COVID 19 AND PRE-EXISTING TRAUMA

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COVID AND TRAUMA

1. The psychological impact of Covid and its complications will be significant
2. Post – traumatic symptoms and PTSD likely outcomes (Rogers et al 2020)
3. Pre-existing trauma especially developmental trauma contributes substantially to elevated risk
4. Strategic planning of the Covid response needs to recognize and respond to this high risk group
The core experiences of psychological trauma are disempowerment and disconnection from others.

Herman, 1997
PREVALENCE OF CHILDHOOD TRAUMA

- Sexual Abuse 9.8% (Females only 13.8%)
- Physical Abuse 21.6%
- Emotional Abuse 34.0%
- Emotional Neglect 26.1%

Lifetime prevalence (0-18 years) best evidence criteria review Prevoo et al 2017
Childhood Trauma

- Physical Illness and lifespan
- Inflammatory / immune system
- Trauma related disorders
- Self harm and suicide
- Other MH Conditions
- Psychosocial Factors
- Relationships
- Neuroendocrine
- epigenetic changes
COMPLEX PTSD ICD 11

PTSD –
1. Re-experiencing in the present
2. Avoidance
3. Excessive current threat

and disturbances in self organization:
• Affect dysregulation
• Negative self concept
• Disturbances in relationships
Covid-19

Infection

Threat of the virus

Social isolation / lockdown

Frontline workers

Impact on mental health services

Psychosocial stressors

Economic recession

bereavement
<table>
<thead>
<tr>
<th>Vulnerability to infection</th>
<th>Vulnerability to PTSD &amp; re-traumatization</th>
<th>Other Vulnerabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes, Respiratory disease (ACE studies)</td>
<td>Hx Trauma FHx trauma Previous mental health conditions</td>
<td>Suicide risk DSH /NSSI risk</td>
</tr>
<tr>
<td>Inflammatory / immune changes</td>
<td>Re-victimization – IPV Link to entrapment</td>
<td>Neuropsychiatric syndromes - post-viral fatigue</td>
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<tr>
<td>Social exclusion Deprivation</td>
<td>Psychosocial adversity Perceived social support</td>
<td>Depression &amp; anxiety Entrapment and loneliness</td>
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<td>Entrapment in lockdown</td>
<td>State-dependent retrieval of trauma memories</td>
<td>Traumatic bereavement</td>
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<tr>
<td>Risk taking / impulsivity</td>
<td>Media exposure</td>
<td>Substance misuse</td>
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Working with Trauma

- Relationships
- Therapeutic relationship
- Psychosocial factors
- The body

Phase one – stabilization and safety
Phase two – trauma treatment
Phase three – reintegration and re-connection
Sharing the traumatic experience with others is a precondition for the restitution of a sense of a meaningful world.

Herman, 1997
PRE-EXISTING TRAUMA AND COVID 19

• “Recovery phase” (?Transition phase) recognized as a likely long-term intervention that requires resourcing

• Population level interventions to enhance social resources and resilience – altruism and prosocial behavior -Physical distancing not social distancing.

• Recession and lockdown – inequality gaps, safety nets in social security, poverty and deprivation

• Community based interventions to improve wellbeing – exercise, gardening, yoga

• Community based interventions to enhance social connections
PRE-EXISTING TRAUMA AND COVID 19

- NHS systems to address organizational change and strengthening required
- Ensure current treatment pathways in mental health are not depleted for new service lines. Collaboration and cooperation across statutory and voluntary sectors
- Enhanced detection and disclosure of childhood trauma in mental health
- Trauma – informed care throughout mental health systems, including service user involvement
- Group and individual interventions that include body-based approaches alongside relational interventions
- Attention to the need for supervision, reflective spaces and containment of the work
REFERENCES

• Holmes et al 2020 Multidisciplinary research priorities for the Covid 19 pandemic: a call for action for mental health science. Lancet April 15th


• Rogers et al 2020 Psychiatric and neuropsychiatric presentations associated with severe coronavirus infections: a systematic review and meta-analysis with comparison to the Covid 19 pandemic. Lancet May 18th


• Herman J 1992 /7 Trauma and recovery. Pandora