

# The Effect of Homerton Covid Psychological Support (HCPS) in Overcoming Mental Health Problems in Covid-19 Health Workers

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## Abstract

Coronavirus Disease-19 (COVID-19) is an infectious disease that not only attacks patients, virus also attacks several health workers who often have direct contact with positive COVID-19 patients. RSD Gunung Jati is a government hospital that accepts and treats COVID-19 patients. This causes concern both for the health workers themselves and for other health workers who have worked in the same place. So that many health workers will experience problems, such as anxiety, stress, fatigue, fear and even insomnia. Mental health services in the UK have issued guidelines for meeting mental health needs, namely through Homerton Covid Psychological Support (HCPS). HCPS is a guideline designed as mental and psychological health support for COVID-19 health workers. The purpose of this study was to determine the effect of Homerton Covid Psychological Support in reducing mental health problems for COVID-19 health workers at Gunung Jati Hospital, Cirebon. The sample in this study amounted to 32. The design of this study was pre-experimental with one group pretest-posttest, namely this design revealed a causal relationship by involving one group of subjects. This study uses data analysis with statistical tests with the T-Test analysis method. The results of the Paired t-Test showed a  $p\text{-value} = 0.000$  in the intervention group. The results of the Paired t-Test concluded that there were significant differences after treatment in the intervention group.

## Keywords

covid-19; homerton covid psychological support (HCPS); health workers



## I. Introduction

Coronavirus disease - 19 (COVID-19) is an infectious disease that was first discovered in Wuhan, Hubei Province, China at the end of 2019 (Zhu et al., 2019). This disease is of concern to the people of Indonesia and even internationally. WHO data on June 8, 2020 stated that the total number of patients globally diagnosed with COVID-19 was 6,931,000 people and 400,857 of them died (WHO, 2020). At the same time, 32,033 positive COVID-19 patients and 1,883 deaths were reported in Indonesia (Ministry of Health, 2020).

Efforts that can be made to reduce mortality and morbidity related to COVID-19 are preventive and curative efforts (Huang et al., 2020). The usual curative efforts include adequate facilities and infrastructure as well as reliable health workers in providing care for COVID-19 positive patients. However, health workers have a high risk of becoming infected (Huang et al., 2020). This can happen if there is a lack of support from all parties, lack of time to rest and minimal skills so that it will increase fatigue, work stress, and anxiety which in turn has an impact on decreasing the quality of services provided (Gao et al., 2020; Clark et al., 2020). al., 2020). Health workers who work at the Gunung Jati Regional Hospital in Cirebon have a greater risk of interacting with other health workers,

patients or sufferers suspected of being positive for COVID-19. This makes the mental health of the health workers at the Gunung Jati Regional Hospital, Cirebon, Cirebon experience problems, such as anxiety, stress, fatigue, fear and even insomnia.

The outbreak of this virus has an impact of a nation and Globally (Ningrum *et al*, 2020). The presence of Covid-19 as a pandemic certainly has an economic, social and psychological impact on society (Saleh and Mujahiddin, 2020). Covid 19 pandemic caused all efforts not to be as maximal as expected (Sihombing and Nasib, 2020).

The mental health impacts of health workers caring for COVID-19 patients vary widely. Health professionals are particularly vulnerable to physical exhaustion, fear, emotional disturbance, stigmatization, insomnia, depression and anxiety, distress, symptoms of post-traumatic stress and even suicide (Kang *et al.*, 2020; Lai *et al.*, 2020; Pfefferbaum & North, 2020). Health workers also experience more severe mental conditions, separation from family, increased exposure. The background of the research is no more than 500 words which contains the background and problems to be studied, the specific objectives, and the urgency of the research. In this section it is necessary to explain the description of the specific specifications related to the scheme against the virus and fear of transmission. For health workers it is difficult to stay mentally healthy in these situations, and reduce the risk of depression, anxiety, or burnout (ElHage *et al.*, 2020; Iqbal & Chaudhuri, 2020). To reduce the impact of mental health on health workers, social support is needed.

