



National Institute
of **Public Health**



SI-PANDA
Behavioural Insights
Survey on COVID-19:
Slovenia

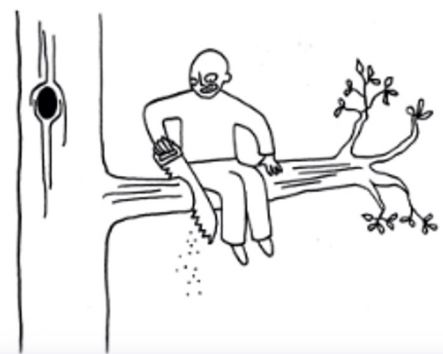
„Lessons learned from the Slovene Behavioural Insight Survey during COVID-19 pandemic“

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New approaches in public health

Research on people's behavior in connection with health

1 HUMAN BEHAVIOUR CAN BE A MYSTERY



The COVID-19 pandemic

The covid-19 pandemic was a good example that understanding people, their psychological state, as well as social and physical circumstances, is crucial for appropriate and effective health measures.

The pandemic poses a huge burden on the health system and society as a whole, so it is important that decision makers respond with effective and appropriate interventions, policies and messages.

Rapid, flexible and cost-effective monitoring of people's risk knowledge and perception, behavior and confidence is needed to ensure an adequate and feasible pandemic response.

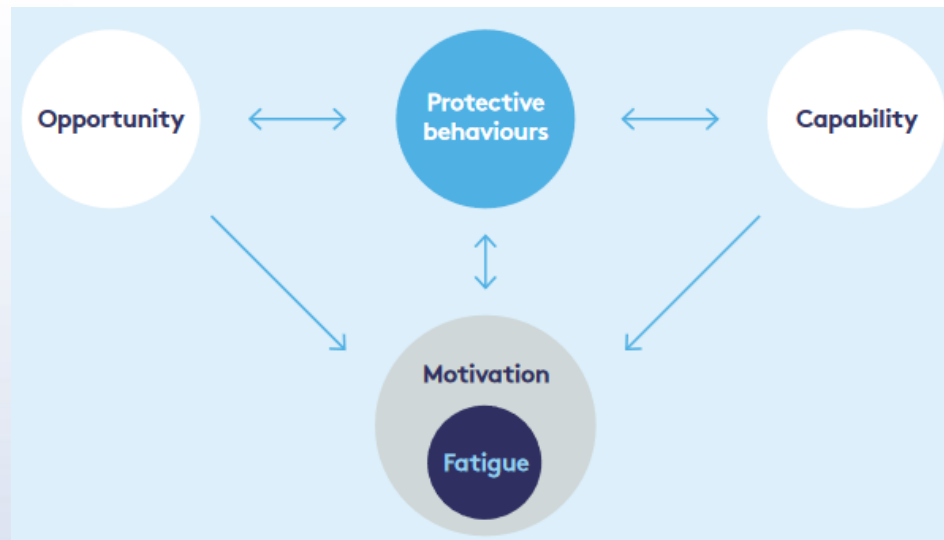
We need a tool that:

- It is evidence-based,
- can be quickly used or gives quick results,
- can be used regularly,
- it is simple and flexible to adapt to changing conditions,
- it is cheap and cost effective.

PANDEMIC - SYNDEMIC - INFODEMIC

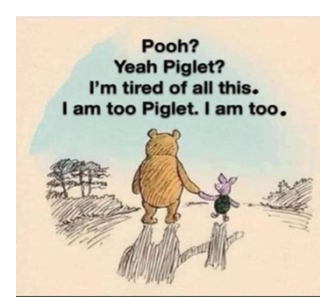


PANDEMIC FATIGUE



Source: Pandemic fatigue, Reivigorating the public to prevent COVID-19, 2020

Pandemic fatigue



Alan Alexander Milne: Winnie the Pooh, 1926

Is the expected and natural human response to long-lasting public health crisis that significantly affects the daily life of an individual.

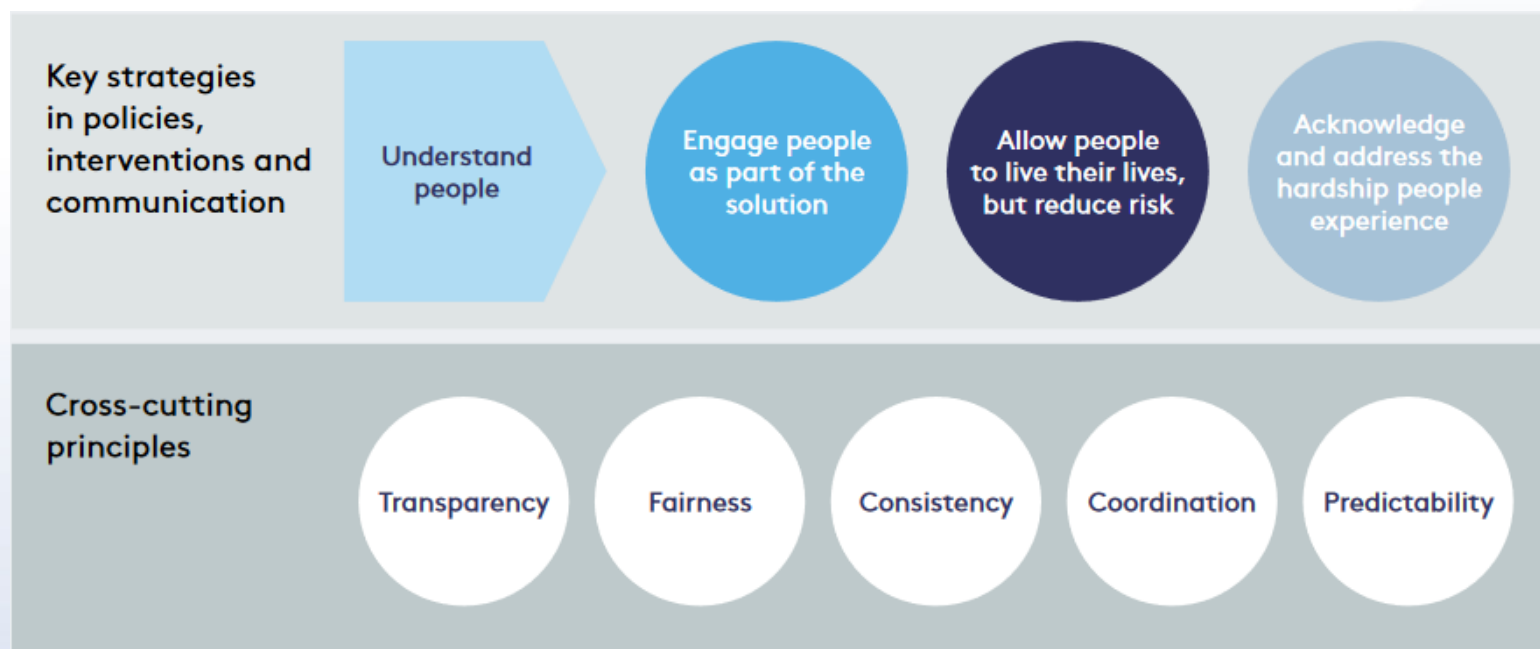
It appears gradually and is influenced by emotions, experience, and attitudes.

