

COH-FIT: Collaborative Outcomes study on Health and Functioning during Infection Times

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Abstract

I will present here the main characteristics and aims of COH-FIT, an international anonymous survey assessing the psychological and physical impact of the COVID-19 pandemic in the general population (aged > 6 years). The project involves almost 200 investigators in more than 35 countries and has been endorsed by multiple national and international professional organizations. I am the COH-FIT coordinator for the UK. The UK section of COH-FIT has been approved by the Faculty of Environmental and Life Science- section of Psychology Ethics Committee on 1 June, 2020 (ERGO II: 56760). Additional ethic approval and research governance are currently under review by the Health Research Authority (HRA- ID: 286325)

Background

In March 2020, the World Health Organization (WHO) declared the COVID-19 virus (known as Coronavirus) a global pandemic. Up until June 11th, 2020, as many as 7,426,178 individuals had confirmed COVID-19 infection, with already 417,829 deaths from COVID-19 complications. The infection has spread from China to countries on all six inhabited continents, Asia, Europe, North America, Oceania, South America, Africa, leading to almost ubiquitous public health restrictive measures (e.g., general personal and public space hygiene measures, social/physical distancing, travel restrictions, personal protective equipment, quarantine). Both the COVID-19 pandemic and the applied restrictive measures can have marked detrimental effects on physical and mental health-related quality of life and every-day functioning of the general population, but also in particular in specific population groups, such as health workers and NHS patients. Whilst currently available surveys exploring mental and physical health impact of Covid-19 are limited to local areas and are focused on a limited number of outcomes, COH-FIT is the largest , international survey exploring a broad range of mental and physical health outcomes.

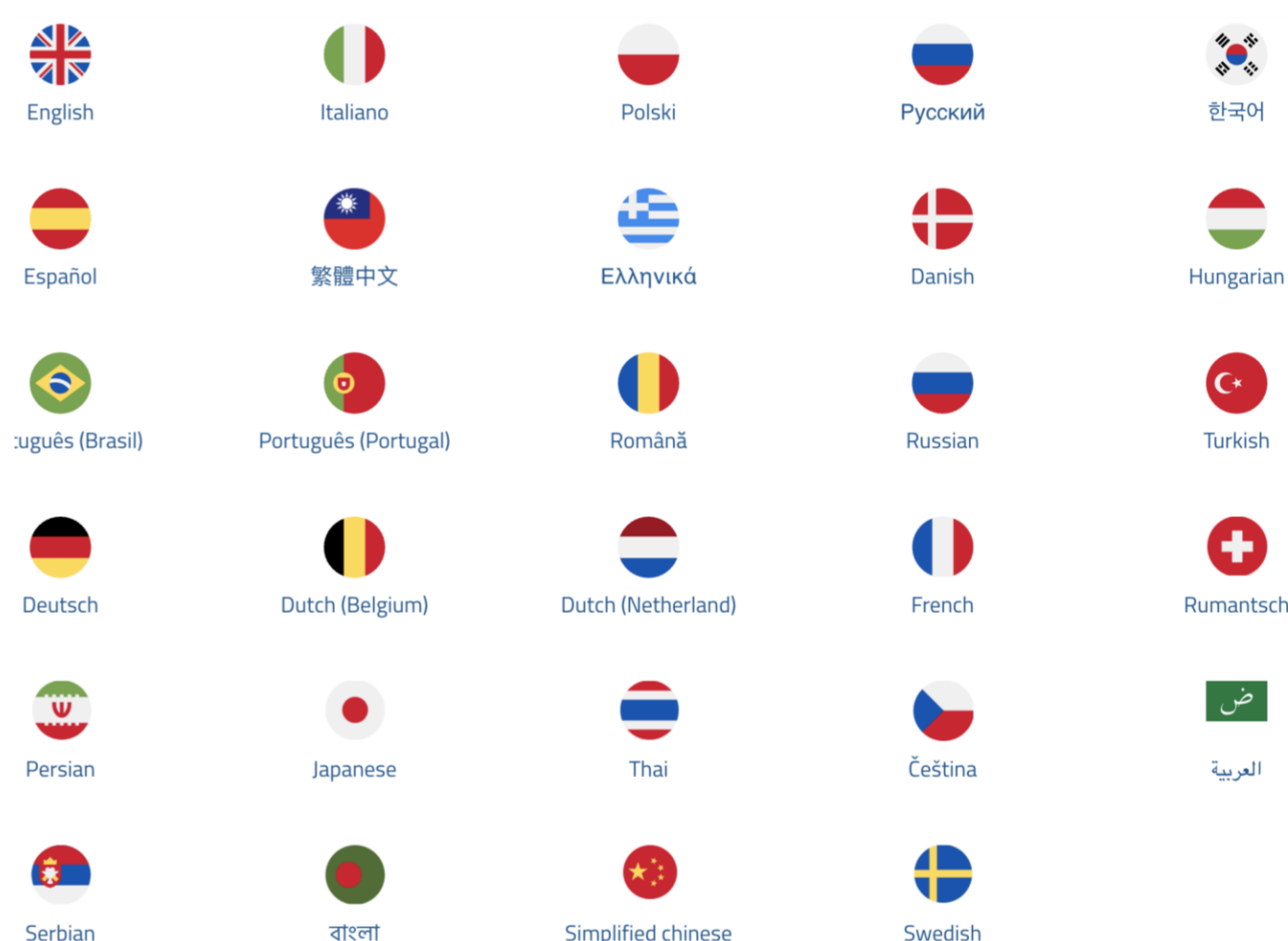
The survey

The survey is available at: <https://www.coh-fit.com/>



Characteristics of COH-FIT

The survey is available in the following languages



This will allow participants whose primary language is not English to complete the questionnaire in their preferred language.

Aims of COH-FIT

The survey will collect information about demographics, profession, physical and mental health status, environmental and resilience factors, each by recall prior to COVID-19 and as real-time ratings during the COVID-19 pandemic. Outcomes include mental health symptoms (primary outcome: World Health Organization Well-Being Index, WHO-5), and several secondary outcomes regarding physical and mental health and behaviors (including substance abuse), medication adherence, access to physical and mental health care, and coping strategies.

Study findings will be instrumental to: i) identify high-risk groups in need for acute and long-term intervention; and ii) inform health policies/strategies in the UK and internationally after the pandemic is over, which will help design and implement primary/secondary prevention measures to improve physical/mental health outcomes in case of future pandemics.

Conclusion

Pending ethic approval by the Health Research Authority, it is hoped that COH-FIT will be implemented in Solent NHS Trust, thus providing a UK contribution, alongside international efforts, to the understanding of the impact of the COVID-19 pandemic on health workers and patients in health services. The results of the survey will be disseminated via peer-review journals, newsletters and local/national/international conferences.