COVID-19 REPORTS:

Dreams and Mental Health

968 people from the ages of 12 to 92 provided information about their dreams, and nightmares before and during the COVID-19 pandemic





34%

INCREASE 19%

DECREASE

DREAM FREQUENCY

46% of participants reported wo change in the number of dreams they had during the pandemic compared to before the pandemic. 34% of participants reported an increase in dreams, and 19% reported a decrease.

Bad Dreams

Overall bad dreams occured less often during the pandemic

Nightmares

The frequency of nightmares did not change during the pandemic

The more people had increased stress during the pandemic, the more they had dreams, bad dreams, and nightmares.

DREAM TOPICS DURING THE PANDEMIC

Trying something over and over

Sexual experiences

Arriving too late

Separation from a loved one

Being chased or pursued

Being sick

Being in a hospital

Germs

Frequency of dreams about inefficacy, human threat, death and pandemic increased as stress

levels increased

60%

Frequency of Dream Topics

Dreams about the pandemic were

related to stress

levels



DREAMS AND MENTAL HEALTH

Dreams about inefficacy were

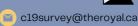
depression



Dreams about death were related to

depression and anxiety symptoms





ort IL, Pennestri MH, Saad M, Kendzerska T, Veissiere SPL, Godbout R, Edwards JD, Qui Dreams, bad dreams, nightmares, and their relationship to stress, depression and an during the COVID-19 pandemic. PLoS One, 24;16(11):e0259040. doi: 10.1371/journal.pone.0259040

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