Social support affects several aspects of an individual's personality, such as tough personality, self-esteem and a sense of optimism. Optimism, high self-esteem and resilience can reduce a person's depression (IFRC, 2020). Mental health services and psychological professional bodies in the UK have issued guidelines for meeting mental health needs, namely through Homerton Covid Psychological Support (HCPS) (Cole *et al.*, 2020; Sull, Harland, & Moore, 2015). Homerton Covid Psychological Support (HCPS), these guidelines have been designed for mental and psychological health support for COVID-19 health workers. The HCPS was designed based on the previously discovered Ebola Psychological Support Service (EPSS), designed and delivered by South London and Maudsley (SLAM) (Cole *et al.*, 2020; Waterman, Cole, Greenberg, Rubin, & Beck, 2019).

Based on the explanation above, the purpose of this study was to determine the effect of Homerton Covid Psychological Support (HCPS) in reducing mental health problems in COVID-19 health workers at the Gunung Jati Regional General Hospital, Cirebon.

## II. Research Method

This type of research is experimental research, experimental research is a study that conducts experimental or experimental activities that aim to find out a symptom that arises as a result of a certain treatment or experiment (Arikunto, 2011). The design of this study was pre-experimental with one group pretest posttest, namely this design revealed a causal relationship by involving one group of subjects. The subject group was observed before the intervention, then observed again after the intervention.

Pre Test	Treatment	Post Test
O <sub>1</sub>	X	O <sub>2</sub>

This research was conducted at Gunung Jati Hospital, Cirebon City. The population in this study were health workers at Gunung Jati Hospital, Cirebon City. The sample

consists of an affordable part of the population that can be used as research subjects through sampling (Nursalam, 2016). In this study, the number of samples taken was 32, with the criteria for health workers who served in a special room for COVID-19, aged 21 to 50 years, experienced mental health problems and were willing to be respondents. To collect research data, the author uses the Self Reporting Questionnaire. The Self-Reporting Questionnaire (SRQ) is a questionnaire developed by the World Health Organization (WHO) to screen for mental health problems. In this study, statistical tests were carried out using the T-Test analysis method where to analyze the difference between the two dependent variables before and after treatment with a significant level used was = 0.05 (Notoatmojo, 2010).

### III. Results and Discussion

#### 3.1 Results

##### a. Mental Health Status of Respondents

**Table 1.** Analysis of Respondents Mental Health Status

Mental Health Status	Pre Test		Post Test	
	n	%	n	%
No Disturbance	0	0	32	100.0
Disturbance	32	100.0	0	0
Total	32	100.0	32	100.0

Based on the table above, it was found that 32 (100%) health workers had problems, there was a change after the intervention was given, namely 32 (100%) there were no disturbances. So it can be concluded that there is an average difference between the pre-test and post-test SRQ scores, which means that there is an influence of Homerton Covid Psychological Support (HCPS) in overcoming mental health problems in Covid-19 Health Workers.

##### b. The Effect of Homerton Covid Psychological Support (HCPS) on Mental Health Problems for Covid-19 Health Workers

**Table 2.** The Effect of Homerton Covid Psychological Support (HCPS) on Mental Health Problems for Covid-19 Health Workers

Variable	Intervention Group		mean Difference	t	P Value	95% Confidence Interval of the Difference	
	Before mean (BD)	After Mean (AD)				Upper	Lower
Mental Health Status	10.47	1.66	8.81	22.748	0.000	8.022	9.603

Based on table 2, the intervention group has a mean difference in mental health status of 8.81 which is positive, which means that there is a tendency to decrease mental health scores (SRQ) after treatment with an average decrease of 8.81. Based on the value of  $p = 0.000$ , it can be concluded that there is a significant difference in the pre and post SRQ scores (where  $p < 0.05$ ) with a  $t$  count = 22,748 ( $t$  count  $>$   $t$  table ( $df$  31 = 1.69552) with a positive value (+) indicating a score Mental health status before the Homerton Covid Psychological Support (HCPS) intervention was higher than the Mental health status score after the Homerton Covid Psychological Support (HCPS) intervention, so it can be concluded that the Homerton Covid Psychological Support (HCPS) intervention is effective in overcoming mental health problems in Covid Health Workers -19.

### **3.2 Discussion**

#### **a. Mental Health Status of Covid-19 Health Workers**

Coronavirus Disease 2019 (COVID-19) is a health disorder caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2). This coronavirus comes from the Coronaviridae group belonging to the order Nidovirales and is divided into two subgroups that are distinguished based on stereotypes and genomic characteristics (PDPI. 2020). This virus is dangerous and can transmit to anyone who has contact with patients who have been diagnosed with Covid-19, including health workers. Health workers as the front line in dealing with COVID-19 patients are very at risk of contracting Covid-19. This makes health workers experience mental health problems such as stress, anxiety, fatigue, worry and even depression (Gao et al., 2020).

