

Screening and Detection of Mental Health of Health Workers after the COVID-19 Era

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Abstract

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Dear Editor-in-Chief

After the emergence of the COVID-19 virus, the virus spread rapidly in different parts of the world and, incredibly, it became a pandemic that has resulted in the death of many people. In addition, the negative effects of COVID-19 on various aspects of human health are undeniable. One of the significant effects of COVID-19 is its impact on mental health, as mental health is predicted to be the next pandemic in the world [1].

During the COVID-19 outbreak, factors such as the occurrence of mass and unexpected deaths, fear of contamination, disease stigma, lockdown and social restrictions, uncertainties, unfinished or complex mourning, economic problems, have a significant impact on the mental health of people in the community [2-7].

Moreover, health care providers are also vulnerable to psychological damage, especially those on the front lines of the fight against COVID-19. Because on the one hand, they are worried about contracting this disease and transmitting it to those around them, and on the other hand, they are witnessing the tragic tragedy of the suffering and death of countless people, even their colleagues and relatives, therefore, these health workers are more exposed to mental injuries. In addition, stress, fatigue, and overwork during the COVID-19 era predispose them to burnout, which leads to frustration, apathy, and exhaustion [8, 9]. Furthermore, a review of past experiences such as the SARS epidemic has also reported psychological trauma of frontline health workers. It is therefore important to pay attention to the mental health of health care workers, especially as the infectious disease COVID-19 has been significantly more severe and widespread than previous experiences.

Although the psychological burden of health workers can be reduced to some extent with resilience and coping techniques, the psychological harms of health workers, especially frontline workers who face a high rate of morbidity and mortality, is undeniable.

Health care workers' mental health impairments can take many forms, including anxiety and depression, post-traumatic stress disorder, and suicidal behaviors [10].

Diverse interventions can be used to treat the psychological trauma and relieve mental anguish of health workers. Of course, accurate screening must be done before treatment, however the reality is that screening and detection of health workers during COVID-19 outbreak, especially the front line, may not be completely and accurately possible. Because in critical situations, the focus is more on solving the main problem, and there may not be enough time and attention to screen the mental health of health workers. On the other hand, due to the design of various vaccines and the widespread

implementation of vaccination programs in different parts of the world, we can gradually be optimistic about the end of the pandemic, and now we should think about the problems and challenges ahead in the post-pandemic era so that we don't have other crises ahead. Hence, in the post COVID-19 era, screening and detection of health workers in terms of mental health should be considered and not neglected. So, this letter was written with the aim of highlighting and preparing the next mental health screening of health care workers, so that managers, policy makers and stakeholders are sensitive and do not overlook the mental health of caregivers after COVID-19. Therefore, after the end of the epidemic, the screening and detection of the mental health of caregivers should be prioritized so that appropriate interventions can be made if necessary, because the quality of care is affected by staff with a frozen morale.

Conflict of interest

The authors declare that there is no conflict of interest.

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