



**INSTITUTE FOR HEALTH BEHAVIOURAL RESEARCH
MINISTRY OF HEALTH MALAYSIA**

**PSYCHOLOGICAL EFFECTS OF CORONAVIRUS DISEASE
2019 (COVID-19) AMONGST HEALTHCARE WORKERS**

An online survey among healthcare workers in Malaysia

KEY FINDINGS

PSYCHOLOGICAL EFFECTS OF CORONAVIRUS DISEASE 2019 (COVID-19) AMONGST HEALTHCARE WORKERS

NMRR-20-633-54488 : Infographic Booklet

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INTRODUCTION

Overview

During the COVID-19 pandemic, healthcare workers especially those working on the front lines may experience not only short-term stress reaction, but also long-term psychosocial consequences. Among psychosocial reactions that commonly occur are fear of contagion, feelings of stigmatization, loneliness, isolation, anger, anxiety and a sense of uncertainty (Mauder et al., 2003). The psychological well-being of healthcare workers is very important and has to be put in utmost priority in ensuring excellent performance in the fight against the new Coronavirus

Mental health levels were measured using Kessler Psychological Distress test (K10) consisting 10 questions related to anxiety and depression.

Likelihood of having a mental disorder (psychological distress):

1. Likely to be well
2. Likely to have mild mental disorder
3. Likely to have moderate mental disorder
4. Likely to have severe mental disorder

Aim

The aim of this study is to collect baseline data on the psychological effects of COVID-19 among healthcare workers both public and private sectors during this pandemic.

METHODOLOGY



Study Design

A Cross-Sectional Online Survey



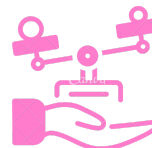
Data Collection

7th April until 19th April 2020



Sampling Technique

Snowballing Technique-Through Official Website, Social Media, Email



Ethical Approval

Medical Research Ethics Registry (MREC)
NMRR 20-633-54488



Target Population

All Healthcare Workers from Government & Private Sectors



Total Response

6616 Respondents



Instrument

Kessler Psychological Distress Scale (K10)

DISCLAIMER

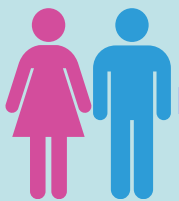
This online survey uses non-probability sampling, thus results of this study only represents feedback given by healthcare workers answering this survey

FINDINGS

RESPONDENT'S PROFILE

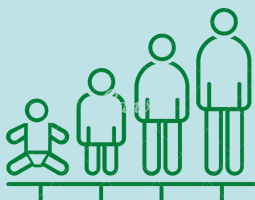
N = 6616

Perlis	4.1%(268)	Melaka	2.6%(175)	Sabah	8.5%(565)
Kedah	8.5%(561)	Johore	7.8%(513)	Sarawak	7.3%(481)
Penang	2.4%(162)	Pahang	5.8%(385)	Kuala Lumpur	7.3%(480)
Perak	9.5%(626)	Terengganu	2.6%(175)	Putrajaya	4.4%(292)
Negeri Sembilan	5.3%(348)	Kelantan	10.3%(684)	Labuan	0.7%(49)
Selangor	12.9%(852)				



Male : 23.9%(1581)
Female: 76.1%(5035)

AGE



<30 : 24.7%(1635)
31-40 : 48.7%(3219)
41-50 : 26.3%(1737)
51-60 : 0.2%(13)
>61 : 0.2%(12)



Single : 19.3%(1274)
Married : 77.3%(5112)
Divorce : 3.5%(230)



