

Depression in elderly people in the context of the covid-19 pandemic: integrative review

Depressão na pessoa idosa no contexto da pandemia da COVID-19

Depresión en personas mayores en el contexto de la pandemia covid-19: revisión integrativa

RESUMO

Objetivo: identificar na literatura científica das ciências da saúde a prevalência de depressão na pessoa idosa no contexto da pandemia da COVID-19 e qual sua relação com outras variáveis. Método: revisão integrativa realizada em novembro de 2023, com publicações dos anos 2020 à 2023, nas bases de dados MEDLINE, LILACS, IBECs, BDNF, Index Psicologia e SciELO. Resultado: A amostra com 27 publicações, sendo 6 artigos em revistas nacionais e 11 em internacionais; sobre o delineamento, 19 eram transversais, 7 longitudinais/coorte e um apresentou resultados como transversal/longitudinal. Todos os estudos identificaram algum percentual de depressão na população estudada e as pesquisas longitudinais demonstraram aumento da prevalência na pandemia. Conclusão: Identifica-se que houve relação entre depressão e pandemia em pessoas idosos, com resultados relacionados ao contexto estudado. Sugere-se a manutenção de um acompanhamento pós pandemia, com intervenções para reduzir a depressão e o desenvolvimento de intervenções na vigência de eventos traumáticos.

DESCRITORES: Idoso; Depressão; Pandemia; COVID-19.

ABSTRACT

Objective: to identify in the scientific literature on health sciences the prevalence of depression in elderly people in the context of the COVID-19 pandemic and its relationship with other variables. Method: integrative review carried out in November 2023, with publications from the years 2020 to 2023, in the MEDLINE, LILACS, IBECs, BDNF, Index Psicologia and SciELO databases. Result: The sample with 27 publications, 6 articles in national magazines and 11 in international ones; regarding the design, 19 were cross-sectional, 7 longitudinal/cohort and one presented results as cross-sectional/longitudinal. All studies identified some percentage of depression in the studied population and longitudinal research demonstrated an increase in prevalence during the pandemic. Conclusion: It was identified that there was a relationship between depression and the pandemic in elderly people, with results related to the context studied. It is suggested that post-pandemic monitoring be maintained, with interventions to reduce depression and the development of interventions in the presence of traumatic events.

DESCRIPTORS: Elderly; Depression; Pandemic; COVID-19.

RESUMEN

Objetivo: identificar en la literatura científica de ciencias de la salud la prevalencia de depresión en personas mayores en el contexto de la pandemia COVID-19 y su relación con otras variables. Método: revisión integradora realizada en noviembre de 2023, con publicaciones de los años 2020 a 2023, en las bases de datos MEDLINE, LILACS, IBECs, BDNF, Index Psicologia y SciELO. Resultado: La muestra con 27 publicaciones, 6 artículos en revistas nacionales y 11 en internacionales; en cuanto al diseño, 19 fueron transversales, 7 fueron longitudinales/cohorte y uno presentó resultados como transversal/longitudinal. Todos los estudios identificaron algún porcentaje de depresión en la población estudiada y la investigación longitudinal demostró un aumento en la prevalencia durante la pandemia. Conclusión: Se identificó que existió relación entre la depresión y la pandemia en personas mayores, con resultados relacionados al contexto estudiado. Se sugiere mantener el seguimiento pospandemia, con intervenciones para reducir la depresión y el desarrollo de intervenciones ante la presencia de eventos traumáticos.

DESCRIPTORES: Adulto Mayor; Depresión; Pandemia; COVID-19.

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INTRODUÇÃO

At the end of 2019, the first cases of COVID-19 emerged in China and at the beginning of 2020, faced with the increase in cases, the World Health Organization (WHO) declared a global pandemic. ¹ The COVID-19 pandemic generated feelings that frightened the population, such as helplessness and loneliness, depriving touch, hugs, contact and presence, facts that led to excessive and persistent emotions of sadness, anger,

guilt, panic, fear and insecurity.²

COVID-19 has had major impacts on society, affecting different population groups in different ways. The elderly were considered one of the groups most at risk for serious complications and death due to the coronavirus. Among the prevention measures adopted to reduce the spread of the disease, social isolation stands out. This restriction of social interaction culminated in feelings of loneliness, anxiety and sadness, increasing the risk of developing depressive conditions in the elderly popu-

lation.³

Depression is characterized as a multifactorial disorder of the affective or mood area. With varying intensity, this pathology can range from mild forms that interfere little with daily activities to more severe forms that can lead to the inability to perform basic tasks and social isolation.⁴

