

# Épocas Tormentosas: citoquímicas, afectivas y más...

*Dr. Roberto Bronstein*

Médico Psiquiatra

Fundopsi

Proyecto Suma

AMEPSA

Incertidumbre, vulnerabilidad y desamparo  
Incidencia en la Salud de la Comunidad

julio 2020



# Integrating neuroimmune systems in the neurobiology of depression

Neuroscience, 2016

Eric S. Wohleb<sup>1</sup>, Tina Franklin<sup>1</sup>, Masaaki Iwata<sup>2</sup> and Ronald S. Duman<sup>1</sup>

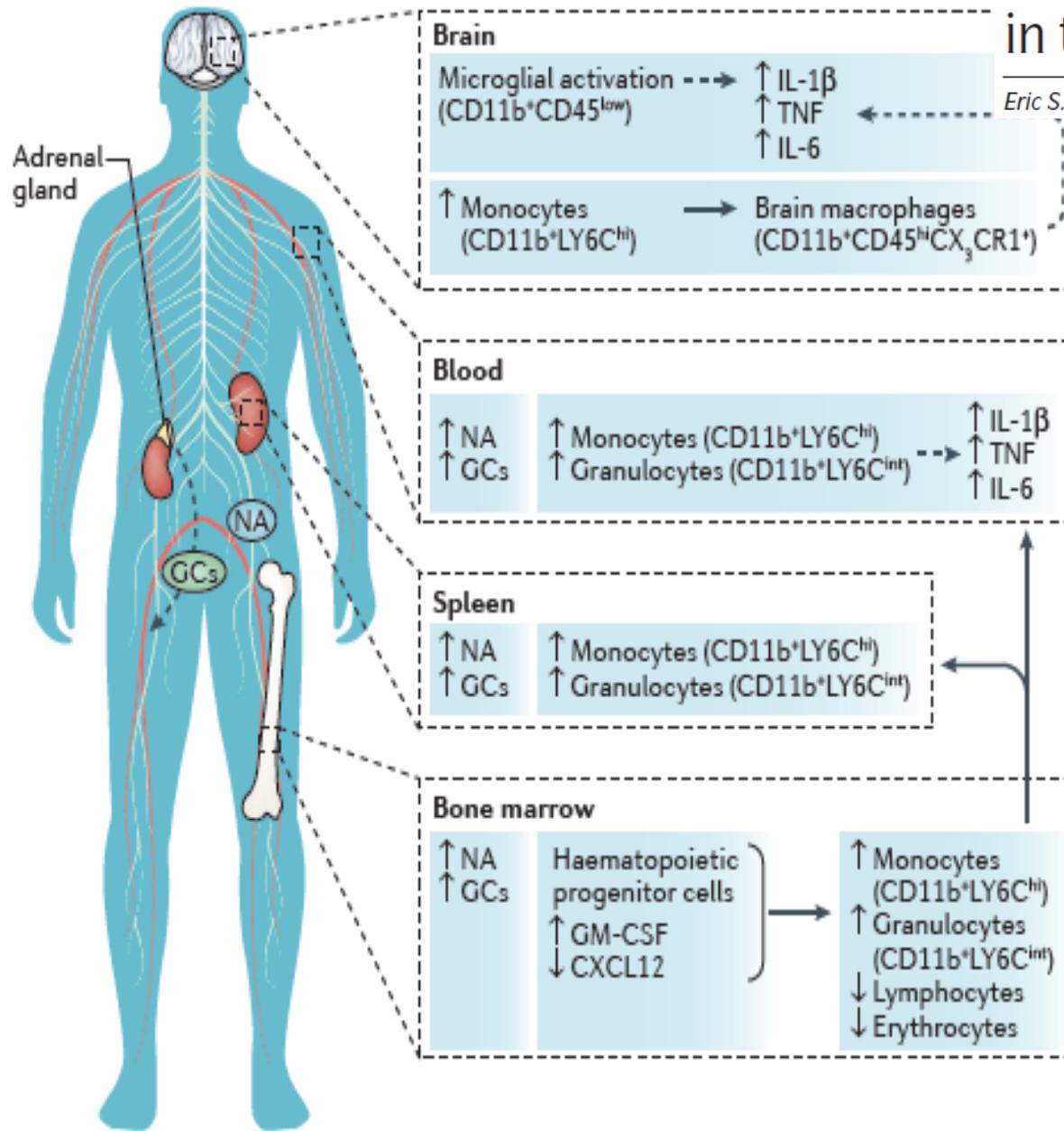


Figure 2 | Stress-associated changes in neuroimmune function. Repeated stress

