How is the Coronavirus pandemic affecting the mental health of healthcare professionals?

In 2020, healthcare professionals have seen themselves having to work in an environment unlike any they've seen before. The coronavirus pandemic has brought excessive weight onto the healthcare sector, as doctors, nurses and staff worked to take care of those who were infected. Between the panic surrounding the pandemic, the required PPE and endless uncertainty, concerns have been raised throughout the pandemic about how healthcare professionals would manage to cope and how their mental health would be affected.

We surveyed 104 healthcare and pharmaceutical professionals across the US, between the ages of 25 and 60 to gauge how working through COVID-19 has affected their mental health to find out more about the nation's frontline workers' wellbeing.

How has working through the pandemic affected mental health?

When asked if they felt working throughout COVID-19 had a negative impact on their mental health, 69.23% said YES and 30.77% said NO.

NO

69.23% VS **30.77%**

YES
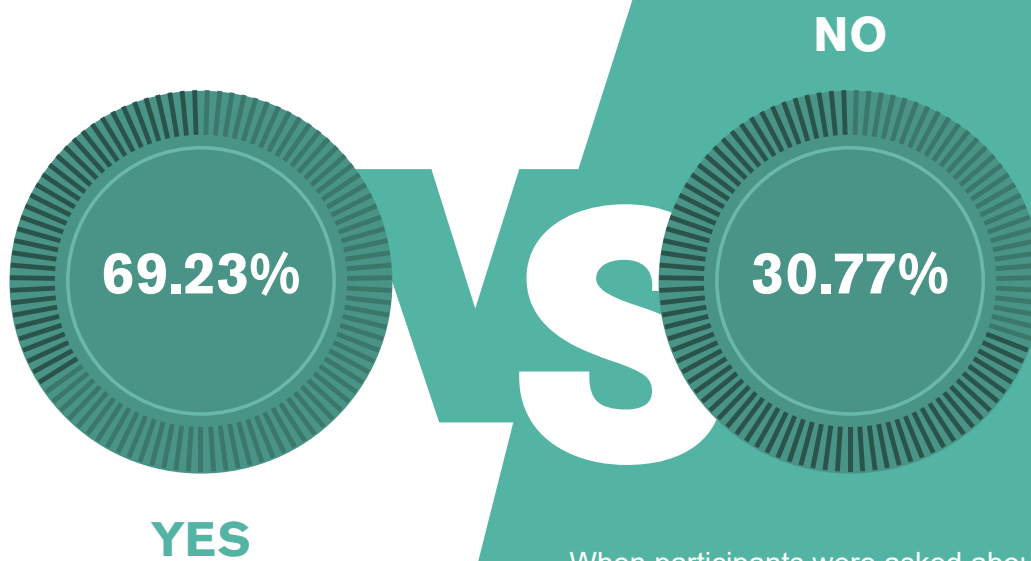
When participants were asked about the mental health of their colleagues,

74.76% said that their coworkers around them had expressed that their mental health had been negatively impacted.

25.24% said that their colleagues had not expressed this.

Are healthcare industry workers getting adequate support at this time?

Another main concern for healthcare professionals is whether or not their superiors and employers have been offering adequate levels of support during this time. We asked respondents about this, and the results show that this is a close call.

51.96% of participants said that they DID feel that they were getting enough mental health support from their superiors and employer, while 48.04% DID NOT feel that the support was adequate.

How do healthcare professionals rank their mental health?

We asked participants to rank their mental health before the outset of the pandemic, and at the height of it on a scale from 1-10, 10 being the highest. Results were as follows.

Mental health rankings before the pandemic:

1	2	3	4	5	6	7	8	9	10
10%	1%	3%	5%	8%	6%	13%	32%	13%	9%
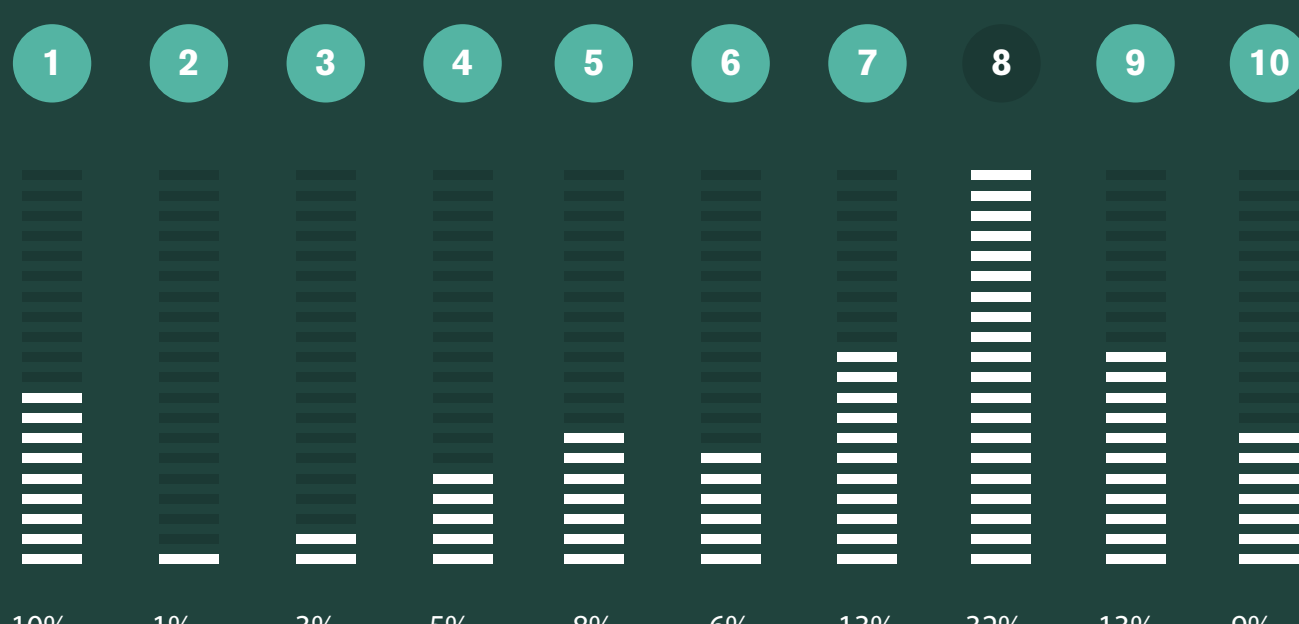
Mental health rankings during the pandemic:

1	2	3	4	5	6	7	8	9	10
0%	7%	10%	9%	14%	18%	17%	14%	6%	5%
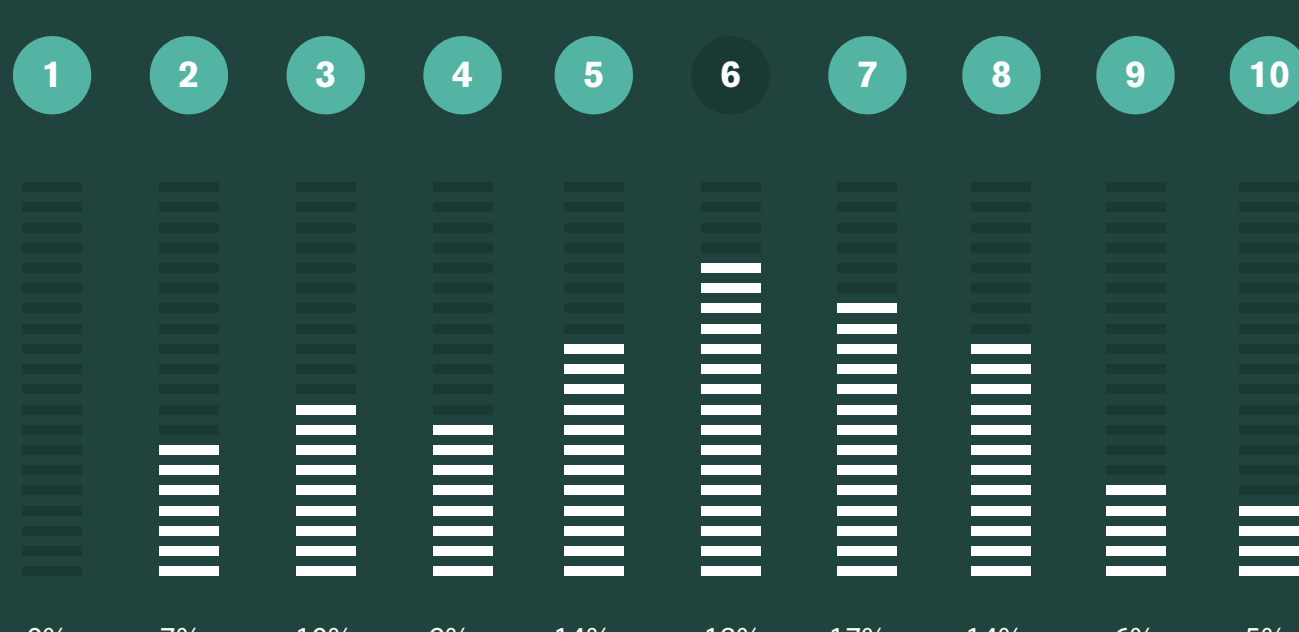
From these results we can see that a vast majority of participants ranked their mental health as 8 before the outbreak of the pandemic, but the results for rankings during the pandemic are much more spread out. The majority (only just) put themselves at 6 or 7 for this time. This could indicate that users were not as confident ranking their mental health for during the pandemic as they were before.