A study carried out in Portugal showed that 70.9% of the elderly population did not experience depression prior to the pandemic and that during and/or after the pandemic 55.7% began to present depres-

sive symptoms. for the author, the isolation resulting from the measures adopted to reduce the transmissibility of the virus directly affected the mental health of the elderly population.⁵ Corroborating the study above, research analyzed the fear of contracting SARS-CoV-2 and the manifestation of depression in physically active elderly women in a community, identifying that, of the 36% of the sample that tested positive for COVID-19, 29.4% showed symptoms of depression. Therefore, it is essential to build strategies to minimize the consequences of the pandemic on the mental health of elderly people, with a view to improving the lives of this population.⁶

In view of the above, the present study aims to identify, in the scientific literature of health sciences, the prevalence of depression in elderly people in the context of the COVID-19 pandemic and what was its relationship with other variables. It is known that the impact caused by the COVID-19 pandemic, directly or indirectly, caused serious damage to the health of the population, especially elderly people, as loneliness and social isolation became greater during the pandemic period.

Therefore, it is essential to evaluate the repercussions of the pandemic on the mental health of elderly people, as psychological disorders (especially anxiety and depression) generate negative consequences on the quality of life of elderly people, which is why the construction of this research is justified.

METHOD

Study with an integrative literature review design, organized in six stages: formulation of the research question, bibliographic search, data extraction, critical evaluation, analysis and summary of studies and synthesis of knowledge.⁷

The construction of the guiding question took place with the support of the PICO strategy (acronym for P - population, I - intervention/area of interest, C - comparison and O - result/outcome).⁸ The population considered were elderly people; area of interest was the context of the

pandemic; in the comparison, association, comparison or correlation with other variables were considered at the author's discretion; and the outcome of interest was the presence of depression or depressive symptoms at any level. Therefore, the guiding question was defined as: "What evidence is available in the scientific literature on depression in older people in the context of the COVID-19 pandemic?"

The search for studies took place in November 2023 in the databases Latin American and Caribbean Literature in Health Sciences (LILACS), Nursing Database (BDENF), Spanish Bibliographic Index on Health Sciences (IBECS - Índice Bibliográfico Espanhol em Ciências de la Salud) and Index Psychology - Periodicals, via the Virtual Health Library; at the Scientific Electronic Library Online (SciELO); and on Medline via PUBMED. The choice of databases considered the scope and affinity with the topic.

Aiming for a broad search in the literature, the strategies combined the following controlled descriptors from the Health Sciences Descriptors (DECS): "elderly", "depression", "pandemic", "COVID 19", in Portuguese or English, combined using the Boolean operators AND or OR. It is worth noting that this version of DECS has an interface with MESH. The terms were searched in the title and summary of publications in the databases that allowed this selection.

Original articles with cross-sectional or longitudinal observational designs were included, in English/Spanish/Portuguese, published from January 2020 to November 2023, whose data collection was related to the pandemic, which assessed depression or depressive symptoms using a validated instrument.

Publications presented in the form of thesis, dissertation, editorials, review articles, manuals, protocols, book chapters, reflections, expert opinions or comments, case reports, pre-prints, files in media format, intervention studies, publications without full text availability, articles that did not demonstrate clarity regarding the assessment and calculation of depression

results, or that did not answer the guiding question. Duplicate articles were counted only once.