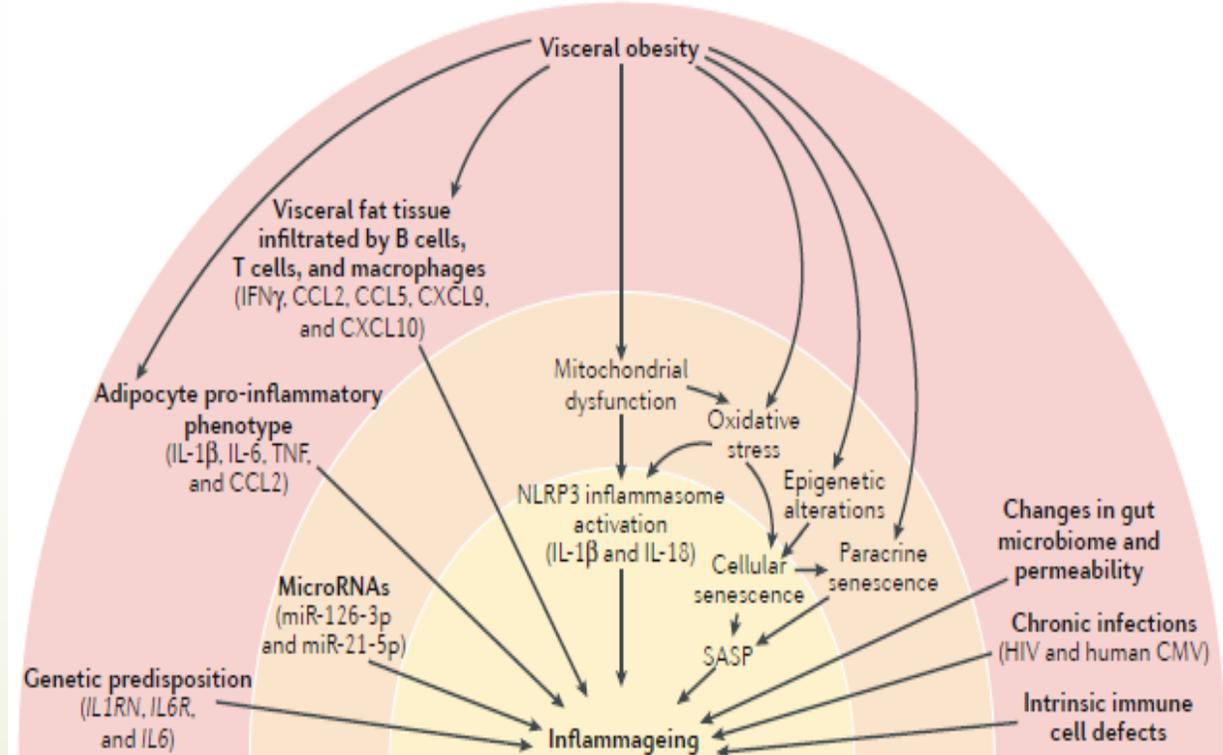
## REVIEWS

NATURE REVIEWS | CARDIOLOGY

VOLUME 15 | SEPTEMBER 2018

### Inflammaging: chronic inflammation in ageing, cardiovascular disease, and frailty

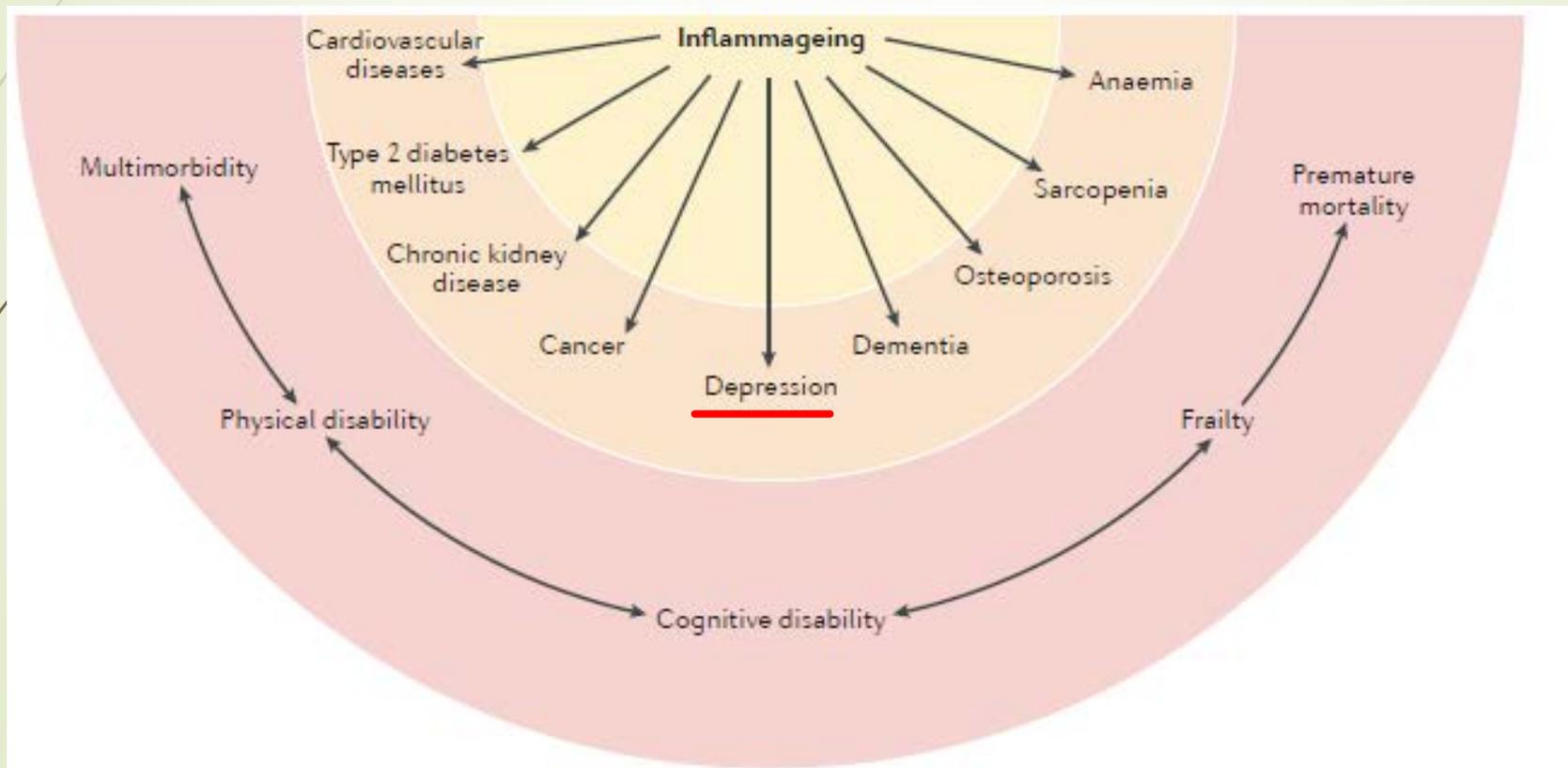
Luigi Ferrucci<sup>1</sup> \* and Elisa Fabbri<sup>2</sup>