Based on the results of this study, before the intervention was given, 100% of health workers experienced distress or mental health problems. However, after the intervention, there was a decrease in mental health problems, namely 100% of health workers did not experience mental health problems. Mental health problems experienced by health workers can be influenced by several factors such as the length of time working, the number of patients increasing, the lack of social support, the fear of transmitting COVID-19 to the closest family (Committee, 2020). This is also supported by the results of research conducted by Fadly et al (2020), that the relationship between the anxiety of health workers and several risk factors such as age, family status, availability of personal protective equipment, and knowledge of health workers. Age had an influence on anxiety ( $p=0.030$ ), where almost all ages 30 years (39.1%) or  $>30$  years (26.1%) experienced mild anxiety.

Another study also explained that one of the factors they experienced anxiety was because when treating positive patients with Covid-19, they were worried that they would transmit the Covid-19 virus to their families (Shanafelt, Ripp, Sinai, & Trockel, 2020). The results of this study are also supported by Lai et al (2020), the results of this study indicate the status of health workers who have families with anxiety tend to have a greater influence than unmarried health workers ( $r = 0.38$ ; 95% CI = 0, 15-0.81).

#### **b. The Effect of Homerton Covid Psychological Support (HCPS) on Mental Health Problems for Covid-19 Health Workers**

The results of this study indicate the value of  $p = 0.000$ , so it can be concluded that there is a significant difference in the pre and post SRQ scores (where  $p < 0.05$ ) with a  $t$  count = 22.748 ( $t$  count  $>$   $t$  table ( $df$  31 = 1.69552) with a positive value (+) shows that the Mental Health Status score before the Homerton Covid Psychological Support (HCPS) intervention is higher than the Mental Health Status score after the Homerton Covid Psychological Support (HCPS) intervention, so it can be concluded that the Homerton

Covid Psychological Support (HCPS) intervention is effective in overcoming mental health problems in Covid-19 Health Workers.

Homerton Covid Psychological Support, a guide that has been designed to address mental and psychological health problems for COVID-19 health workers. The HCPS was designed based on the previously discovered Ebola Psychological Support Service (EPSS), designed and delivered by South London and Maudsley (SLAM) (Cole et al., 2020; Waterman, Cole, Greenberg, Rubin, & Beck, 2019). In the implementation of HCPS there are three phases, phase 1 is the screening which is done online or through google forms. Phase 2 is the provision of interventions in the form of Cognitive Behavior Therapy (CBT) which is carried out through video conferencing and carried out. Next phase 3, this phase is carried out with special handling of health workers who in providing interventions in phase 2 but have not been successful. The intervention carried out in this study was only carried out until phase 2, namely the provision of Cognitive Behavior Therapy (CBT) interventions.

This Cognitive Behavior Therapy (CBT) intervention discusses the same topics about: simple coping strategies based on behavioral, cognitive approaches that can be used by health workers so that all difficulties experienced can be overcome; including stress, anxiety, unhelpful coping, bereavement and grief, poor mood and sleep problems (Cole et al., 2020; Waterman et al., 2019). In general, support from friends will protect the mental health of health workers. Staff members who constantly avoid meetings or are extremely stressed need discussion and support from experienced people such as their team leader, trained peers, or spiritual support. (Billings et al., 2020; DePierro et al., 2020; McKinley et al., 2020; Sweeney & Taggart, 2018). This intervention is given virtually with the Focus Group Discussion method.

In accordance with the government's program to limit social activities, this research is also conducted virtually or via video conference. Although this intervention was given virtually, the results of the study showed a significant effect. This is in accordance with the results of research conducted by Thew (2020), the results of the study show that this form of therapy is effective, although it is different from therapy given directly. The effects of remote or virtual therapy are designed to increase the availability and access of psychological support (Thew, 2020). Likewise, telephone therapy initially raised concerns about its effectiveness, but based on the results of research that has been conducted telephone therapy can be the foundation of effective psychological support (Turner et al., 2018).

#### **IV. Conclusion**

The results of this study indicate the value of  $p = 0.000$ , so it can be concluded that there is a significant difference in the pre and post SRQ scores (where  $p < 0.05$ ). So it can be concluded that HCPS is effective in overcoming mental health problems in Covid-19 Health Workers.

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