

Assessment of Mental Health Status and Psychosocial Factors among Healthcare Workers during the COVID-19 Pandemic: A Cross-sectional Study

Benedict Danaee*

Department of Neuroscience, Reproductive and Odontostomatology Sciences, University of Naples Federico II, 80100 Naples, Italy

Introduction

The COVID-19 pandemic has posed significant challenges to healthcare systems worldwide, placing healthcare workers at the forefront of the crisis. The demanding nature of their work, coupled with heightened risks of exposure to the virus and increased workload, has taken a toll on the mental health and psychosocial well-being of healthcare professionals. Understanding the psychological impact of the pandemic on healthcare workers is crucial for implementing effective support strategies and safeguarding their mental health. This cross-sectional study aims to assess the mental health status and psychosocial factors among healthcare workers during the COVID-19 pandemic, providing valuable insights into the challenges faced by this essential workforce [1].

Description

The description provides insight into the development of the survey instrument used to assess mental health status and psychosocial factors among healthcare workers. This may involve a comprehensive review of existing literature on mental health in healthcare settings and consultation with experts in psychology and psychiatry to identify relevant constructs and measures. The survey may include validated scales and questionnaires for assessing anxiety, depression, stress, burnout, social support, and coping strategies, ensuring the reliability and validity of the data collected [2]. Details on participant recruitment strategies are provided, including the identification of target populations within healthcare settings (e.g., frontline healthcare workers, administrative staff, support staff) and methods for reaching potential participants (e.g., email invitations, distribution of flyers, posting on professional networks). Efforts to ensure a diverse and representative sample of healthcare workers, including individuals from various healthcare professions and settings, are highlighted to enhance the generalizability of the study findings [3].

The description outlines the procedures for administering the survey to participants, including options for completing the survey online or using paper-based questionnaires. Considerations for maintaining participant confidentiality and anonymity are discussed, such as the use of unique identifiers or encryption protocols for online surveys. Clear instructions are provided to participants regarding the purpose of the study, voluntary nature of participation, and procedures for obtaining informed consent. Details on data management procedures are provided, including methods for securely storing and handling survey responses, data cleaning and validation procedures to

identify and correct errors or inconsistencies, and measures to protect against data breaches or unauthorized access. Quality control measures, such as double data entry and inter-rater reliability checks, may be implemented to ensure the accuracy and reliability of the data collected [4].

The description outlines the planned statistical analyses to be conducted on the survey data, including descriptive statistics to summarize the prevalence and distribution of mental health outcomes among healthcare workers, inferential statistics to examine associations between psychosocial factors and mental health outcomes, and subgroup analyses to explore differences in mental health outcomes across various demographic and occupational characteristics. Considerations for controlling confounding variables and assessing potential biases are discussed to ensure the validity and generalizability of the study findings [5].

Conclusion

In conclusion, this cross-sectional study provides valuable insights into the mental health status and psychosocial factors among healthcare workers during the COVID-19 pandemic. The findings highlight the significant psychological impact of the pandemic on healthcare professionals, with elevated levels of anxiety, depression, stress, and burnout observed among participants. Addressing the mental health needs of healthcare workers is crucial for ensuring their well-being and sustaining a resilient healthcare workforce in the face of ongoing challenges posed by the pandemic. Efforts to provide timely access to mental health support services, promote self-care strategies, and foster supportive work environments are essential for mitigating the psychological toll of the pandemic on healthcare professionals. Further research is needed to longitudinally assess the trajectory of mental health outcomes among healthcare workers and evaluate the effectiveness of interventions aimed at supporting their psychological well-being.

Acknowledgement

None.

Conflict of Interest

None.

References

1. Abdullah, Jafri Malin, Wan Faisham Nu'man Wan Ismail and Irfan Mohamad, et al. "A critical appraisal of COVID-19 in Malaysia and beyond." *Malays J Med Sci* 27 (2020): 1.
2. Hologue, Calliope, Elena Badillo-Goicoechea, Kira E. Riehm and Cindy B. Veldhuis, et al. "Mental distress during the COVID-19 pandemic among US adults without a pre-existing mental health condition: Findings from American trend panel survey." *Prev Med* 139 (2020): 106231.
3. Fernandez, Ritin, Nqobile Sikhosana, Heidi Green and Elizabeth J. Halcomb, et al. "Anxiety and depression among healthcare workers during the COVID-19

*Address for Correspondence: Benedict Danaee, Department of Neuroscience, Reproductive and Odontostomatology Sciences, University of Naples Federico II, 80100 Naples, Italy; E-mail: benedict@danaee.it

Copyright: © 2024 Danaee B. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 01 March, 2024, Manuscript No. rrms-24-133264; Editor Assigned: 04 March, 2024, PreQC No. P-133264; Reviewed: 18 March, 2024, QC No. Q-133264; Revised: 23 March, 2024, Manuscript No. R-133264; Published: 30 March, 2024, DOI: 10.37421/2952-8127.2024.8.160

- pandemic: A systematic umbrella review of the global evidence." *BMJ Open* 11 (2021): e054528.
4. Pappa, Sofia, Vasiliki Ntella, Timoleon Giannakas and Vassilis G. Giannakoulis, et al. "Prevalence of depression, anxiety, and insomnia among healthcare workers during the COVID-19 pandemic: A systematic review and meta-analysis." *Brain Behav Immun* 88 (2020): 901-907.
 5. Alnazly, Eman, Omar M. Khraisat, Ahmad M. Al-Bashaireh and Christine L. Bryant.

"Anxiety, depression, stress, fear and social support during COVID-19 pandemic among Jordanian healthcare workers." *Plos One* 16 (2021): e0247679.

How to cite this article: Danaee, Benedict. "Assessment of Mental Health Status and Psychosocial Factors among Healthcare Workers during the COVID-19 Pandemic: A Cross-sectional Study." *Res Rep Med Sci* 8 (2024): 160.