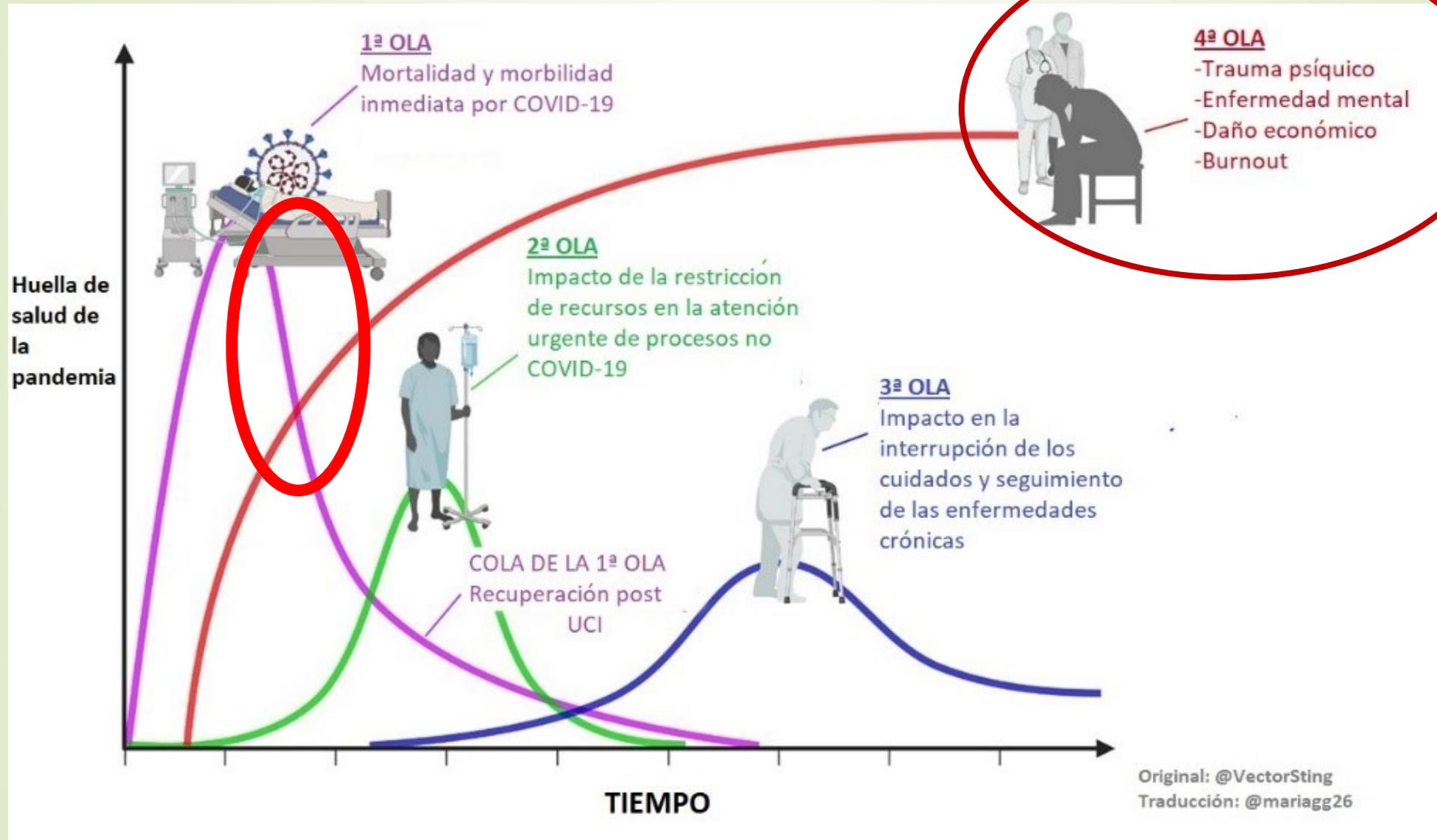
# "INFLAMMAGING"

NATURE REVIEWS | CARDIOLOGY

VOLUME 15 | SEPTEMBER 2018



# IMPACTO DE COVID19 EN SALUD MENTAL



# Psychiatric and neuropsychiatric presentations associated with severe coronavirus infections: a systematic review and meta-analysis with comparison to the COVID-19 pandemic

Jonathan P Rogers\*, Edward Chesney\*, Dominic Oliver, Thomas A Pollak, Philip McGuire, Paolo Fusar-Poli, Michael S Zandi, Glyn Lewis, Anthony S David



## Summary

**Background** Before the COVID-19 pandemic, coronaviruses caused two noteworthy outbreaks: severe acute respiratory syndrome (SARS), starting in 2002, and Middle East respiratory syndrome (MERS), starting in 2012. We aimed to assess the psychiatric and neuropsychiatric presentations of SARS, MERS, and COVID-19.

Lancet Psychiatry 2020  
Published Online  
May 18, 2020  
<https://doi.org/10.1016/>

