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**Intervento psicologico precoce con pazienti adulti affetti da Covid-19 post ospedalizzazione:
una analisi quantitativa**

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Abstract:

The coronavirus disease 2019 pandemic has represented an individual and collective trauma with an impact on mental health. COVID-19 survivors need to be screened for psychological distress regularly for timely intervention. After March 2020, an outpatients clinic for follow up of discharged COVID-19 patients was set up at Infectious Diseases Department of the Hospital of Lecco, Italy. Blood exams, specialistic visits were performed for each patients and IES-R and BDI scales were dispensed. 523 patients were referred to the clinic; 93 of them resulted positive at IES-R and/or BDI self report and 58 agreed to have early interviews with psychologist specialist. Patients could receive only a short psychoeducation/psychological support intervention or in addition to the same, even a specific trauma-focused psychotherapeutic intervention with EMDR where clinically indicated. IES-R e BDI were administered pre- and post-intervention. The results show that the average of the post-traumatic stress scores detected at IES-R is above the clinical cut-off for the entire sample and that patients who required CPAP or IUC have higher values on the input IES scale. There is an overall change in the decrease in mean scores on the IES and BDI scales before and after psychological intervention. Among the patients for whom psychopharmacological therapy was also necessary, those who had Covid-mourning in family improved the most at IES-R scale post- intervention. With respect to EMDR treatment, there is a significant improvement in depressive symptoms noticed at BDI for male patients who have received neither psychotropic drugs nor CPAP. Being hospitalized for coronavirus has a significant impact on the patient's mental health and it is a priority to arrange early screening to intercept psychological distress and give it an early response.

Key words: Covid-19 survivors, psychological support, EMDR, hospitalization, prevention

Dinapoli, L., Ferrarese, D., Belella, D., Carnevale, S., Camardese, G., Sani, G., & Chieffo, D. P. R. (2022). Psychological treatment of traumatic memories in COVID-19 survivors. *Clinical Psychology & Psychotherapy*, cnp.2771. <https://doi.org/10.1002/cnp.2771>

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BRIEF REPORT

WILEY

Psychological treatment of traumatic memories in COVID-19 survivors

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Abstract

The COVID-19 pandemic, which has affected a significant number of individuals worldwide, is generating serious mental health issues. Recovered COVID-19 patients have experienced traumatic events related to their symptoms, isolation, possible hospitalization, bereavement, fear of infecting loved ones and the physical consequences of COVID-19. One effective psychological treatment for these patients is Eye Movement Desensitization and Reprocessing (EMDR). The aim of this paper is to describe the therapeutic intervention and effects of EMDR in a pool of COVID-19 survivors referred to an integrated psychological/psychiatric outpatient service. Twelve patients, comprising of nine males and three females, underwent EMDR psychotherapy from October 2020 to February 2022. Each patient received 8–16 weekly treatment sessions. The standard EMDR protocol of eight stages was administered to enable desensitization and reprocessing of four main targets: first positive swab, hospitalization, isolation and fear for relatives' health. Efficacy of EMDR was demonstrated by the significant improvement at clinical scale for subjective distress caused by traumatic events. For the therapists, carrying out these treatments was an intense and challenging experience. In fact, the perceived distance between therapist and patient was less defined than in other hospital settings because the pandemic affects everyone equally. However, with the widespread availability of vaccines and although the pandemic is still ongoing with the emergence of new variants, a window of improvement in the mental health landscape is starting to open up.

KEYWORDS

COVID-19, EMDR, psychological trauma

Maiorani, C., Fernandez, I., Tummino, V., Verdi, D., Gallina, E., Pagani, M. (2022). Adolescence and COVID-19: Traumatic Stress and Social Distancing in the Italian Epicenter of Pandemic. *Journal of Integrative Neuroscience*. (In press)



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Original Research

Adolescence and COVID-19: Traumatic Stress and Social Distancing in the Italian Epicenter of Pandemic

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Abstract

Introduction: The spread of the COVID-19 Pandemic led the Italian government to impose restrictive measures. Schools were closed and the organization of Distance Learning (DL) made adolescents face the psychological impact of the pandemic and the loss of their social life. **Objective:** This research aimed to evaluate the psychological impact of the COVID-19 Pandemic and DL on students, attending two high schools in the Lodi area (Lombardy, Italy). **Method:** A questionnaire, composed of PSYCHO-COVID 19 and EMOTION THERMOMETER applied to DL, was administered anonymously through the Google Drive School platform, from May 5th to June 5th 2020. **Results:** Analysis of the protocols revealed stress reactions in 35% of students (12% High, 7% Moderate, 16% Mild). Principal Components Analysis also revealed the presence of a “distress entity” characterized by anxiety, depressive and somatic symptoms (comparable to those of post-traumatic stress syndrome), with a greater impact on females. The analysis of data on DL showed that online teaching was experienced negatively, in an almost linear correlation, by those subjects who had expressed distress. **Conclusions:** The results suggest that the pandemic had a traumatic impact on adolescents, especially on girls; psychological distress negatively influenced individual experiences with DL. Appropriate psychotherapeutic interventions are needed to prevent the chronicization of stress reactions and to facilitate the adaptation of adolescents to possible rapid changes in educational management.

