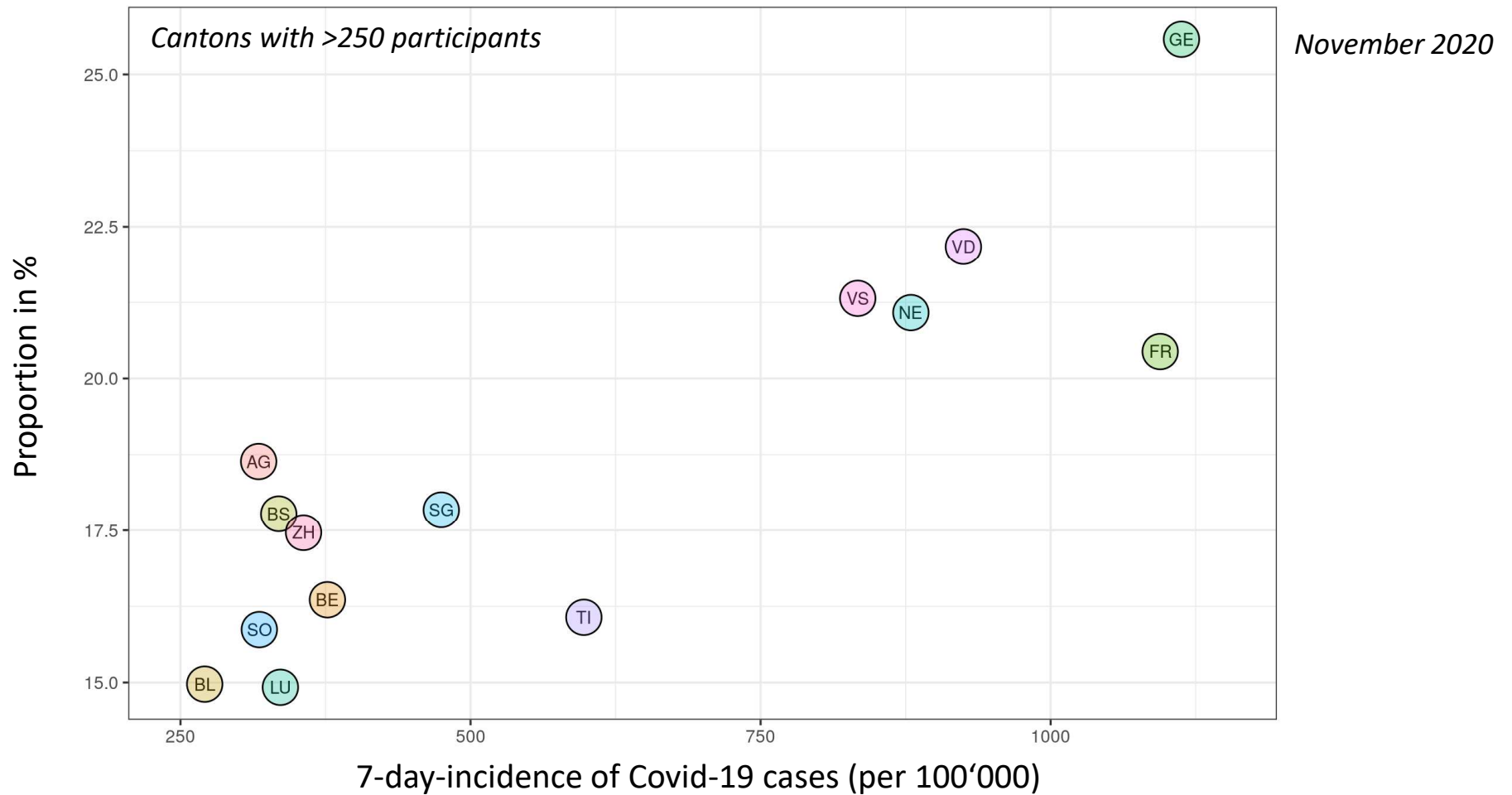
Proportion of people with moderately severe or severe depressive symptoms: relation to region (PHQ9 \geq 15)