It is a response to long-lasting and unsolved distress in people's lives.

Over time, people's compensatory mechanisms for crisis management become fatigued and so these people lack motivation to follow recommended self-protective behaviours, and consequently jeopardize the effectiveness of measures to prevent the spread of SARS-CoV-2 virus infection among the population.

Pandemic fatigue

Pandemic fatigue
Reinvigorating the public to prevent COVID-19



Source: Pandemic fatigue, Reinvigorating the public to prevent COVID-19, 2020

SI-PANDA survey

- Behavioral insight survey on COVID-19, pandemic fatigue (until November 2021), post-acute COVID-19 or long COVID ...



December 2020



survey questionnaire among online panel participants



included approximately 1.000 persons



age from 18 to 74 years

- the basis is the questionnaire of the World Health Organization, adapted to the conditions in Slovenia, MHI-5 (The Mental Health Inventory), 7C (vaccination readiness) + current topics
- 26 implementations of the SI-PANDA survey are planned
- after each implementation of SI-PANDA survey, a report with the main findings is prepared (published on the NIJZ website)

SI-PANDA survey - results

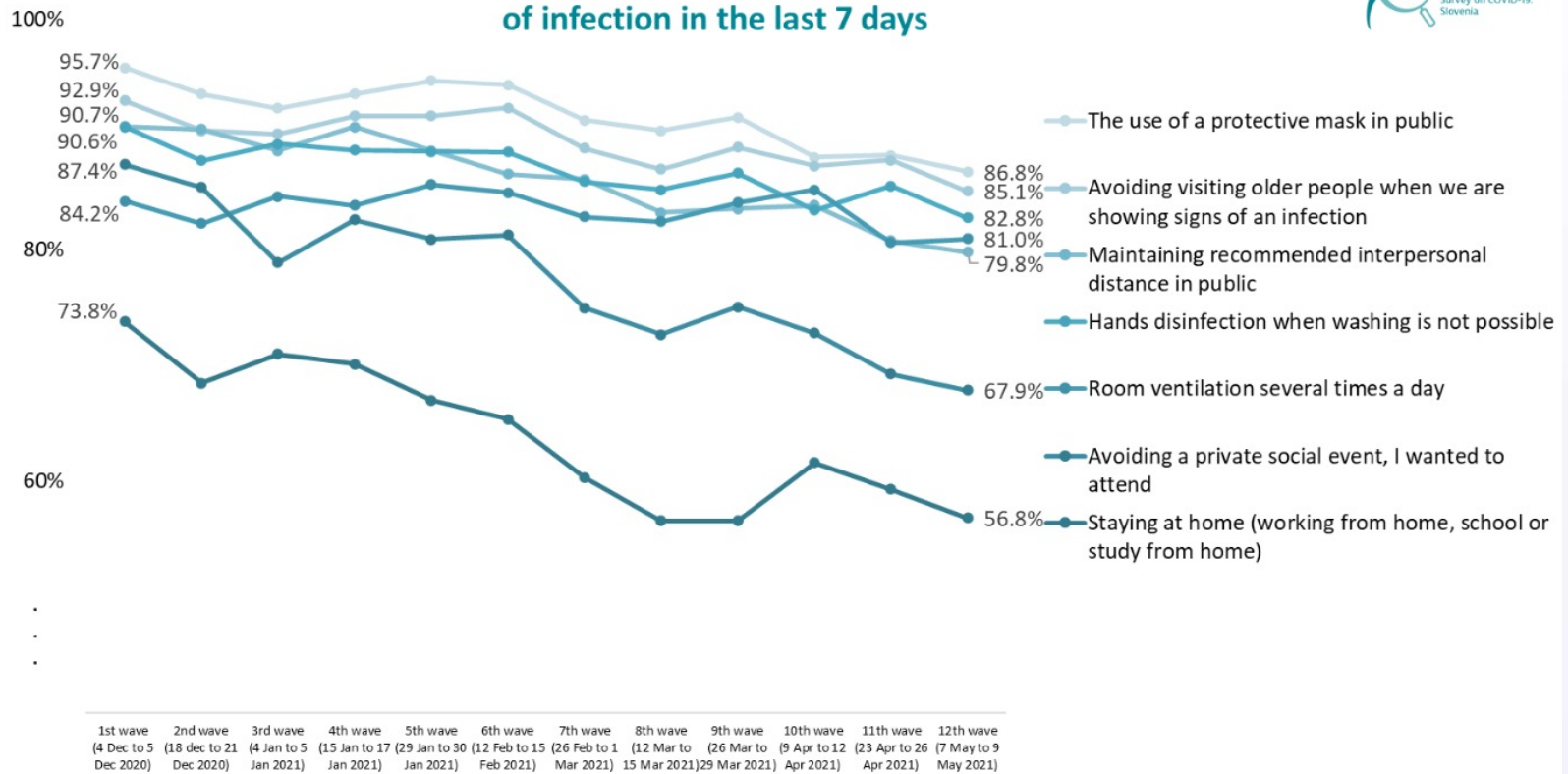
Some findings of the SI-PANDA survey will be presented:

- How did Slovenians react to the covid-19 pandemic or measures introduced to prevent the spread of the virus SARS-CoV-2,
- how the covid-19 pandemic affected the lifestyle of Slovenians,
- what a burden is long COVID and
- how the pandemic has changed paths in healthcare (visiting a personal physician).