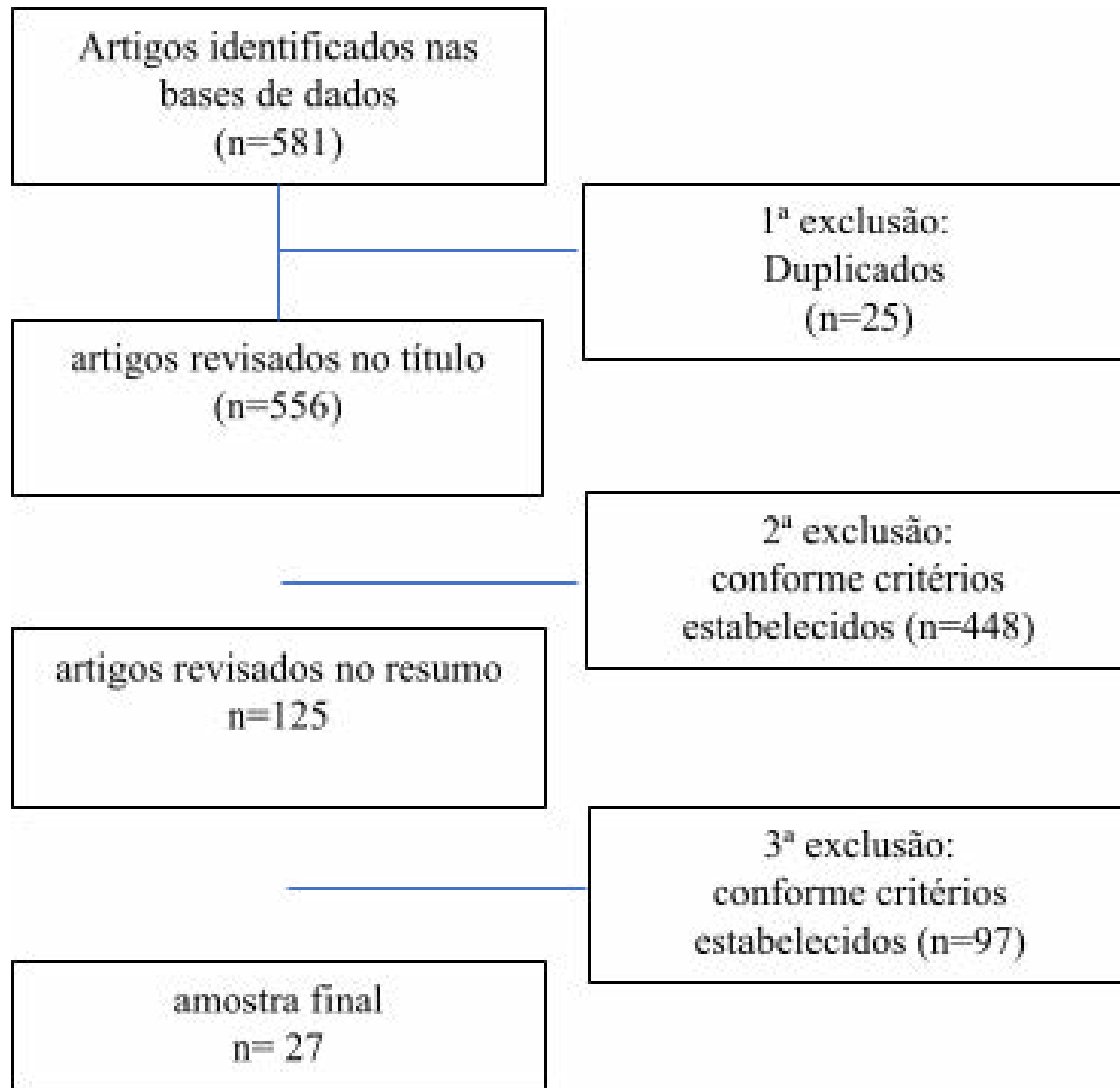
There were three moments of exclusion: first of duplicate publications, with the support of the Excel® duplicate data evaluation tool, in a second stage by reading the title and abstract and finally, after reading the texts in full. For mapping, publications were exported to Excel® software and organized and summarized in a form created by the authors. The data summary will be presented in a flowchart constructed with the support of Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)⁹ and the results of the articles will be reported in tables, through descriptive analysis.

Ethical aspects were respected, with reliable citation of the authors' sources and definitions.

RESULTS

581 publications were identified, 471 in Medline, 8 in SciELO, 63 in LILACS, 17 in IBECS, 12 in BDENF and 10 in Index Psicologia. The final sample consisted of 27 publications (Figure 1).

