

COVID-19: PSYCHOLOGICAL EFFECTS AMONGST HEALTHCARE WORKERS

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Introduction

- Corona-virus disease 2019 (**COVID-19**) is spreading rapidly, causing death to human. Currently, **no vaccines** are available.¹
- Due to the COVID-19 pandemic, **healthcare workers may experience** a short-term stress reaction as well as long-term **psycho social consequences**² (e.g. fear of contagion, feelings of stigmatization, loneliness, isolation, anger, anxiety and a sense of uncertainty).
- This **study aims** to collect baseline data of psychological effects among Malaysian healthcare workers (public and private sectors) during this pandemic.



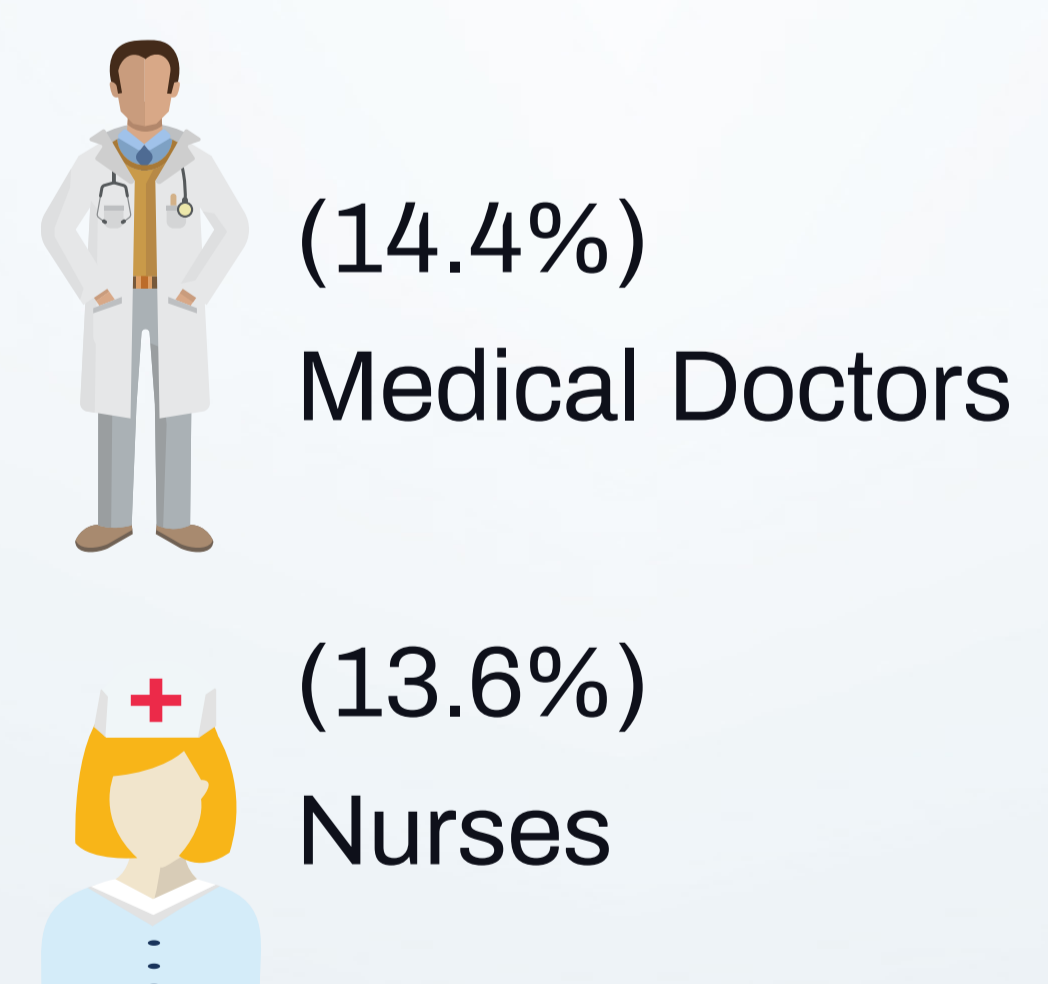
Methods

- **Cross-sectional online survey** (Google Docs) using non-probability sampling (snowballing: through social media, official websites, email)
- **Instrument** for measuring mental health levels: Kessler Psychological Distress Test (K10) related to anxiety and depression.³



Results

- **Respondents are noted to be mostly:** Female (76.1%), 31-40 years of age (48.7%), Married (77.3%), Nurses (34.1%), Work at public hospital (42.8%)
- **Respondents Level of mental health:**
 - (a) Likely to be **mentally well (62.3%)**
 - (b) Likely to have mild mental disorder (13.0%)
 - (c) Likely to have moderate mental disorder (10.4%)
 - (d) Likely to have severe mental disorder (14.2%)
- **Employment profile likely to have a severe mental disorder are:**



- **Respondent involved in COVID-19 activities likely to have a severe mental disorder:**
 - (a) involved in **management and activities related to COVID-19 (16.4%)**
 - (b) directly involved in the COVID-19 screening and treatment process (13.1%)
 - (c) not involved in COVID-19 activities (10.6%)



Conclusion

Overall, **MOST** healthcare workers involved in activities during COVID-19 pandemic appears to be **NOT PSYCHOLOGICALLY EFFECTED**. However, close attention and support should be provided to certain groups of respondent who have shown likelihood to suffer from severe stress and mental disorder to help them cope with the situations and to be better fulfill the strenuous requirements of their respective roles.

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