Key measures received high support through the pandemic (Dec 2020 – May 2021)



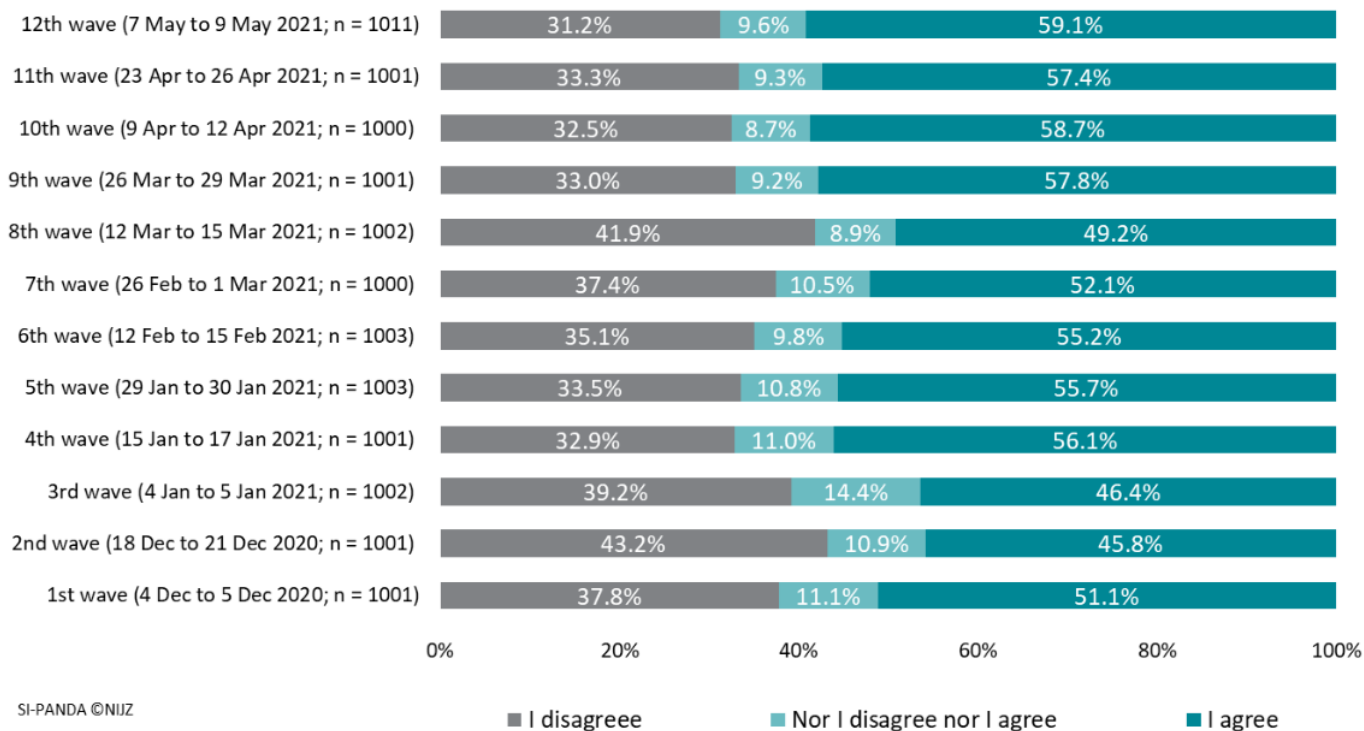
Complying with measures with aim of preventing transmission of infection in the last 7 days



Willingness to get vaccinated against COVID-19 was fairly stable throughout the survey (Dec 2020 – May 2021)