Childcare Support at Home

- Adequate : 75.3%
- Inadequate : 24.7%



Moral Support at Workplace

- Adequate : 83.8%
- Inadequate : 16.2%



Working Hours During COVID-19

- Less than 60 hours in a week : 83.8%
- 60 hours and more in a week : 16.2%

INVOLVEMENT IN COVID-19 ACTIVITIES

30.3%
respondents

Involved
Directly in
COVID-19
Screening &
Treatment
Process

48.7%
respondents

Involved in
Management
and Activities
Related to
COVID-19

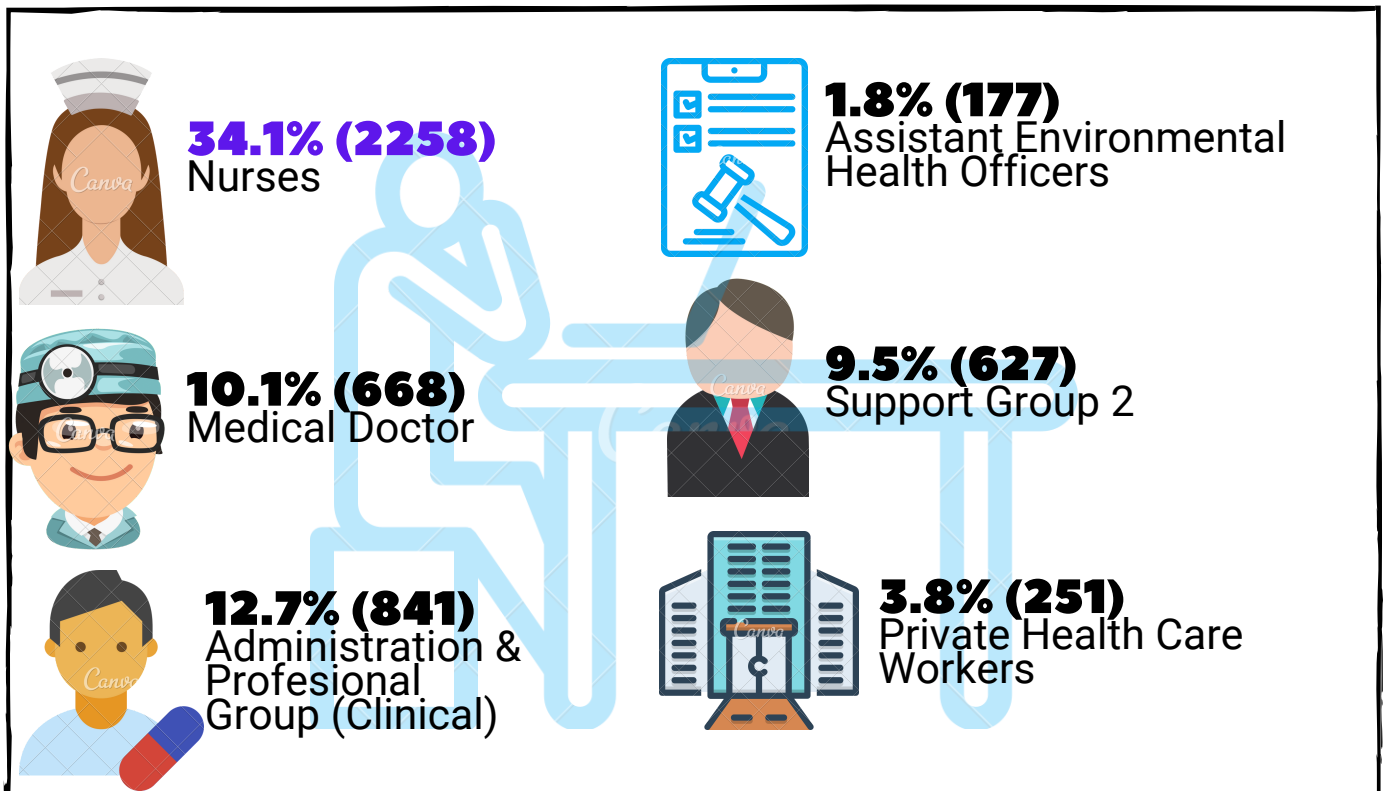
21.0%
respondents

Not Involved
in any
COVID-19
Activities

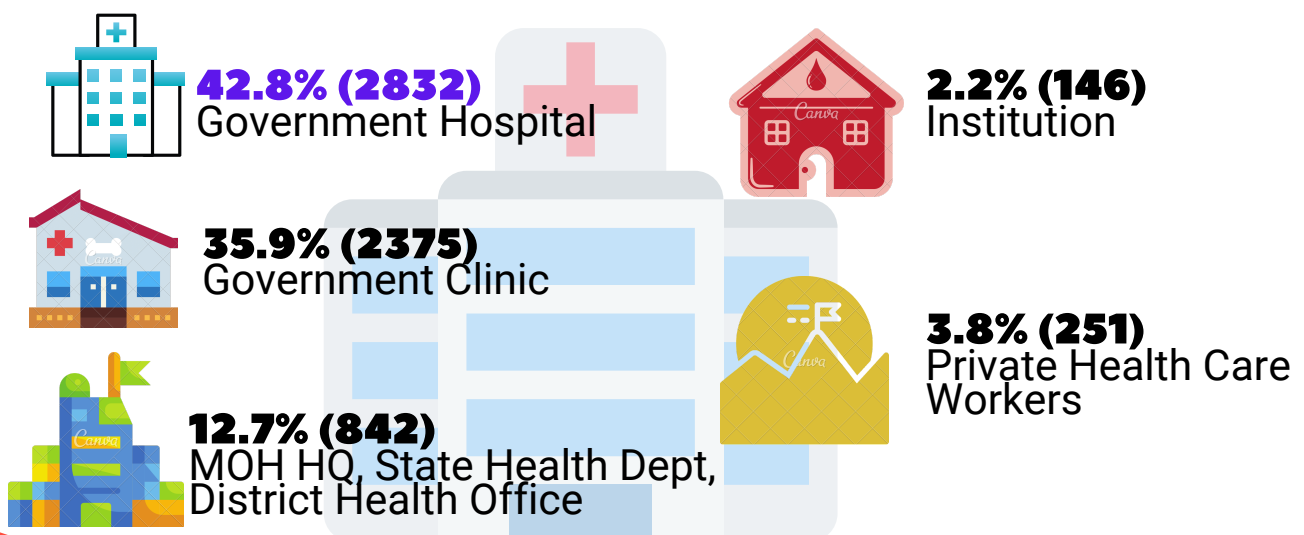
FINDINGS

EMPLOYMENT'S PROFILE

Profession



Workplaces



MENTAL HEALTH STATUS



Overall Mental Health Status

