Impact of Covid-19 on the Mental Health of Senior Citizens

Supporting Information

Aarav R. Sharma

Table S1

Question 3: Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. What words come to mind when I say "mental health"?

Tone Coding	
Tone	Categorization with common answers
Negative	- Mental Capacity gets worse - Depression, anxiety - Crazy - Problems/Issues - Going nuts - Disability
Neutral	- Moods - Different variations - Emotion - Head - Medical Description/Need help - Need to see some sort of doctor
Positive	- Wellbeing - Good thoughts - Important - Positive Stuff - Important - Happiness - Personal Satisfaction

Table S2

Question 6: If your answer was different for the past two answers, what do you think

caused these changes? (what during the pandemic caused this change in mental health)

Thematic Coding	
Key Themes	Categorization with common answers
- Isolation leading to lack of socialization	- Secluded - Lack of socialization - Lack of friendship - Isolation, loss of social activities - Wasn't able to see family(especially during the holiday season) - Shut down - Isolation, couldn't go anywhere - Lack of communication and isolation
- Social media affecting senior's mental health	- News - Saw news on Tv - Saw government control and shut down the country on news
- Emotional/Physical issues caused by the pandemic	- Anxiety - Uncertainty - Depressing - Led to detrimental physical health, - Concern about family - Worry - Fear - Negativity - Careful, cautiousness - Lots of emotions and deaths
- Miscellaneous	- Not being able to work the normal schedule - Finance - Rules & Regulations - Kept busy by making masks to distract my mind - Rehab

Table S3

Question 10: What do you think keeps seniors from getting the mental health services they

need in St.Mary's County, especially after the pandemic?

Thematic Coding	
Key Themes	Categorization with common answers
- Neglect and an unwillingness to get help	- Neglect, thinking they don't need it - Not wanting to say they need help, human contact - Not willing to admit - Attitude - Lack of socialization and communication - Pride
- Lack of awareness	- Not aware - Didn't know availability - Needs to put out there, advertisements - Lack of information
- Financial issues stops seniors from getting services	- Cost - Lack of insurance - Money - Financial
- Lack of avalibility in rural area	- Availability in our area - Shortage of practitioners - Availability of profession in the area - Not enough resources - Location - Less access to counselors - Hard to get appointments
- Emotional/Physical issues caused by the pandemic	- Stigma (most common response) - Fear - Embarrassment - Misunderstanding - Crazy fear - Afraid to ask or go out
- Limited transportation due to pandemic	- Transportation - Age-transportation
- Miscellaneous	- Themselves - Connected - People not helping - Idk - Don't know

Table S4

Question 11: What kind of community support services would be helpful for seniors in their mental well-being and personal resilience, especially as we continue to deal with the Covid-19 pandemic?

Thematic Coding	
Key Themes	Categorization with common answers
- More senior centers and areas for seniors to socialize	- Senior centers - Facilities for socialization - Activity centers - Services at senior centers - Hotlines, some way to talk to others
- More funding and lower prices for senior mental health services	- More money - More money towards senior centers - Less cost
- Community members needs to educate and advocate for senior mental health	- More information and raising awareness - Group education on resources - Communication and advocating
- Better means of transportion	- Transportation - Better transportation ways
- More support systems	- Family support - Support systems - Peer support - Don't have a good family representative
- More accessibility to counselors and clinics	- Counselors - Clinics
- Miscellaneous	- Make services readily available - Pounded constantly