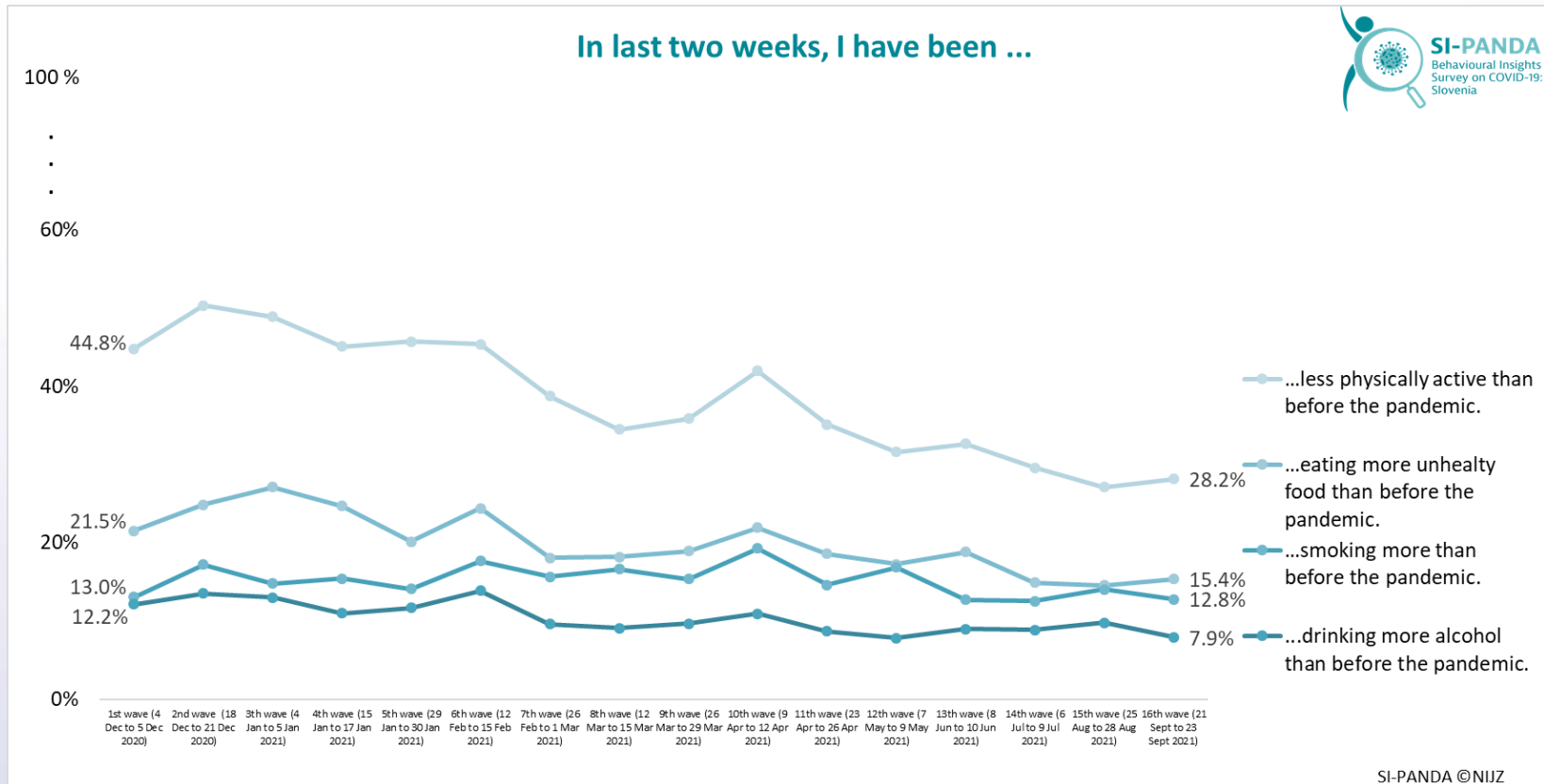


I will get vaccinated against COVID-19 once the vaccine is available for me.



By November 2022, 70 % of persons aged 18 years+ in Slovenia have been vaccinated with at least one dose of the vaccine against covid-19.

The lifestyle of the inhabitants of Slovenia has changed (Dec 2020 – Sept 2021)

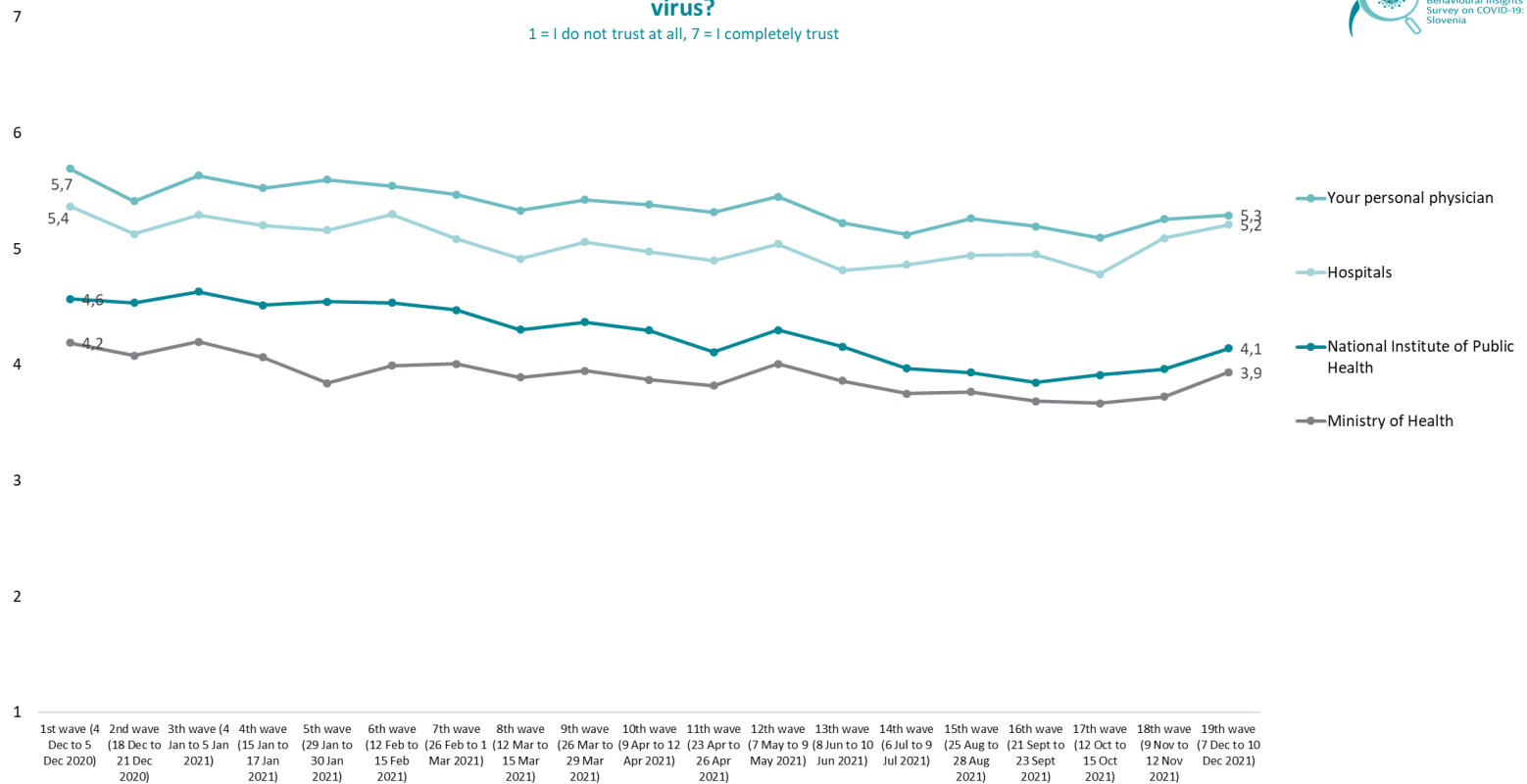


Trust in professionals and institutions is important (Dec 2020 – Dec 2021)



To what extent do you trust the listed persons or institutions to adequately manage the challenge of the SARS-CoV-2 virus?

