

## **Minimal impact of COVID-19 on the mental health and well-being of people living with dementia: analysis of matched longitudinal data from the IDEAL cohort**

### Did the COVID-19 pandemic make people with dementia feel more negative?

In 2020 and 2021 we all had to stay at home most of the time due to the COVID-19 pandemic, and we could not see doctors, family, or friends face-to-face. This was a big change for many of us. Some people did not like staying at home and not seeing friends and family. Other people liked staying at home. Some learned to use computers and phones to speak to family and friends. They gardened, painted, and played games.

We wanted to find out whether, compared to how people felt before the pandemic, staying at home made people with dementia less happy, more worried, more negative about their life, and less optimistic about the future.

We asked two groups of people with dementia the same questions on two different occasions at least 2 years apart. One group answered both sets of questions before the pandemic. The other group answered the questions before and during the pandemic. We wanted to know whether the pandemic made people with dementia answer the questions more negatively.

Overall, people with dementia were happier and less anxious during the pandemic. People with dementia said their life was as good as before. They also remained optimistic about the future.

Having to stay at home did not make people with dementia more negative.

This is a summary of a [research article](#) which appeared in the **Frontiers in Psychiatry** journal in March 2022.