Figura 1: Study selection flowchart. Porto Alegre, RS, Brazil, 2024



Of the selected sample, 6 articles were in national journals and 11 in international journals; 22 were published in English, 4 in Portuguese/English and one in Portuguese; the years 2021, 2022 and 2023 had

8 publications each and three occurred in 2020; 19 studies used a cross-sectional design, 7 were longitudinal/cohort and one presented results as cross-sectional and longitudinal. The instruments most used

in these studies were the 15-item Geriatric Depression Scale (GDS-15) and the Patient Health Questionnaire-9 Item (PHQ-9) (Figure 2).

Figure 2: Characterization of studies according to authorship, periodical, language, design, sample, collection period and evaluation method. Porto Alegre, RS, Brazil, 2024

N	AUTHOR AND YEAR	LANGUAGE OUTLINING PERIODICAL	SAMPLE, COLLECTION PERIOD AND EVALUATION METHOD
1	Pasha H et al.10 2023	Inglês; transversal BMC Psychiatry	601 participants from Iran, 140 of whom were > 60 years old; DASS-21; Dec/20-Feb/21
2	Shioya R et al.11 2023	Inglês; longitudinal Social Science & Medicine	10,523 elderly people in Japan; GDS-15; 1st collection in 2019 (pre); 2nd collection 2020
3	Lu L et al.12 2023	Inglês; transversal BMC Psychiatry	1,173 elderly people from Hunan; PHQ-9; March-May/21
4	Tangthong A et al.13 2023	Inglês; transversal Clinical Interventions in Aging	156 elderly people from the Family Medicine Clinic at Vajira Thailand Hospital; TGDS-15; July-October/21
5	Maruta M et al.14 2023	Inglês; coorte Jamda	231 elderly people from community residences in Taramizu City, Kagoshima, Japan; GDS-15 1st collection in 2018 (pre); 2nd collection 2021
6	Tanikaga M et al.15 2023	Inglês; transversal IJERPH	74 participants from a seniors club in Aichi, Japan; GDS-15 August-October/20
7	Amerio A et al.16 2023	Inglês; transversal Journal Affective Disorders	4400 elderly people from Italy; PHQ-2 1st collection in 2019 (pre); 2nd collection 2020
8	Mistry SK et al.17 2023	Inglês; transversal Psychogeriatrics	2077 elderly people from Bangladesh, 1032 in the 1st collection and 1045 in the 2nd; GDS-15 1st collection: October/20; 2nd collection: September/21
9	Blascovich HB et al.(18) 2022	Português/Inglês; transversal Revista Enfermagem Atual	52 elderly people from a Community Center in Maranhão; GDS-15 August-October/21
10	Alhalaseh L et al.19 2022	Inglês; transversal Psychogeriatrics	456 elderly people in Jordan; PHQ-9 April/20
11	Kurniawidjaja M et al.20 2022	Inglês; transversal Journal of Primary Care & Community Health	457 respondents in Indonesia; GDS-15; August-December/20
12	Gao L et al.21 2022	Inglês; transversal Medicine	381 elderly people from 4 nursing homes in Weifang, Shandong, China; PHQ-9; October/21
13	Macneil A et al.22 2022	Inglês; longitudinal IJERPH	22,622 Canadian seniors; CES-D-10; 2011-15:baseline data; accompaniment: 2015 to 2018 Pandemic: April-May20; Sep-Dec/20)
14	Schütz DM et al.23 2022	Inglês; transversal Psico-USF	86 elderly residents of Southern Brazil; GDS-15 Does not inform collection period
15	Pimentel PLB et al.24 2022	Português; tansversal Estudos de Psicologia	237 elderly people from 16 Brazilian states; HAD; May/20
16	Kitamura ES et al.25 2022	Português/Inglês Transversal Acta Paulista Enferm	470 elderly people from Juiz de Fora, Minas Gerais, Brazil; GDS-15 July-December/20