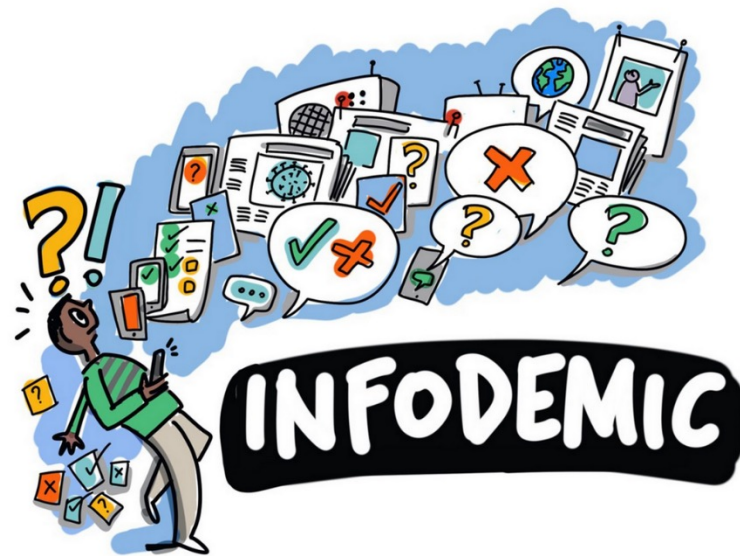
1 = I do not trust at all, 7 = I completely trust



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Infodemic

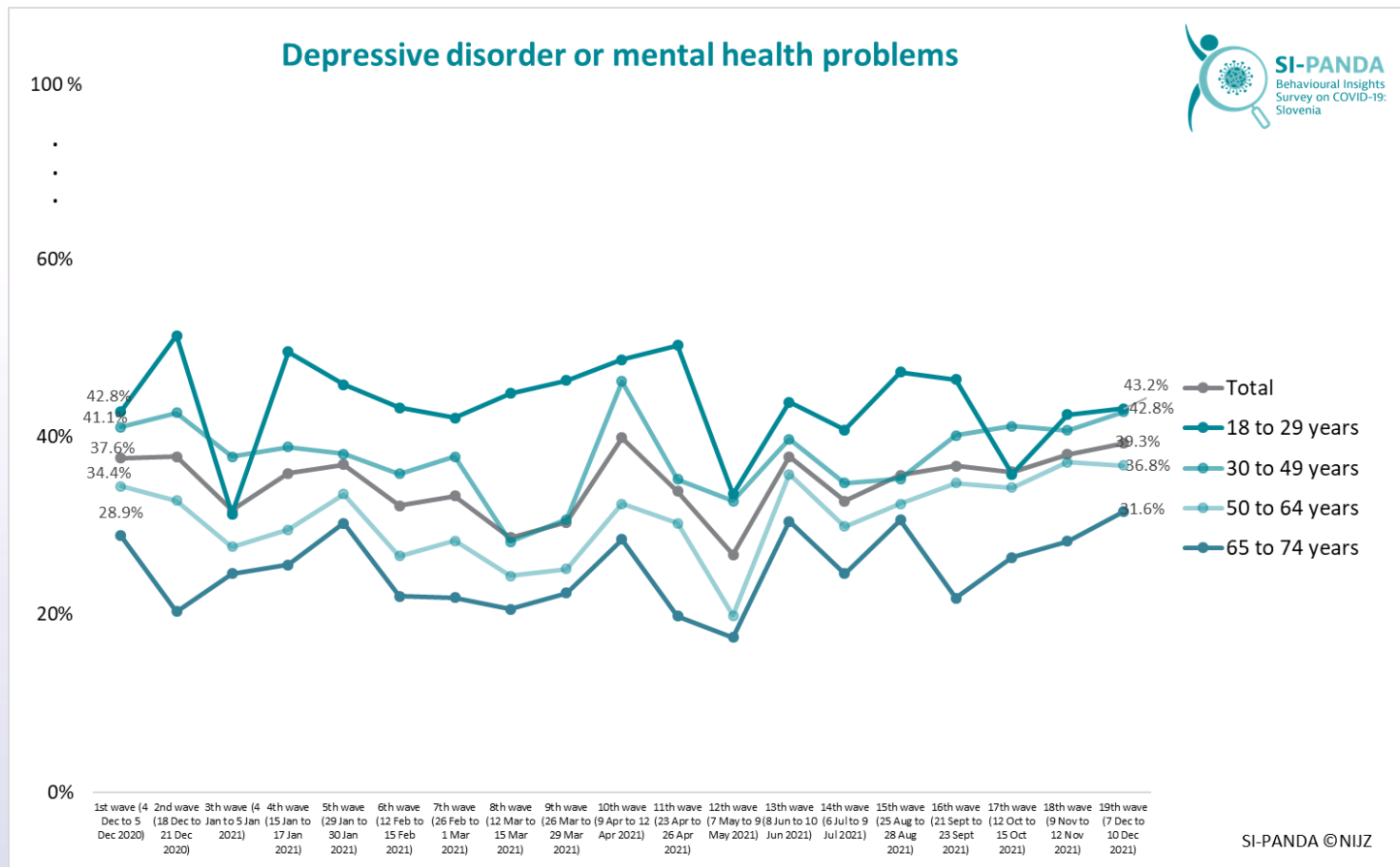
The pandemic was accompanied by an infodemic, which meant the rapid spread of information and fake news through social networks and other communication channels.



