



MCNAIR SCHOLARS PROGRAM

COVID-19s Impact on Elder's Mental Health

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INTRODUCTION

The issue that this study addresses is how **COVID-19 is mentally affecting elders in nursing homes**. The *purpose of this study* will be exploring their nursing home environments, communication with their loved ones, and comparing their mental state prior to COVID-19 and after.

*The data leads to the following three themes: **mental health, anxiety, and depression.***

These themes will be useful for understanding the optimal way to decrease the negative effects on elder's mental health due to COVID-19.

HYPOTHESIS

Elders in nursing homes will receive an increased spike in depression due to the lack of communication with their loved ones.

PREVIOUS RESEARCH

I gathered second-hand data from a research study done by a student at Texas A&M University - Kingsville titled: *COVID-19 and how it's impacted retirement homes, adult day-care's and hospices.*

CHALLENGES

1. All second-hand data is based on different individuals, and their history is not taken into consideration with prior-depression, cognitive impairment, poor health status, medical illness
2. Because of COVID-19, CDC did not allow us to visit the elders in their homes.
3. Due to unforeseen circumstances beyond my control, I was not able to obtain IRB approval in time to collect firsthand data.

For references or questions:

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METHOD

Participants

- Located in South Texas
- Health care workers at assisted living homes

Procedure

Participants from assisted living homes completed a 10 Question Interview to take part of this research.

RESULTS

According to my secondhand date

- Medical counseling professionals had an increased amount of counseling appointments
- Elders show high anxiety and worry for their families
- Elders miss their communication with family and friends
- **There's enough evidence to prove my hypothesis true, elders are experiencing a spike in depression.**

