
Abstract

Psychological support for medical personnel dealing with patients with COVID-19

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During the COVID-19 pandemic, the mental health of medical personnel dealing with infected people was in crisis. In this study, the psychological support which a clinical psychologist offered to those medical personnel was discussed. The psychologist also investigated what kind of changes can be seen in the numerical value of depression and anxiety, which people easily feel under this situation, during psychological support. The support consisted of mental checks, counseling, and self-care, and it was conducted over seven months. QIDS-J and STAI were used for mental checks. The numerical value of these exams showed a significant downward trend compared to the results taken at the start of psychological support. Even though the number of infected people increased rapidly four months after the support started, there was no significant aggravation in the numerical value of their depression and anxiety. The number of people who were judged to need care by a clinical psychologist decreased based on their monthly mental checks. In the post-questionnaire, there was an impression that psychological support brought peace of mind.

Keywords: psychological support, COVID-19 pandemic, mental health of medical personnel