	Acute				Post-illness			
	Studies	Cases	Sample size	Prevalence (95% CI)	Studies	Cases	Sample size	Prevalence (95% CI)
Any	1	17	27	63.0% (43.8–80.4)	1	0	4	0 (0.0–39.1)
Insomnia	2	54	129	41.9% (22.5–50.5)	4	34	280	12.1% (8.6–16.3)
Anxiety	2	46	129	35.7% (27.6–44.2)	2	21	171	12.3% (7.7–17.7)
Impaired concentration or attention	1	39	102	38.2% (29.0–47.9)	2	34	171	19.9% (14.2–26.2)
Impaired memory	2	44	129	34.1% (26.2–42.5)	3	44	233	18.9% (14.1–24.2)
Depressed mood	2	42	129	32.6% (24.7–40.9)	5	35	332	10.5% (7.5–14.1)
Confusion	2	36	129	27.9% (20.5–36.0)	1	1	621	0.2% (0.0–0.7)
Emotional lability	1	30	102	29.4% (0.4–7.3)	1	24	102	23.5% (15.8–32.3)
Altered consciousness	1	17	82	20.7% (12.6–30.3)	NA	NA	NA	NA
Pressured speech	1	21	102	20.6% (13.3–29.0)	1	12	102	11.8% (6.1–18.8)
Euphoria	1	8	102	7.8% (3.3–14.0)	1	11	102	10.8% (5.4–17.6)
Aggression	1	2	27	7.4% (0.2–21.1)	1	1	102	1.0% (0.0–4.2)
Irritability	1	5	102	4.9% (1.4–10.1)	3	28	218	12.8% (8.7–17.6)
Auditory hallucinations	2	6	129	4.7% (1.6–9.1)	1	1	102	1.0% (0.0–4.2)
Persecutory ideas	1	4	102	3.9% (0.9–8.7)	1	2	102	2.0% (0.0–5.8)
Visual hallucinations	1	2	102	2.0% (0.0–5.8)	NA	NA	NA	NA
Suicidality	1	2	102	2.0% (0.0–5.8)	1	0	102	0 (0.0–1.7)
Fatigue	NA	NA	NA	NA	4	61	316	19.3% (15.1–23.9)
Frequent recall of traumatic memories	NA	NA	NA	NA	1	55	181	30.4% (23.9–37.3)
Sleep disorder	NA	NA	NA	NA	1	14	14	100% (88.0–100.0)
Psychotic symptoms (unspecified)	NA	NA	NA	NA	1	4	90	4.4% (1.0–9.9)
Self-harm	NA	NA	NA	NA	1	1	102	1.0% (0.0–4.2)

NA=not available.

**Table 2: Prevalence of psychiatric and neuropsychiatric signs and symptoms reported by acute and post-illness studies that used systematic assessments**

Urology Times

We've got men's health covered.

► EXPLORE NOW

Leading analysis, practical advice

## Dear Mental Health Innovators: The COVID-19 Honeymoon Is Almost Over

May 19, 2020

Jessica Carson

Harris Eyre, MD, PhD

Helen Lavretsky, MD, MS

“Mientras que muchos desastres son impredecibles, las respuestas emocionales humanas a los mismos son relativamente predecibles”

Fase 1: **HEROICA**- March 2020

- Características: hiperactividad, altruismo, baja productividad
- Innovation trend: Open-access

Fase 2: **LUNA DE MIEL** - April 2020

- Características: Elevado: unión, asistencia, optimismo.

Fase 3: **DESILUSIÓN**(including post-crisis crash) - May 2020 - ?

- Características: Bajo optimismo, distress, aumento enfermedades “Mental Health Tsunami”

Fase 4: **RECONSTRUCCION** (Cuándo?)

- Características: recuperación, rehabilitación y capacidad de responder



# Etapas del Duelo (Kübler Ross)

- **Negación**
  - **Ira**
  - **Negociación**
  - **Depresión**
  - **Aceptación**
- 

Urology Times

We've got men's health covered.

► EXPLORE NOW

Leading analysis, practical advice

## Dear Mental Health Innovators: The COVID-19 Honeymoon Is Almost Over

May 19, 2020

Jessica Carson

Harris Eyre, MD, PhD

Helen Lavretsky, MD, MS

### Fase Luna de miel

Motivación, optimismo, energizados

- Aproveche su optimismo y entusiasmo pero "no muerda más de lo que puede masticar".
- Complazca su curiosidad y creatividad para resolver problemas pero trate de mantenerse enfocado
- Celebre su **resiliencia** y tómese tiempo para aprovechar su creatividad, adaptabilidad e inventiva

Urology Times

**We've got men's health covered.**

► EXPLORE NOW

Leading analysis, practical advice

## Dear Mental Health Innovators: The COVID-19 Honeymoon Is Almost Over

May 19, 2020

Jessica Carson

Harris Eyre, MD, PhD

Helen Lavretsky, MD, MS

### **Fase de Desilusión:**

*Puede sentir disminución de energía*

*Tómese un tiempo importante para descansar pero esté atento a diferenciar descanso vs letargia/apatía*

