

# Mental health and psychosocial considerations for healthcare workers.

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Potential competing interests: No potential competing interests to declare.

## Source

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.

The mental health impacts of “COVID-19 on healthcare workers (HCW) are significant”<sup>[1]</sup> [p1]. The mental health impacts include psychological distress, which “is an emotional state typically characterized by symptoms of anxiety and depression”<sup>[2]</sup> [p259] and is a key mental health issue in healthcare workers<sup>[1]</sup>. The World Health Organisation has outlined a series of mental health and psychosocial considerations aimed explicitly at HCWs”<sup>[1]</sup> [p1]<sup>[3]</sup>.

## Mental health and psychosocial considerations

The source article identified “the enablers and barriers in healthcare delivery, both person-specific variables and resources to deliver healthcare”<sup>[1]</sup> [p2], along with “psychological interventions to help mitigate the psychological consequence of depression and anxiety”<sup>[1]</sup> [p2] and “specific interventions to promote mental health”<sup>[1]</sup> [p3].

The issues of psychological distress, resilience and coping behaviours in healthcare workers are explained further in related definitions<sup>[4]</sup><sup>[5]</sup><sup>[6]</sup>.

## References

1. <sup>a, b, c, d, e, f</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.
2. <sup>^</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.
3. <sup>^</sup> World Health Organisation. (2020). *Mental Health and Psychosocial Considerations During the COVID-19 Outbreak*. Geneva: WHO..

4. <sup>^</sup> Andrew E. P. Mitchell. (2024). *The psychological distress and assessment of two key components in healthcare workers*. doi: 10.32388/8Z8IO9.
5. <sup>^</sup> Andrew E. P. Mitchell. (2023). *Academic resilience and assessing resilience attributes*. doi:10.32388/ygq4hu.
6. <sup>^</sup> Andrew E.P. Mitchell. (2023). *Coping behaviours and assessment of strategies and categories in nurses*. doi:10.32388/0mjj8s.