62.3%

Likely to be

WELL

14.2%

Likely to have

**SEVERE
MENTAL
DISORDER**

10.4%

Likely to have

**MILD
MENTAL
DISORDER**

13.0%

Likely to have

**MODERATE
MENTAL
DISORDER**



Mental Health Status by Sociodemographic

AGE

10.4%

19-30 Years



14.7%

Male



17.1%

Single



17.7%

Have one Child



26.9%

Inadequate
Childcare Support
at Home



39.9%

Inadequate
Moral Support
at Work

Likely to have
**SEVERE
MENTAL
DISORDER**



Mental Health Status by Involvement

13.1%

Involved Directly in
COVID-19
Screening &
Treatment Process



16.4%

Involved in
Management and
Activities Related to
COVID-19



10.6%

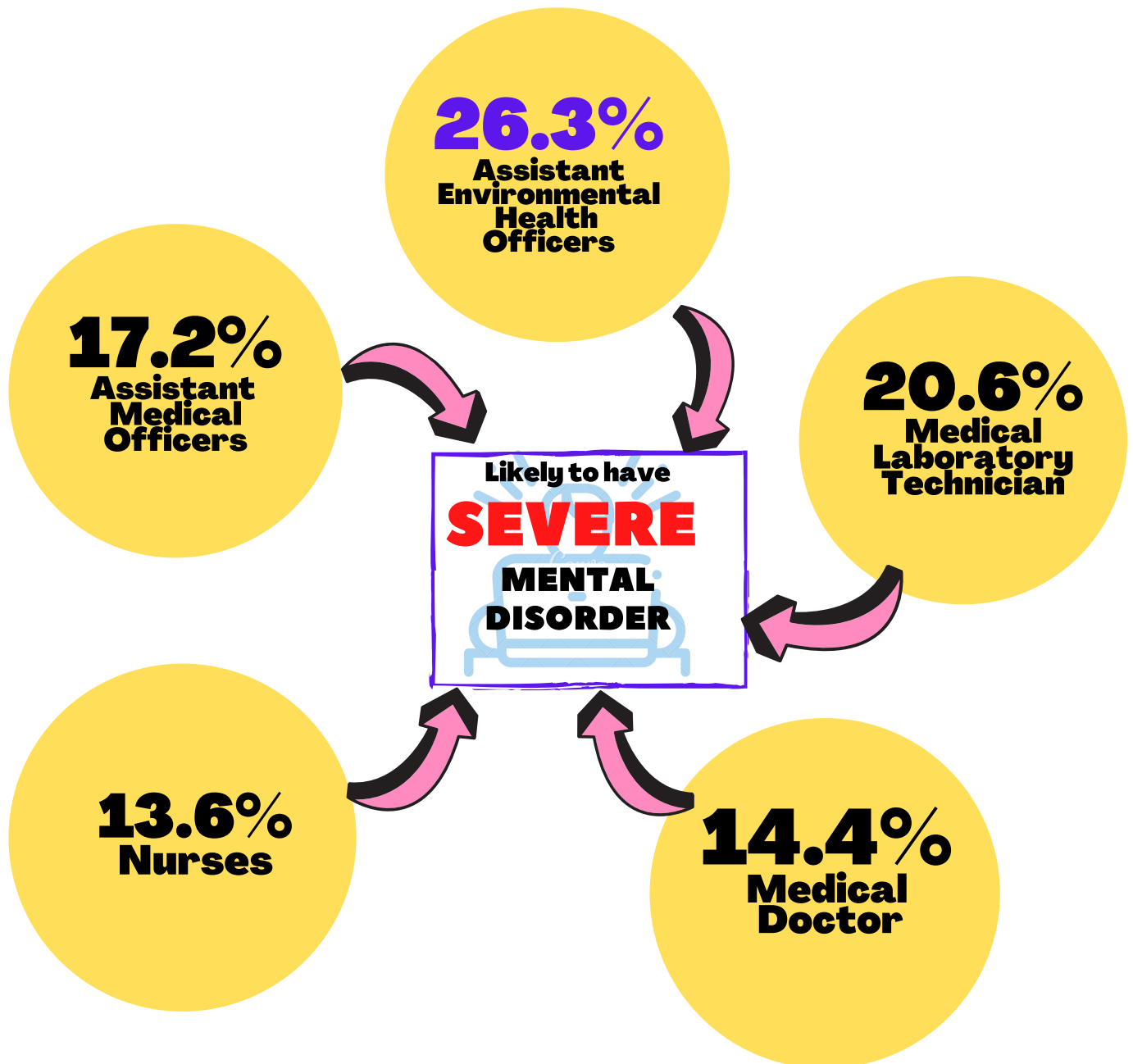
Not Involved in
any COVID-19
Activities



MENTAL HEALTH STATUS

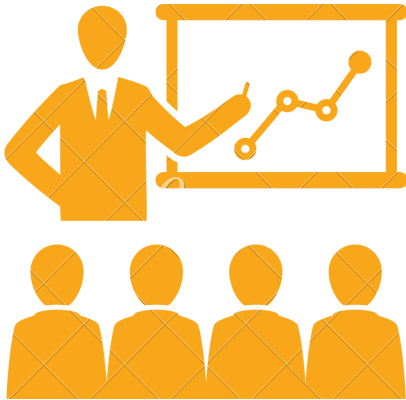


Mental Health Status by Profession



Between 47% to 73% of respondents from various profession showed
GOOD mental health status

CONCLUSION



- Overall, the psychological effects of healthcare workers during the COVID-19 pandemic are likely to be well. 🧑
- However, respondents who showed a likelihood to have severe mental disorders 🧠💥 should not be overlooked considering the high percentage especially among frontliners such as Medical Officers, 🧑 Medical Assistants, Nurses, 🧑 Assistant Environmental Health Officers, and Medical laboratory Technicians. 🧑🧪

THANK YOU



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