Keywords: COVID-19; mental health; adolescents; distance learning (DL)

Faretta, E., Maslovaric, G., Garau, M., Marmondi, G., Piras, L., Rezzola, S., Incerti, A., Nardoni, A., Pagani, M., Gallina, E. (2022). The psychological impact of the COVID emergency on Italian nursing homes staff and the efficacy of EMDR. (Submit on *Frontiers in Psychology*)



The psychological impact of the COVID emergency on Italian nursing homes staff and the efficacy of EMDR

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9 **Keywords:** Nursing home¹, EMDR², PTSD³, COVID-19⁴, Italy⁵

10 Abstract

11 Residential nursing homes were particularly badly affected by the first wave of COVID-19, with large
12 numbers of their fragile residents getting infected with Covid- 19 and dying. The staff in these
13 structures were catapulted into a reality very different from what they were used to. They had to adapt
14 the way they used to take care of their patients in a very short space of time and in a scenario that was
15 continually changing.

16 In this paper we describe the subjective experience of staff in a number of Italian nursing homes during
17 the first wave of the COVID-19 Pandemic; and we report data showing the efficacy of the EMDR
18 treatment programmes provided to support them during this Pandemic.

19

Fernandez, I., Pagani, M., & Gallina, E. (2022). Post-traumatic stress disorder among healthcare workers during the COVID-19 pandemic in Italy: Effectiveness of an eye movement desensitization and reprocessing intervention protocol. *Frontiers in Psychology*, 13, 964334.
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Post-traumatic stress disorder (PTSD) among healthcare workers during the Covid- 19 pandemic in Italy: effectiveness of an EMDR intervention protocol

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9 **Keywords:** Healthcare workers¹, EMDR², PTSD³, COVID-19⁴, humanitarian emergencies.

0 Abstract

1 **Aim.** The COVID-19 pandemic represents one of the most catastrophic events of recent times. Due to
2 the hospitals' emergency situation, the population of healthcare workers was the most affected.
3 Healthcare workers who were exposed to COVID- 19 patients are most likely to develop psychological
4 distress and post-traumatic stress disorder (PTSD). The present study aimed at investigating PTSD in
5 a sample of Italian healthcare workers during this outbreak and to evaluate the effectiveness of the Eye
6 Movement Desensitization and Reprocessing (EMDR) Therapy with this population.

7 **Methods.** 744 healthcare workers were included. 587 healthcare workers were treated with EMDR,
8 while the other 157 were not treated. Participants were asked to provide sociodemographic information;
9 the post-traumatic symptomatology was evaluated through Impact of Event Scale-Revised (IES-R) and
10 to investigate the level of intensity of emotional activation was used The Emotion Thermometer
11 (THERMO) at two time points (pre-post treatment).

12 **Results.** The results obtained between EMDR treatment and non-EMDR treatment were evaluated on
13 only 2 hospitals. Treatment group n=68 vs waitlist non-treatment group n=157. All scores pre- and
14 post-EMDR decreased significantly ($p<0.001$) showing an evident effect of EMDR. The differences
15 between pre- and post-treatment of the IES-R scores of subjects in which EMDR was performed as
16 compared to the scores pre- and post-twelve weeks of waiting list subjects in which it was not
17 performed were significantly different ($p<0.001$).

Faretta, E., Garau, M. I., Gallina, E., Pagani, M., & Fernandez, I. (2022). Supporting healthcare workers in times of COVID-19 with eye movement desensitization and reprocessing online: A pilot study. *Frontiers in Psychology*, 13, 964407. <https://doi.org/10.3389/fpsyg.2022.964407>



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Supporting healthcare workers in times of Covid-19 with EMDR online

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We report the results of a pilot study regarding the adaptation of the group EMDR protocol for the treatment online, for the management of trauma associated with the Covid-19 Pandemic in Italy. The target group were health care workers in a nursing home Residenza sanitaria assistita who decided to live and stay on site during the most acute phase of the Pandemic in order to protect the residents of the home. Scores for perceived PTSD symptoms and quality of emotional experience improved significantly following participation in the therapy program. These preliminary results confirm the innovative potential of the EMDR protocol when used online on early intervention, to prevent the development of later psychological disturbances.

Q3

Q4

Q5

Q1

Q6

Fogliato, E., Invernizzi, R., Maslovaric, G., Fernandez, I., Rigamonti, V., Lora, A., Frisone, E., & Pagani, M. (2022). Promoting Mental Health in Healthcare Workers in Hospitals Through Psychological Group Support With Eye Movement Desensitization and Reprocessing During COVID-19 Pandemic: An Observational Study. *Frontiers in Psychology*, 12, 794178. <https://doi.org/10.3389/fpsyg.2021.794178>

Promoting Mental Health in Healthcare Workers in Hospitals Through Psychological Group Support With Eye Movement Desensitization and Reprocessing During COVID-19 Pandemic: An Observational Study

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Background: Psychological support was provided by the Eye Movement Desensitization and Reprocessing Integrative Group Treatment Protocol (EMDR-IGTP) within the hospitals in the Northern Italy in favor of healthcare workers during the COVID-19 pandemic. This study aimed at evaluating the effectiveness of treatment in terms of (a) symptomatology reduction related to peri- and post-traumatic stress; (b) clinical improvement over time; and (c) the maintenance of the achieved outcome over time.

Methods: The population was composed of healthcare workers who spontaneously requested psychological intervention in both the first and the second emergency waves. Statistical analyses were carried out to highlight the differences in Impact of Event-Revised (IES-R) and Post-Traumatic Growth Inventory (PTGI) before and after the group intervention.

Results: In both the first and the second waves, pre-treatment values are higher than post-treatment values for all dimensions of the IES-R. The results show that there are no significant differences between the first and the second wave with regard to the treatment effect. Healthcare workers maintained positive changes over time despite their prolonged exposure to an emergency and the possibility of retraumatization at the onset of a new emergency phase, irrespective of their working place. Healthcare workers who were treated in the first wave showed at the beginning of the second emergency wave less vulnerability and more resilience than those who were treated only in the second wave.

Pre-treatment scores of healthcare workers affected by COVID-19 are discussed.