

# Determinants of Mental Health Deterioration among Older People during the COVID-19 Pandemic: A Longitudinal Study in Indonesia

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Investigate mental health among older people during the COVID-19 pandemic in Indonesia

- Data from SILANI (*Sistem Informasi Lanjut Usia Indonesia* – Information System of Older People) study
- Baseline in 2019 vs Phone surveys in July and November 2020 (n=2,407 aged 60 years+)
- Dichotomized mental health deterioration – against baseline Geriatric Depression Scale (GDS)

Multivariate logistic regression were stratified by pre-existing health conditions.

- For those without pre-existing health problems, social interactions reduce mental health deterioration.
- For those with pre-existing health problems, social support by *Posyandu* plays an important role.
- Relaxed social activity restrictions reduced probabilities of depressive symptoms.

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**An important study on the mental health impacts of COVID-19 as evidence is still limited in emerging Asia.**

**Policy implications for monitoring and possible interventions e.g. current wave of COVID-19 in 2021**

**Findings suggest different approaches to social support for older people based on their health profiles.**

COVID-19 disproportionately affect not only older people's physical and mental health (e.g. comorbidities and depression) but also their social wellbeing.

Studies were conducted in Bali, Jakarta and Yogyakarta. Urban residents were 2.7 to 4 times more likely to report mental health decline:

- 2,251 urban dwellers in reference to 156 rural residents (only in Yogyakarta?)
- Extent to which main findings were primarily applicable to urban settings
- Are there difference in the roles of *Posyandu* in rural vs urban areas?

Other contextual factors such as COVID-19 in the communities or areas.

Adaptation and impacts of intermittent lockdown in medium- and long-term.