17	Pereira-Ávila FMV et al.26 2021	Português/Inglês; transversal Texto & Contexto-Enfermagem	900 elderly people from Brazil; PHQ-9 April-May/20
18	Voorend CGN et al.27 2021	Inglês; Coorte BMC - Department of Internal Medicine, Leiden University	82 patients from the Netherlands; GDS-15 with 1st collection in 2018 (pre) and 2nd collection 2020
19	Fhon JRS et al.28 2021	Português/Inglês; transversal Revista Brasileira de Geriatria e Gerontologia	411 elderly people living in São Paulo; GDS-15 July/20-January/21
20	Briggs R et al.29 2021	Inglês; transversal Journal of the American Medical Directors Association	3000 elderly people from Ireland; CESD-10 1st collection 2016; 2nd collection 2018; 3rd collection July-November/20
21	Maggi G et al. 30 2021	Inglês; transversal e longitudinal Psychogeriatrics	334 elderly people from Italy; PHQ-9; 1st collection: April/20 2nd collection: 50 elderly people; June/20
22	Dziedzic B et al. 31 2021	Inglês; transversal BMC Public Health	221 individuals from Poland; HAD October/20
23	Mistry SK et al.32 2021	Inglês; transversal Social Psychiatry and Psychiatric Epidemiology	1032 participants from Bangladesh; GDS-15 October/20
24	Levkovich I et al.33 2021	Inglês; transversal Journal of Primary Care & Community Health	256 elderly people from Israel insured by Clalit Health Services; CESD-10 June-July/20
25	Do BN et al.34 2020	Inglês; transversal Frontiers in Public Health	928 outpatients in Vietnam; PHQ-9; February-March/20
26	Bobes-Bascaran T et al.35 2020	Inglês; Transversal American journal of Geriatric Psychiatry	2194 elderly people from Spain; DASS-21; collection in the first 2 weeks of confinement in Spain
27	Gorochategi MP et al.36 2020	Inglês; transversal American journal of Geriatric Psychiatry	

GDS-15: Geriatric Depression Scale, 15-item version; DASS-21: Depression, Anxiety and Stress Scale; PHQ-9: Patient Health Questionnaire-9 Item; HADS-M: Hospital anxiety and depression scale; CESD-10: Center for Epidemiologic Studies (Depression Scale); TGDS-15 (15-item Thai Geriatric Depression Scale); PHQ-2: Patient Health Questionnaire.
 Source: survey data, 2023.

Data from cross-sectional studies are presented below (Figure 3). All cross-sectional studies identified some percentage of depression in the elderly studied, ranging between 9.1 and 62.9%

Figure 3: Description of cross-sectional studies according to objective and results. Porto Alegre, RS, Brazil, 2024

N	OBJETIVO	RESULTADOS
1	Compare depression, anxiety, stress and Post-Traumatic Stress Disorder scores during the epidemic in elderly, middle-aged and young people 10	62.9% had some level of depression; young people had higher averages than middle-aged and elderly people, with a significant difference
2	To investigate the prevalence and risk factors of anxiety and depression in community-dwelling elderly people in Hunan Province 12	37.3% reported depression; lack of physical activity, pain, presence of three or more comorbidities were predictors for depression
3	To examine the prevalence and factors associated with symptoms of depression among elderly Thais during the pandemic 13	Depression occurred in 20.5% of participants; profession and low income were the main variables related