*Participe de actividades que amplíen su energía mental y física (AF, socialización virtual, música, danza, etc.)*

*Hacer lugar a sus emociones, buscar ayuda de ser necesario*

# Psychobiological factors of resilience and depression in late life

Kelsey T. Laird<sup>1</sup>, Beatrix Krause<sup>1</sup>, Cynthia Funes<sup>1</sup> and Helen Lavretsky<sup>1</sup>

Factores psicosociales	Correlatos para resiliencia
Temperamento	Afectividad positiva, extroversión, activación conductual
Apego	seguro $\cap$
Personalidad	Extroversión, concientización, "grit"
Creencias	Autoestima, autoeficiencia, "mastery", confianza en crecimiento, propósito
Afrontamiento	Activo vs acomodativo, Religiosidad, espiritual
Social	Apoyo, integración
Estilo de vida	AF, alimentación, etc
Factores biológicos	Correlatos para resiliencia
genéticos	Alelos, recept. mineralocorticoides
neurofisiológicos	$\wedge$ metilación BDNF, $\wedge$ NPY, MAO eficiente
Hormonas esteroides	$\wedge$ DHEA, estrógenos

Modificado de Laird

# Psychosocial Interventions and Immune System Function A Systematic Review and Meta-analysis of Randomized Clinical Trials

Grant S. Shields, PhD; Chandler M. Spahr, MA; George M. Slavich, PhD

JAMA Psychiatry. doi:10.1001/jamapsychiatry.2020.0431  
Published online June 3, 2020.

- Metanálisis de 56 estudios con N: 4060 en el que se verificaron cambios positivos en inmunidad incluyendo mejoras en funciones beneficiosas (ej: IL10, Ig,) y disminución de citoquinas inflamatorias (IL6) y PCR (a 6 meses postratamiento).
- Evaluado TCC, múltiples y combinados tratamientos psicoterapéuticos

## PSYCHIATRIC NEW ALERT, APA

Monday, June 15, 2020

### Psychosocial Therapies Found to Boost Immune Function



Psychosocial interventions can improve the function of the immune system, according to a [meta-analysis](#) published in *JAMA Psychiatry*. These findings may be particularly timely in light of the COVID-19 pandemic, as people with weaker immune systems are at higher risk of worse outcomes from COVID-19.

"These [improvements] were most consistent for CBT [cognitive-behavioral therapy] and for interventions incorporating multiple psychotherapies," wrote Grant Shields, Ph.D., of the University of California, Davis, and colleagues. "Moreover, they did not differ by participants' age, sex, or intervention duration. Finally, we found that these associations persisted for at least six months following treatment cessation."



# Coronavirus y Esquizofrenia

## Coronavirus Immunoreactivity in Individuals With a Recent Onset of Psychotic Symptoms

Prenatal influenza exposure increases the risk for schizophrenia and brings to question how other respiratory viruses may contribute to neuropsychiatric disease etiology. Human coronaviruses cause respiratory infections that range in seriousness from common colds to severe acute respiratory syndrome. Like influenza, coronaviruses can be neurotropic. To test for associations between coronaviruses and serious mental disorders, we utilized a recently developed assay and measured immunoglobulin G (IgG) response against 4 human coronavirus strains (229E, HKU1, NL63, and OC43) in 106 patients with a recent onset of psychotic symptoms and 196 nonpsychiatric controls. We expressed results quantitatively as antibody levels and qualitatively as seroprevalence relative to a defined seropositivity cutoff value. Patient IgG levels were higher than controls for HKU1, NL63, and OC43, with HKU1 and NL63 both showing highly significant patient-to-control differences (HKU1,  $P \leq .002$ ; NL63,  $P \leq .00001$ ). All 4 coronaviruses were more seroprevalent in patients vs controls, with greatest intergroup differences observed for HKU1 (93% vs 77%,  $P \leq .0001$ ). HKU1 and NL63 associations with the patient group were further supported by multivariate analyses that controlled for age, gender, race, socioeconomic status, and smoking status (HKU1, odds ratio [OR] = 1.32, 95% confidence interval [CI] = 1.03–1.67,  $P \leq .027$ ; NL63, OR = 2.42, 95% CI = 1.25–4.66,  $P \leq .008$ ). Among patients, NL63 was associated with schizophrenia-spectrum (OR = 3.10, 95% CI = 1.27–7.58,  $P \leq .013$ ) but not mood disorders. HKU1 and NL63 coronavirus exposures may represent comorbid risk factors in neuropsychiatric disease. Future studies

should explore links between the timing of coronavirus infections and subsequent development of schizophrenia and other disorders with psychotic symptoms.

