



Treatment and Prevention of the Prevalence of Psychological Disorders of Human Resources Working In Organizations and Medical Centers Following the COVID-19 Pandemic

(Running title: Prevention of Psychological Disorders of Medical Human Resources)

Zohreh Mirhosseni^a, Marjan Arab-Rahmatipour^{b*}, Gholamreza Arab-Rahmatipour^c

^a Department of Knowledge and Information Science, Tehran North Branch, Islamic Azad University, Tehran, Iran ORCID: 0000-0002-8469-8543

^b Young Researchers and Elite Club, Tehran Science and Research Branch, Islamic Azad University, Tehran, Iran ORCID: 0000-0002-0517-7548

^c Retirement Association, Tehran University of Medical Sciences, Tehran, Iran ORCID: 0000-0002-0766-239.

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Abstract

Significant accidents caused by the invasion of dangerous viruses among humans, it has caused a lot of damage to countries and health organizations and it has been factor of many human deaths. In the last two decades, diseases such as acute respiratory syndrome (SARS-CoV) and Middle East respiratory syndrome (MERS-CoV) have spread, and also now the pandemic COVID-19 disease has caused the death of many people. Occurrence of these events causes consequences such as anxiety, stress, distress in patients and those around them, and also are a threat to social health. These consequences are of particular importance to the human resources who working in the treatment department and faced with critically ill patients due to COVID-19. Some studies have suggested ways to reduce stress and anxiety in people. In this regard, accessible psychological counseling systems and planning to determine the appropriate working hours can be used to improve the mental health of medical staff effectively.

Keywords: COVID-19; Mental health; Medical Human Resources; Psychological Counseling Systems.

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Dear Editor

In the twentieth and early twenty-first centuries, the world has witnessed important events that due

to the invasion of dangerous viruses in between humans was leading to the emergence of diseases that sometimes they prevalence were locally,

* Corresponding author

Marjan Arab-Rahmatipour

Islamic Azad University, Science and Research Branch, Tehran, Iran.

Tel: +98-9192015852

Fax: +982166475255

Email: marabrahmatipour@gmail.com

epidemic and in some cases pandemic. In some cases, many people have lost their lives and countries have suffered great human and economic losses until the discovery of an effective vaccine or drug. The psychological effects of the consequences of these diseases may also be hardly compensated. COVID-19 disease, which began in Wuhan, China [1], spread rapidly, surprising all communities and countries and becoming a pandemic. The changes brought about by the COVID-19 crisis transformed all different levels of people life in the areas of health, social, cultural and economic. The feeling that an end to this crisis is inconceivable has become very disturbing. Also, its negative consequences, especially in the human resources working in medical centers who work in exhausting and stressful environmental conditions and quarantine, have raised more concerns.

Persistence this pandemic and quarantine conditions can lead to psychological disorders and mental damage in individuals. The results of some studies on medical staff have shown that quarantine, isolation, and anxiety while working with critically ill patients cause fatigue, excitement, depression, stress, irritability, insomnia, decreased in decision-making and concentration ability, and also reduced performance [2].

Studies have also shown that stress, anxiety, and life events have a significant effect on behaviors, physical activity and physical and mental health [3]. In a preliminary validation of the COVID-19 anxiety scale in Iran, the results showed that the psychological and physical symptoms of coronavirus anxiety were significantly associated with depression and impaired social functioning, and that anxiety acted as a health-threatening and underlie variable [4].

People are more anxious about the COVID-19, because it is unknown this virus, and the fear of the unknowns is causes anxiety. Stress and anxiety can weaken the immune system and make people vulnerable to diseases such as Corona virus disease [4]. Therefore, one of the dimensions of intervention in improving crisis situations is psychological interventions to reduce anxiety, stress and increase mental health.

Maintaining mental health among medical staff is one of the most important issues in the COVID-19 crisis situation, which if not paid enough attention to, can lead to adverse consequences, including damage to the health system. Due to the rampant spread of the virus and the influx of large numbers of patients into medical centers, medical staff are sometimes forced to work long hours without rest. As a result, it can be an important factor in physical and mental fatigue.

However, some studies have suggested strategies to reduce stress and anxiety in people, including: positive thinking, relaxation, exercising, music

therapy, massage therapy, study and use of social networks and magazines [5, 6]. But, these can be somewhat effective in this process.

At this time, the role of specialists and counselors in the field of psychology and psychiatry is very important. In addition to creating peace in the community, they also have the important task of advising and helping to strengthening the morale of medical staff. They can reduce the level of stress and anxiety among staff involved with COVID-19 patients with appropriate mechanisms and techniques.

Evidence suggests that the Invasion of pathogenic viruses in humans has been stronger each time than before, and that it has been more difficult to control. So we should not expect the end of such scenarios. Although scientific advances in medicine have been significant in recent decades, but this does not mean that we have been able to control the treatment and prevention of all diseases. Sometimes, like the COVID-19 pandemic, we are surprised!

Conclusion

The post-COVID-19 world is likely to see the emergence of new living standards and changed methods and strategies. But in the current situation, medical personnel who are responsible for diagnosing and treating critically ill patients caused by pandemics, themselves need help and physical and mental strengthening. Therefore, a solution must be found to treat and prevent the spread of psychological disorders among these health advocates. In this regard, planning to determine the appropriate working hours and easy access to psychological counseling systems can effectively help improve the mental health of medical staff.

Conflict of Interest: The authors declare that they have no competing interests.

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