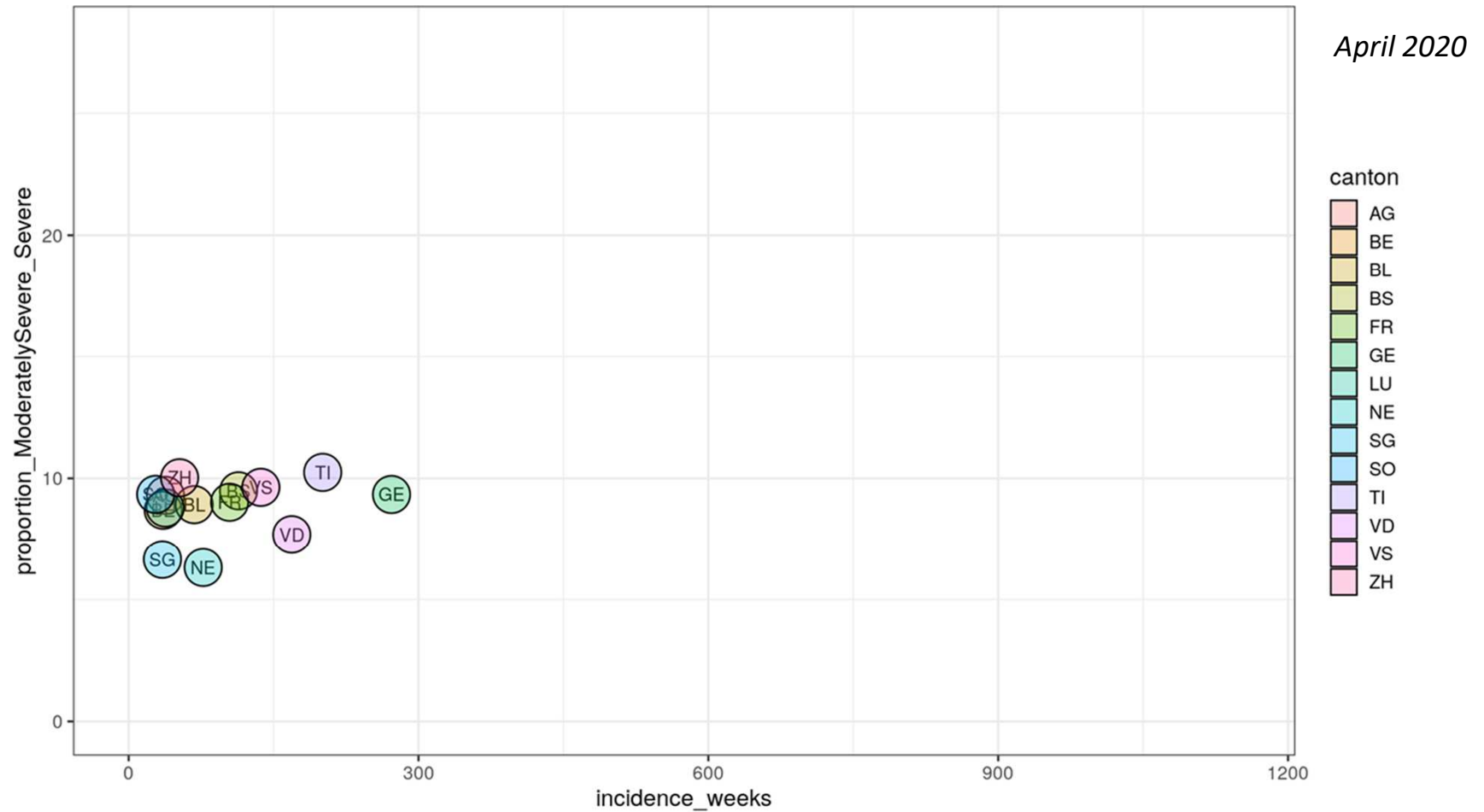
16 17 18 19 20 21 22 November 2020

proportion of all participants with PHQ \geq 15 in language groups

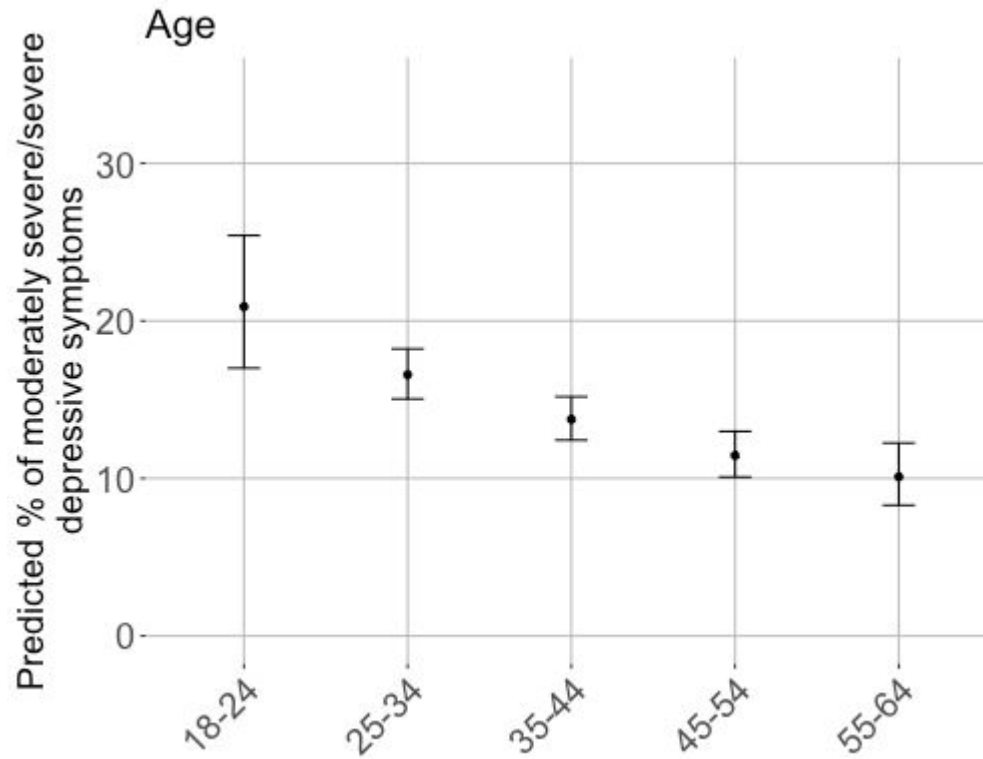
Proportion of people with moderately severe or severe depressive symptoms: relation to Covid-19 cases



Proportion of people with moderately severe or severe depressive symptoms: relation to Covid-19 cases



Age-effect of moderately severe/severe depressive symptoms



Moderately severe and severe depression symptoms incidence during the second pandemic wave, by age within workers. Estimates were obtained from LS means pairwise comparisons from Logit regression model accounting for age, gender, prior psychiatric risk, religious belief, education, canton, residency, household and financial reserve, within workers aged [18-64] years old. Error bars correspond to 95% confidence intervals

Examples for observations from the data

Of all participants

~50% perceived increased stress levels 

~26% perceived decreased stress levels 

~24% perceived an equal amount of stress 

during confinement as compared to the time before the pandemic (April 2020 survey)

People who have seen their financial reserves decline twice as often report severe depressive symptoms as people with unchanged or increased reserves (prevalences of 28% vs. 14%)

Nice and not so nice features of our data

- data collection fully anonymous
- (at least for us) relatively large number of participants
- similar findings in related Iran study

- participants are “self-recruited” – not a representative sample
- differences in participants between surveys, no tracking of participants between surveys
- retrospective rating of stress/anxiety/depression levels before COVID-19 pandemic (but retrospective ratings between surveys led to similar ratings)

- FORSbase availability: within April

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