Revisão Integrativa EN

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4	Understanding changes in activities and participation of community-dwelling older adults during the COVID-19 pandemic 15	16.2% had depression; the reduction of leisure and the number of social networks were possible risk factors for depression during the pandemic
5	Testing the association between the quality of family relationships and depressive symptoms in elderly people during the COVID-19 pandemic 18	37% reported depressive symptoms; elderly people with good family functioning are less likely to have depression
6	To examine the effects of isolation in the COVID-19 pandemic on the development of loneliness and depression, and associated factors among older adults in Jordan 19	37.1% tested positive for depression; Lonely participants were 1.65 times more likely to have depression
7	Assess depression in older adults during the COVID-19 pandemic and associated risk factors 20	53.57% had depression; The prevalence was higher in dependent elderly people, with chronic illnesses and without family support
8	To investigate depressive symptoms and physical functions and analyze the prevalence and related factors of depression among elderly people in nursing homes during the COVID-19 pandemic in China 21	The prevalence of depression was 27%; the more impaired activities of daily living are, the higher the level of depression among elderly people in nursing homes
9	To evaluate the intensity of depression and anxiety symptoms, perceived stress, levels of loneliness and psychological well-being in elderly people during social distancing due to the COVID-19 pandemic 23	16.3% had symptoms of depression; symptoms of depression were found to be the strongest predictor of stress
10	To analyze the presence of common mental disorders and symptoms of anxiety and depression in Brazilian elderly people during the COVID-19 pandemic 24	The prevalence of depression was 21.5%
11	Analyze the impacts of the COVID-19 infodemic on depression and generalized anxiety disorder (GAD) in elderly people who use digital media 25	26.1% had depression; There was an association with exposure time on social media, feeling affected by the information about COVID-19 disseminated and presenting a positive screening for psychological distress caused and/or aggravated by exposure to information about COVID-19
12	Identify factors associated with depression symptoms among older adults during the COVID-19 pandemic 26	9.1% had symptoms of depression; Women, elderly people without companions and those with lower income showed more symptoms of depression
13	Determine the presence of depressive symptoms and their associated factors in elderly people living in São Paulo during isolation during the COVID-19 pandemic 28	the prevalence was 39.7%; there was an association with depression: not having a partner, having psychological symptoms and physical symptoms such as tremors and tiredness
14	To evaluate the prevalence of anxiety, depressive symptoms, irritability and loneliness in elderly people as a group exposed to the negative impact of the COVID-19 pandemic, and analyze the relationships with other variables 31	Depressive symptoms were observed in 26.25% of the subjects; Higher incidence was assessed in women, in individuals with chronic diseases and with changes in mental health
15	To determine the prevalence of depressive symptoms and associated factors among elderly people in Bangladesh 32	40.1% of participants presented depressive symptoms; The prevalence was higher in the older age group, women, widowers, low family income and those living alone
16	To evaluate how optimism, perceived social support and perceived susceptibility are related to depressive symptoms and health-related quality of life among older adults 33	The prevalence of depression was 37.5%; depression was greater among women; Greater optimism and social support were related to less depression
17	Explore the determinants of health and their associations with health-related behaviors and depression among older adults with and without suspected COVID-19 symptoms 34	The prevalence of depression was 48.3% in patients with COVID symptoms and 13.4% in those without



18	Examining early psychological correlates associated with the COVID-19 pandemic and lockdown on mental health in older adults 35	25.6% had symptoms of depression; ability to enjoy free time, never having been married, being a civil servant or being retired were protective factors; having a current mental disorder was considered a risk factor
19	Measuring levels of stress, anxiety and depression in older adults and exploring the relationships between these variables and chronic diseases 36	36.1% of the sample presented some level of depression. There was a relationship with the presence of chronic diseases and age > 66 years

Source: survey data, 2023.

Figure 4 presents data from longitudinal and/or cohort studies, which demonstrate an increase in the prevalence of depression

in collections carried out during the pandemic period. The publications present long-term monitoring of depression and in

large samples of elderly people.

Figura 4: Description of cross-sectional studies according to objective and results. Porto Alegre, RS, Brazil, 2024

N	OBJECTIVE	RESULTS
1	To evaluate the average number of depressive symptoms in elderly people before and after the pandemic and the association with social contact 11	The prevalence of depression increased from 20.6% to 25.9% (2019-2020); making video calls was not associated with depressive symptoms and increased face-to-face contact was associated with a decrease in depressive symptoms
2	Clarify the association between changes in satisfaction with important activities and the occurrence of depressive symptoms before and after the coronavirus pandemic 14	14.3% developed depressive symptoms during the pandemic; significant activities of daily living (self-care, mobility, home life, work/education, interpersonal interaction, social life, sport and leisure) can have a positive influence on the stability of mental health even during serious disruptions such as the pandemic.
3	To evaluate the prevalence of symptoms of depression and anxiety, hopelessness and insomnia in elderly people before and after the COVID-19 pandemic 16	Prevalence of depressive symptoms increased from 7.8% to 16.5%; increased education was related to worsening of depressive symptoms
4	To assess changes in the prevalence of depression among older adults during the COVID-19 pandemic in Bangladesh and explore correlations of depression in pooled data 17	There was an increase in the prevalence of depression from 40.3% in 2020 to 47.2% in 2021; with a greater increase in women, older people, participants without partners and in low-income categories.
5	To determine the risks of depression during the COVID-19 pandemic among elderly people with or without previous symptoms of depression and identify predictive factors 22	12.9% of participants without a history of depression developed depression during the COVID-19 pandemic; 45.2% of those with a previous history of depression had depression in 2020; 58.2% of those with a recent history of depression were depressed in 2020; People with a history of depression were four times more likely to have depression during the pandemic compared to those without a history of depression
6	Investigate the prevalence of mental well-being characteristics and symptoms of depression and anxiety) before and during the COVID-19 pandemic in elderly patients with advanced chronic kidney disease 27	The prevalence of depressive symptoms increased from 11% to 22%
7	Examining trends in depressive symptoms before and during the COVID-19 pandemic in a large cohort of elderly 29	The prevalence in 2016 and 2018 was 7.2% and in 2020 it increased to 19.8%; Age ≥70 years was associated with depressive symptoms

