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# The psychological distress and assessment of two key components in healthcare workers.

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## Source

A. E. P. Mitchell. (2018). *Psychological distress in student nurses undertaking an educational programme with professional registration as a nurse: Their perceived barriers and facilitators in seeking psychological support*. *Psychiatric Ment Health Nurs*, vol. 25 (4), 258-269. doi:10.1111/jpm.12459.

Psychological distress “is an emotional state typically characterized by symptoms of anxiety and depression”<sup>[1]</sup> [p259] and is a key mental health issue in healthcare workers<sup>[2]</sup>.

## Assessing anxiety and depression

The Symptom Checklist-90-R (SCL-90-R)<sup>[3]</sup> “is a self-report symptom inventory designed to reflect a respondent’s psychological and psychiatric symptoms”<sup>[1]</sup> [p260]. The SCL-90-R has two primary subscales for “anxiety (A-SCL-90-R) and depression (D-SCL-90-R)”<sup>[1]</sup> [p261].

“The A-SCL-90-R subscale has 10 items that are associated with symptoms of anxiety; nervousness, tension, trembling; feelings of terror, panic and somatic correlates of anxiety”<sup>[1]</sup> [p261].

“The D-SCL-90-R subscale has 13 items that are associated with symptoms of depression; dysphoric mood, feelings of hopelessness, thoughts of suicide, lack of motivation, cognitive and somatic correlates of depression”<sup>[1]</sup> [p261].

The mental health and psychosocial considerations for healthcare workers are explained in a further related definition<sup>[4]</sup>, and the psychological stressors and coping behaviours in healthcare workers are explained further in a published study<sup>[5]</sup>.

## References

- <sup>a, b, c, d, e</sup> A. E. P. Mitchell. (2018). *Psychological distress in student nurses undertaking an educational programme with professional registration as a nurse: Their perceived barriers and facilitators in seeking psychological support*. *Psychiatric Ment Health Nurs*, vol. 25 (4), 258-269. doi:10.1111/jpm.12459.
- <sup>^</sup> Andrew E. P. Mitchell, Federica Galli, Chris Keyworth, Elena Vegni, et al. (2022) *Editorial: Coronavirus Disease (COVID-19): The Mental Health, Resilience, and Communication Resources for the Short- and Long-term Challenges Faced by Healthcare Workers*. *Front. Psychol.*, vol. 13 . doi:10.3389/fpsyg.2022.904328.

3. <sup>^</sup> Derogatis, L. R. (1994). *Symptom checklist -90-R: Administrative scoring and procedures manual*. Minneapolis, MN: NCS Pearson.
4. <sup>^</sup> Andrew E. P. Mitchell. (2024). *Mental health and psychosocial considerations for healthcare workers*. doi: 10.32388/DIA829.
5. <sup>^</sup> Mitchell, A.E.P. (2020). *The perceived psychological stressors and coping behaviours in university students, on a pre-registration programme*. *The Journal of Mental Health Training, Education and Practice*, vol. 15 . No. 4, pp 249-259.