Source: <https://drawingchange.com/project/world-health-organization-infodemic/>

The results of the SI-PANDA survey from September 2022 showed that people who have been vaccinated against the SARS-CoV-2 virus most trust the information they receive about the virus from **scientists** (5.1) and **personal physician** (4.9). People who will not get vaccinated trust the information they receive from **friends, acquaintances and relatives** the most (3.3). Vaccinated people trust different sources of information more than unvaccinated people, they also trust official sources of information more, while unvaccinated people trust informal sources of information more.

Most mental health problems in the youngest age group (Dec 2020 – Dec 2021)

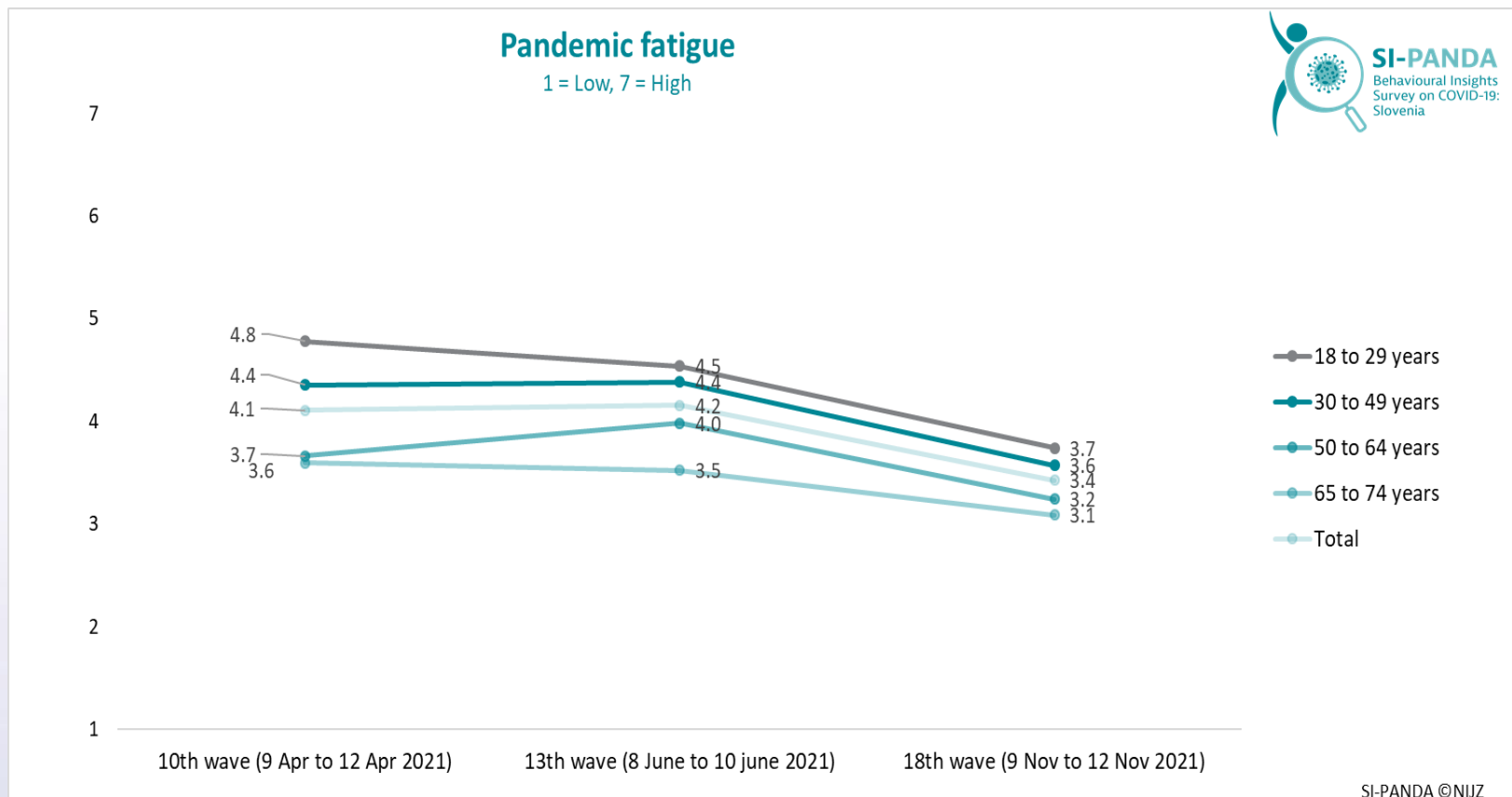


Pandemic fatigue

- In 3 repetitions of the survey (2021), a set of 6 questions from the Pandemic fatigue scale
- High rate of fatigue from discussions about COVID-19 (62.4 %)
- Just under 40 % were annoyed to hear something about COVID-19
- One in five has loss of will to fight the virus
- Pandemic fatigue is present in the largest proportion among the youngest (from 18 to 29 years old)



Pandemic fatigue

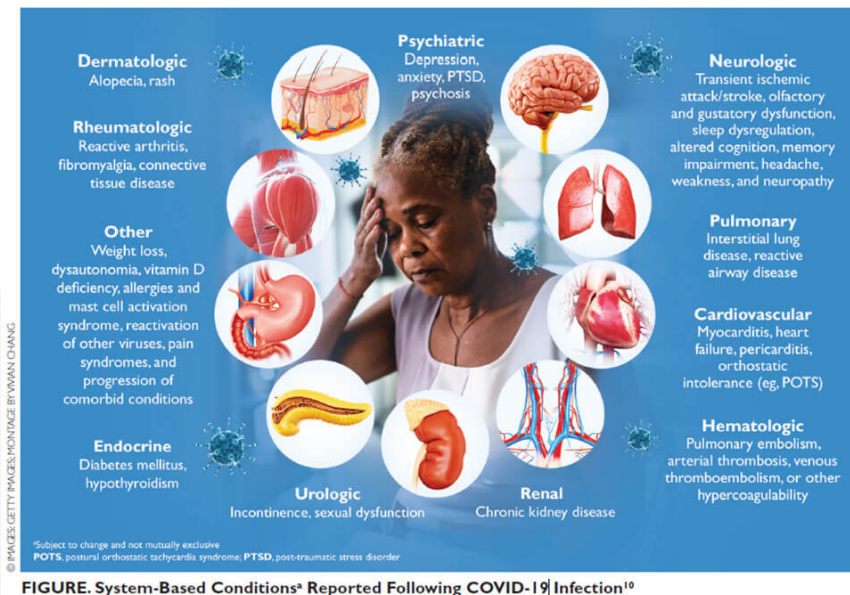


Post-COVID syndrome or long COVID

In some people who have recovered from COVID-19, individual symptoms of the disease continue for months later, or they disappear and reappear after a few weeks or months. These problems are called long-term COVID-19 (long COVID), or "post-covid syndrome".

