The Effects of COVID-19 on Healthcare Professionals Mental Health: A Year Later

Eli Frank Mall  
*University of the Pacific, e_mall@u.pacific.edu*

Britlyn Faith Neary  
*University of the Pacific, b_neary@u.pacific.edu*

Follow this and additional works at: [https://scholarlycommons.pacific.edu/msw-conference](https://scholarlycommons.pacific.edu/msw-conference)

*Part of the Medicine and Health Sciences Commons, and the Social Work Commons*

**Recommended Citation**
[https://scholarlycommons.pacific.edu/msw-conference/7](https://scholarlycommons.pacific.edu/msw-conference/7)

This Report is brought to you for free and open access by the Social Work Program at Scholarly Commons. It has been accepted for inclusion in MSW Capstone Conference by an authorized administrator of Scholarly Commons. For more information, please contact mgibney@pacific.edu.
The rise of the COVID-19 pandemic led to the stress and anxiety of HCWs in the United States. This study aimed to understand the effects that COVID-19 has on the mental health of HCWs and raise awareness for those workers facing changes in their mental health. Our findings showed that there was an increase in mental health and a need for further support in the hospital settings and within the organizations.

BACKGROUND
- January 21st, 2020 CDC confirmed first case in the US.
- March 11th, 2020 WHO declared global pandemic

Today’s COVID-19 numbers:
5.15 Million Deaths / 258 Million Cases
Since COVID-19 there has been an increase in stress, workload, and overall healthcare professional’s burnout.

MATERIALS & DATA COLLECTION
- MATERIALS: Flyers were distributed at the hospital in Sacramento, CA, providing a QR Code which served as a link to the survey. The survey was made up of the consent form, demographic questions, and 23 questions on the impact of COVID-19 on health care workers. The survey was developed based on themes observed in recent studies related to the effects of COVID-19 on health care workers.
- METHODOLOGY & ANALYSIS: Quantitative data which was obtained via an online survey distributed electronically to healthcare workers through Google Forms. Analyses of data were conducted using a web-based online survey tool Google Forms.

FINDINGS
- The findings show an increase in overall changes in mental health, with a lack of support from their organization, managers, and supervisors. There was also a correlation between gender and mental health outcomes. An example of this was out of the 9 participants that rated their mental health poor or very poor, 6 of those were females and only 3 males.

CONCLUSION
- The mental health of healthcare professionals is something that needs continuous research and observations to help make sure that organizations are implementing proper training, resources, and assistance.
- Interventions are needed that help healthcare professionals manage their increased stress and mental health.

REFERENCES