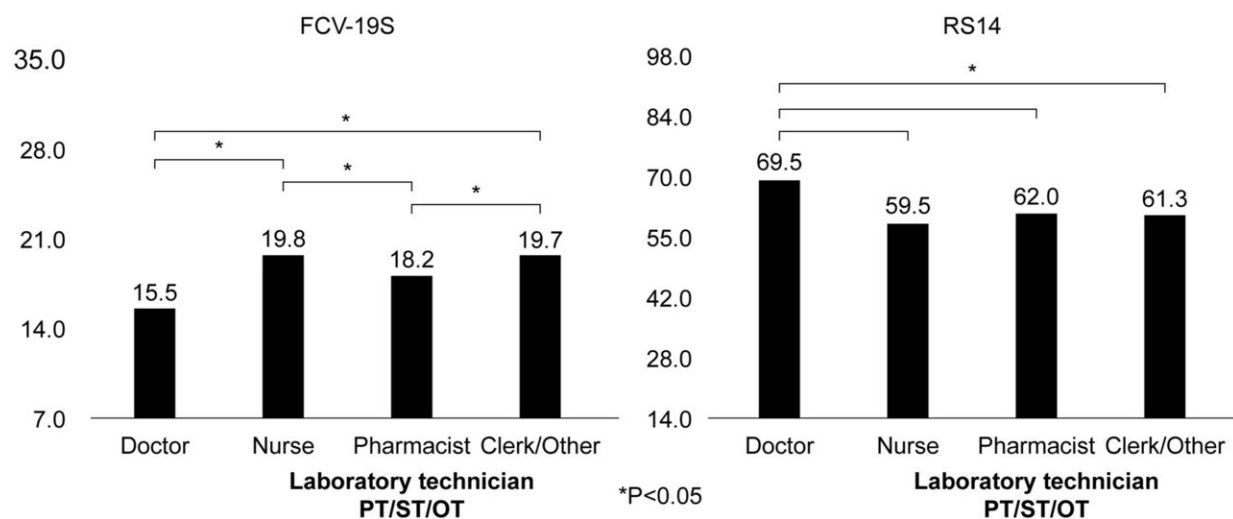


# Study: Fear of COVID-19 causes psychological distress in nursing and hospital clerical workers

May 26 2023



FCV-19S and RS14 in each occupation. Credit: *Frontiers in Psychiatry* (2023). DOI: 10.3389/fpsy.2023.1150374

The COVID-19 pandemic has led to a significant decline in mental health, particularly for hospital clerical workers who care for infected patients. However, few studies have examined the mental health of different hospital occupations in Japan, particularly in relation to fear of COVID-19 and resilience, which are unique factors of this pandemic.

To address this gap, the researchers conducted an online survey of

workers from seven hospitals in Ibaraki Prefecture that had responded to COVID-19. The survey sought to determine the relationship between [psychological distress](#), fear of COVID-19, and resilience among [hospital](#) workers based on their occupation. Participants were asked about their gender, age, job title, psychological distress, fear of COVID-19, and resilience.

They were also asked about their perceptions of various hospital initiatives during the pandemic. The results showed that nursing and clerical staff experienced higher levels of fear of COVID-19, which contributed to their higher levels of psychological distress. Conversely, physicians were found to have higher resilience levels. The availability of in-hospital consultation on infection control and the provision of psychological and [emotional support](#) were linked to lower levels of fear of COVID-19.

These findings suggest that a comprehensive support system is crucial for [mental health](#) care of hospital workers dealing with the spread of infection. A framework that offers psychological and emotional support and a platform to discuss workplace-related concerns can be effective.

The study is published in the journal *Frontiers in Psychiatry*.

**More information:** Haruhiko Midorikawa et al, Association of fear of COVID-19 and resilience with psychological distress among health care workers in hospitals responding to COVID-19: analysis of a cross-sectional study, *Frontiers in Psychiatry* (2023). [DOI: 10.3389/fpsyt.2023.1150374](#)

Provided by University of Tsukuba

Citation: Study: Fear of COVID-19 causes psychological distress in nursing and hospital clerical workers (2023, May 26) retrieved 1 May 2024 from <https://medicalxpress.com/news/2023-05-covid-psychological-distress-nursing-hospital.html>

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