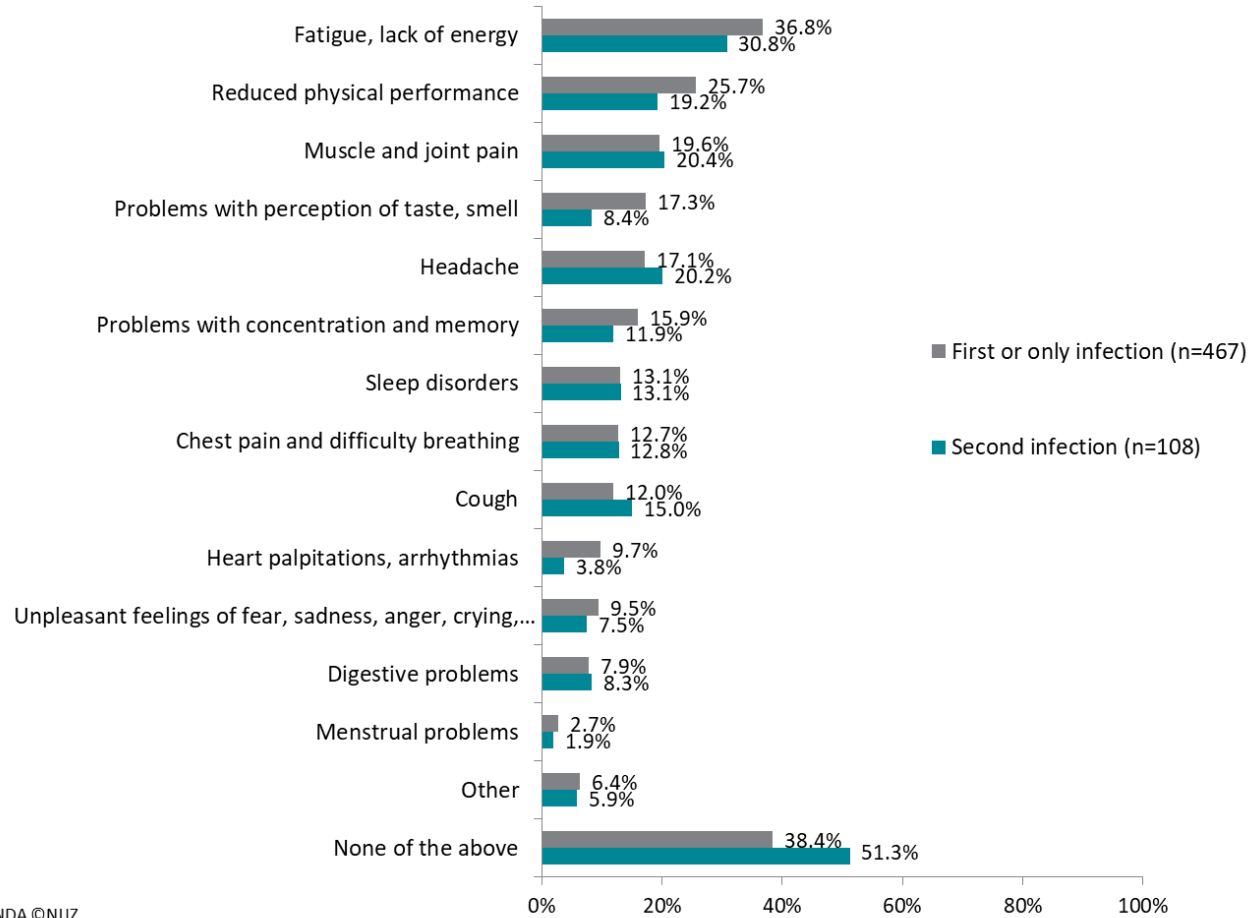
Respondents who recovered from COVID-19 were asked about any existing health problems after three months after the infection which lasted at least 2 months, for each recovered infection separately.

The results from the last survey (October 2022).

