



12-2021

## 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](mailto:e_mall@u.pacific.edu)

Britlyn Faith Neary

*University of the Pacific*, [b\\_neary@u.pacific.edu](mailto:b_neary@u.pacific.edu)

Follow this and additional works at: <https://scholarlycommons.pacific.edu/msw-conference>



Part of the [Medicine and Health Sciences Commons](#), and the [Social Work Commons](#)

---

### Recommended Citation

Mall, Eli Frank and Neary, Britlyn Faith, "The Effects of COVID-19 on Healthcare Professionals Mental Health: A Year Later" (2021). *MSW Capstone 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](mailto:mgibney@pacific.edu).

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

Britlyn Faith Neary & Eli Frank Mall  
University of the Pacific, School of Health Science, MSW program

## ABSTRACT

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 9<sup>th</sup>, 2020 WHO announced COVID-19 in China.
- January 21<sup>st</sup>, 2020 CDC confirmed first case in the US.
- March 11<sup>th</sup>, 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.

13. If you could rate your overall mental health today (AFTER) where would it be? (1 being "very poor" & 5 being "very good")  
40 responses

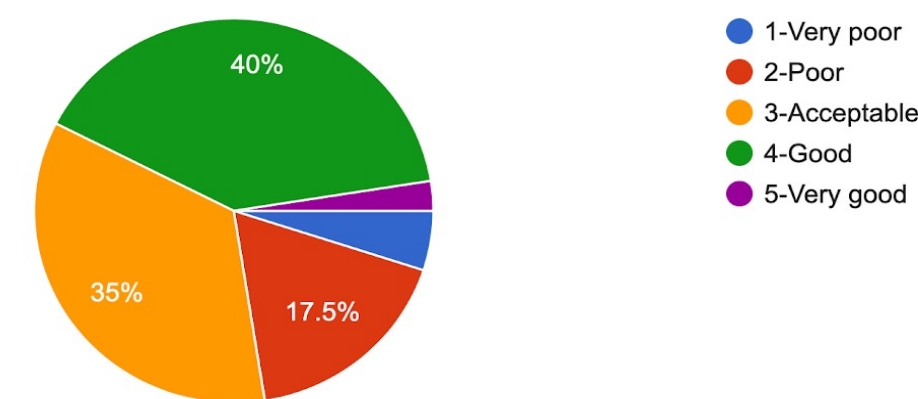


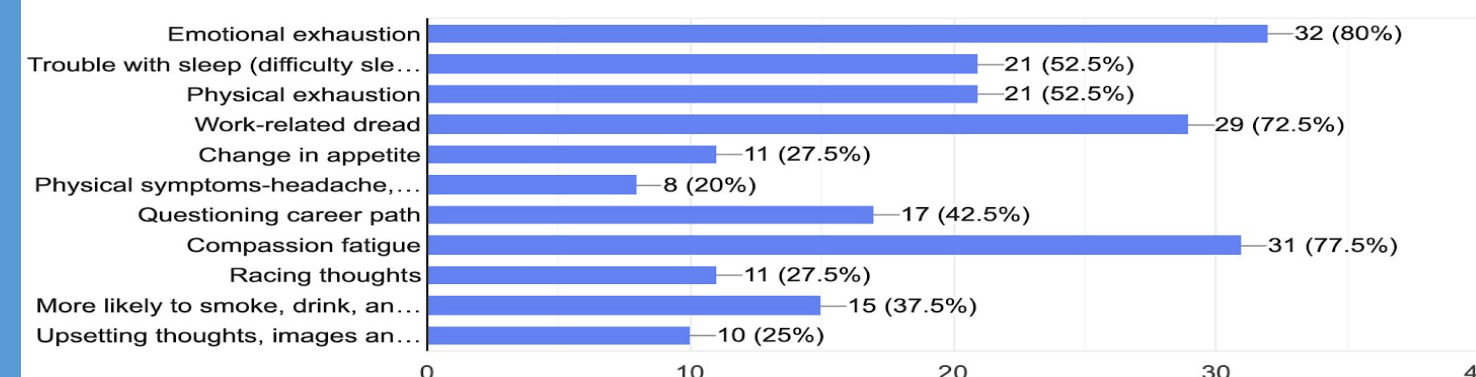
Figure: Question 13 of the survey shows that 22.5% of participants rated their overall mental health today as very poor-poor, with another 35% stating only acceptable.

## 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.

Figure: Question 14 of the survey shows the negative effects that participants were experiencing due to the pandemic. The top being Emotional exhaustion, work-related dread, and compassion fatigue.

14. During the pandemic, did you experience an increase in any of the following? Check all that apply.  
40 responses

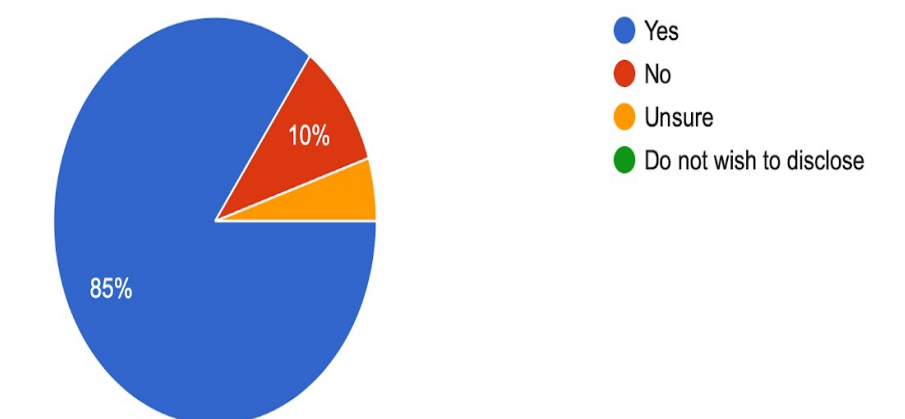


## CONCLUSION

- 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.

Figure: Question 19 of the survey shows that 85% of participants had an increase in their workload during the pandemic.

19. Since the beginning of the pandemic have you noticed an increase in your average workload?  
40 responses



## REFERENCES

- Managing stress when dealing with death and dying.* Precious Hospice. (n.d.). Retrieved November 28, 2021, from <https://precioushospice.com/managing-stress-when-dealing-with-death-and-dying/>.
- Hennein, R., & Lowe, S. (2020). A hybrid inductive-abductive analysis of Health Workers' experiences and wellbeing during the COVID-19 pandemic in the United States. *PLOS ONE*, 15(10). <https://doi.org/10.1371/journal.pone.0240646>