8	Explore the psychological impact of the pandemic and quarantine on the mental health status of Italian elderly people 30	1st collection 54% of the elderly experienced some level of depression; there was an association between severe depression and younger age, less resilience, worse coping strategies and greater fear of becoming infected; in the 2nd collection there was an increase in the score, but without a significant difference
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Fonte: dados da pesquisa, 2023.

DISCUSSION

Data from the literature indicated that the prevalence of depressive symptoms among elderly people in the selected studies varied between 9.1 and 62.9%, confirming the presence of depression in all samples studied. Analyzing longitudinal studies, it is observed that there was an increase in depression in elderly people during the COVID-19 pandemic. In Italy, a European country that dramatically suffered the initial effects of the COVID-19 pandemic, due to chaos in the healthcare system, a study described an increase in the prevalence of this type of symptom by 112%.¹⁶

The countries with the highest prevalence of depression were Iran¹⁰, Indonesia²⁰, Italy³⁰ and Vietnam.³⁴ On the other hand, still in Italy, a population-based study demonstrated different results, with a prevalence of 16.5%¹⁶ demonstrating the difference in relation to the outcome and the context in which the elderly find themselves.

Brazil was the country with the largest number of studies^{18,23-26,28}, which detected a prevalence of depression between 9.1% and 37%, also with regional differences. Despite being an extremely important topic, no longitudinal studies on the topic were found in Brazil.

Some studies have evaluated the relationship between the presence of depression and socioeconomic factors. As for age, a study that compared depression between young people and the elderly showed that younger people (in Iran) were more predisposed¹⁰, a fact also verified in a study that divided the elderly in Italy by age groups.³⁰ The authors understand that older people can be more resilient, due to their lifelong experience. On the other hand, three stu-

dies identified a greater relationship between the variables in older elderly people.^{17,20,32}

Another important factor associated with depression was being female.^{17,26,31-33} In this sense, the authors justify how the predominantly female population in the country studied.²⁶ It is believed that this fact may be related to physical issues, such as hormonal changes that afflict elderly women, affecting psycho-emotional health and social situations, such as gender inequality and violence.

Studies also showed the relationship with financial condition.^{13,17,26,32} A plausible explanation could be that high income can reduce the stress of everyday life, ensuring better access to daily needs and healthcare, including affordability and mental health services. Furthermore, financially self-sufficient individuals have resources to minimize or equalize the effects of stress on depression.³²

During the pandemic, social isolation recommended to minimize the transmission of the virus resulted in an increase in depressive symptoms. Elderly people without a partner or with poor family ties were the most affected.^{17,19,28,32} We know the importance of social networks and family support in mental well-being, a fact also demonstrated here in this research when it is identified that there is a lower prevalence of depression in elderly people with family support.¹⁷

The results presented here represent a mapping of the situation of depression in older people around the world during the pandemic. A limitation is the fact that some investigations present local results, preventing generalization.

CONCLUSION

Highlighting the repercussions of the COVID-19 pandemic on the mental health of older people is a matter of extreme importance as this knowledge opens up the possibility of thinking about public policies and actions that minimize the emotional impact and prevent new events from being triggered in difficult times, such as the isolation imposed by the pandemic.

In terms of population numbers, the elderly community is significant and requires specialized care due to weaknesses imposed by age itself. Social and family life serves as important support for elderly people already affected by other illnesses and vulnerabilities and removing them from this life has shown to have had important impacts in terms of depression and its associated symptoms. It is urgent that health professionals recognize this problem and act to recover and prevent new events like this from occurring.

This research concluded that depression and harmful symptoms such as sadness, anxiety, difficulty concentrating, loneliness, stress, among others, had a significant increase during the COVID-19 pandemic. The aim is to provide a basis for future studies that consider concrete actions aimed at improving the quality of life and mental health of elderly people.

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