## Coronavirus Immunoreactivity in Individuals With a Recent Onset of Psychotic Symptoms

Prenatal influenza exposure increases the risk for schizophrenia and brings to question how other respiratory viruses may contribute to neuropsychiatric disease etiology. Human coronaviruses cause respiratory infections that range in seriousness from common colds to severe acute respiratory syndrome. Like influenza, coronaviruses can be neurotropic. To test for associations between coronaviruses and serious mental disorders, we utilized a recently developed assay and measured immunoglobulin G (IgG) response against 4 human coronavirus strains (229E, HKU1, NL63, and OC43) in 106 patients with a recent onset of psychotic symptoms and 196 nonpsychiatric controls. We expressed results quantitatively as antibody levels and qualitatively as seroprevalence relative to a defined seropositivity cutoff value. Patient IgG levels were higher than controls for HKU1, NL63, and OC43, with HKU1 and NL63 both showing highly significant patient-to-control differences (HKU1,  $P \leq .002$ ; NL63,  $P \leq .00001$ ). All 4 coronaviruses were more seroprevalent in patients vs controls, with greatest intergroup differences observed for HKU1 (93% vs 77%,  $P \leq .0001$ ). HKU1 and NL63 associations with the patient group were further supported by multivariate analyses that controlled for age, gender, race, socioeconomic status, and smoking status (HKU1, odds ratio [OR] = 1.32, 95% confidence interval [CI] = 1.03–1.67,  $P \leq .027$ ; NL63, OR = 2.42, 95% CI = 1.25–4.66,  $P \leq .008$ ). Among patients, NL63 was associated with schizophrenia-spectrum (OR = 3.10, 95% CI = 1.27–7.58,  $P \leq .013$ ) but not mood disorders. HKU1 and NL63 coronavirus exposures may represent comorbid risk factors in neuropsychiatric disease. Future studies

should explore links between the timing of coronavirus infections and subsequent development of schizophrenia and other disorders with psychotic symptoms.

**Schizophrenia Bulletin** vol. 37 no. 1 pp. 101–107, 2011  
doi:10.1093/schbul/sbp052

Advance Access publication on June 2, 2009

# Covid19 y Salud Mental

## riesgos, amenazas y oportunidades

- Riesgo de respuestas inadecuadas de ansiedad, miedo y depresión
  - Más riesgoso la desinformación (infodemia) que el propio virus
  - Confinamiento y distanciamiento social aumenta exposición a (mal uso) redes sociales
    - Mayor exposición a redes sociales, mayor depresión y ansiedad en China.
- Mayor conectividad para facilitar la conexión social, familiar, afectiva
- Facilita y potencia resiliencia
- Asegurar continuidad de tratamientos
- Orientación en uso de redes
- A más largo plazo: duelos, trabajadores de la salud y exposición a trauma

Opinion

VIEWPOINT

The Coronavirus Disease 2019 (COVID-19) Outbreak  
and Mental Health

Current Risks and Recommended Actions

**JAMA Psychiatry** Published online June 24, 2020



# La “nueva normalidad”

- ▶ Existió una vieja normalidad?

No será que una **vieja anormalidad** engendra una nueva?

Ej: calentamiento global, desastres ambientales, grandes inequidades sociales, guerras “comerciales”, etc

A photograph of a person standing on a paved road, looking up at a large, vibrant rainbow that spans across the sky. The scene is set in a rural area with fields and mountains in the background. The sky is dark, suggesting a recent rain. The person is wearing a dark blue shirt and dark pants. The road has white dashed lines and a solid white line on the left side. The fields are golden-brown, and there are some utility poles and signs along the road.

*SIEMPRE QUE LLOVIÓ,  
PARÓ...*

**MUCHAS GRACIAS.....**

[robertobronstein@hotmail.com](mailto:robertobronstein@hotmail.com)