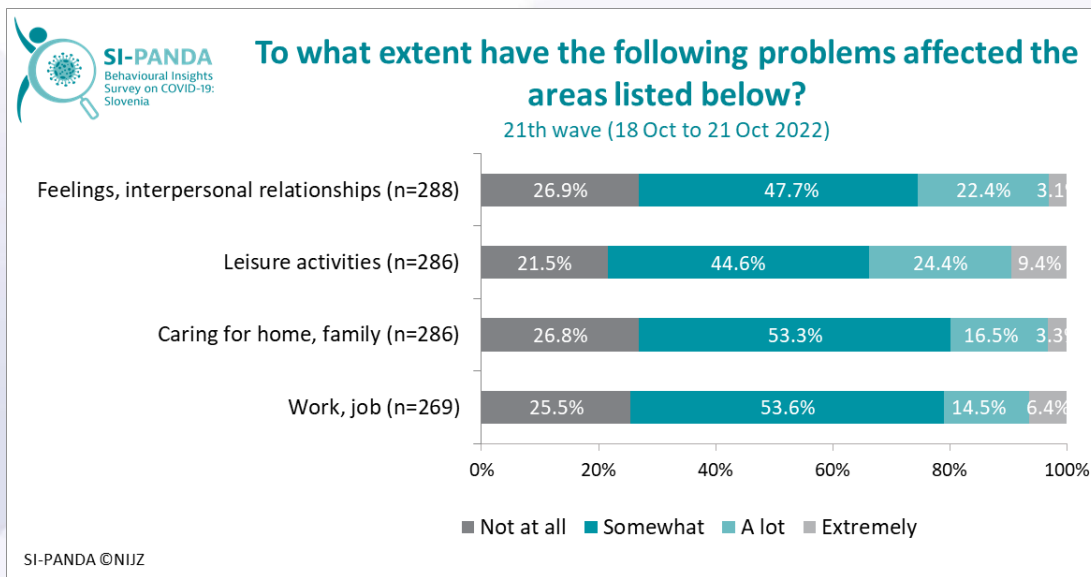
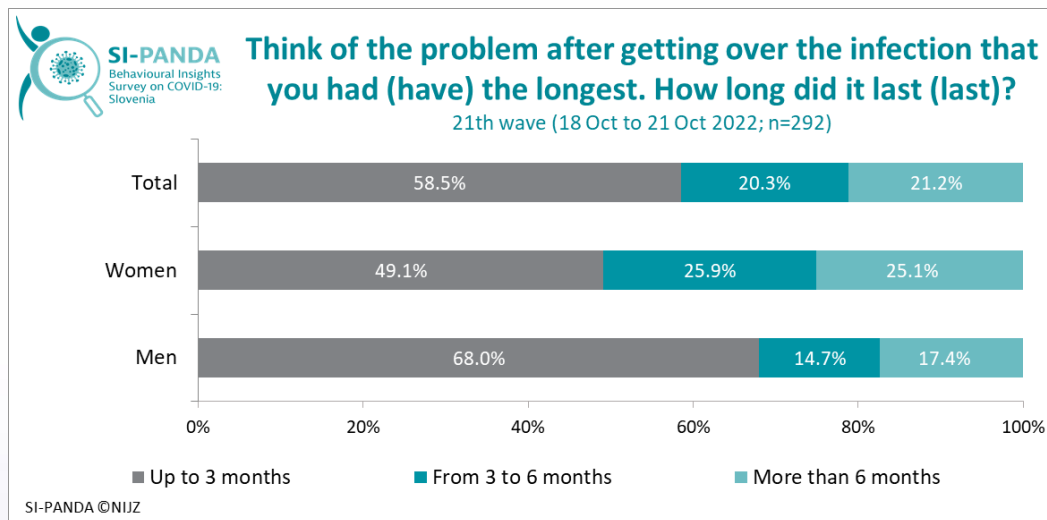


Did you have (or still have) after three months of recovering from the SARS-CoV-2 virus infection any of the following problems which lasted (lasts) at least 2 months and you did not have it before the infection?

21th wave (18 Oct to 21 Oct 2022)



Duration and impact of problems on life (Oct 2022)



Post-COVID syndrome or long COVID

There are many unknowns, many researches are being carried out about long-term COVID.

Diagnostic criteria are not standardized yet.

The WHO has set a clinical case definition.

The British Office for National Statistics (UK Office for National Statistics) estimates that after 5 weeks after the start of infection, the incidence of long covid is 22.1 %, and after 12 weeks it is 9.9 %. The risk of long-term covid after the first infection with the SARS CoV-2 virus is said to be 49.7 % lower in infections with the Omikron BA.1 variant than with the Delta variant (adults, 2x vaccinated).

As of July 2021, long-term covid in the USA is included in the Americans with Disabilities Act, if a person has such severe symptoms that limit him in work and everyday life.

In Slovenia, there are already specialized clinics for people who have long-term health problems after recovering from COVID-19



Source: Unknown author photo licenced by name [CC BY-NC-ND](#)

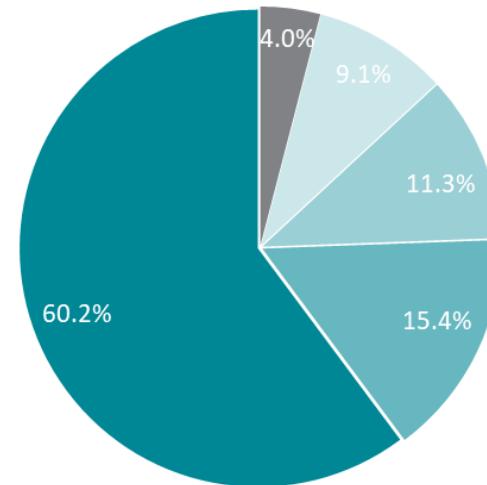
Access to personal physician (Oct 2022)



What was your last experience with your personal physician?

21th wave (18 Oct to 21 Oct 2022; n=311)

- I had contact with an on-call, substitute or emergency clinic.
- I had contact with my personal physician at a distance through written messages and a telephone conversation.
- I had contact with a personal physician only through a telephone interview.
- I only had contact with my personal physician remotely via text messages.
- Contact with a personal physician also included an examination at the clinic.



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Limitations of the research

- Panel survey - people are good at filling it out.
- The research did not include persons older than 74 years.
- Residents of homes for the elderly and other total organizations were not included.
- Online implementation (an obstacle for people without digital competence or without access to a computer).
- Lack of data from before the pandemic.
- Self-report, possible bias.

Conclusions (1)

The SI-PANDA survey confirms the presence of pandemic exhaustion, lifestyle deterioration and mental health deterioration.

We can expect a greater burden of chronic diseases due to reduced accessibility to the health care system (when preventive programs are stopped).

Older residents are more resilient, coping better with the pandemic, without major deterioration in mental health.

Conclusions (2)

Pandemic or the disease itself affected the elderly more, and the consequences of the measures to curb it are/will be seen especially in the younger people.

We will have to pay special attention to the younger age groups, with an emphasis on mental health and lifestyle improvement.

Considering the considerable proportion of people with long-term covid-19, long-term monitoring of the health condition after the illness is over is important, in order to avoid even worse negative consequences in the future.

Thank you for your attention!

More information about SI-PANDA on the website:
<https://www.nijz.si/sl/raziskava-o-vplivu-pandemije-na-zivljenje-si-panda-20202021>

