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Anxiety and Coping in HMC and PHCC Frontline Health Care Workers During the COVID-19 Pandemic

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This research aims to explore the effects of coronavirus pandemic on frontline healthcare workers who are at a greater risk of contracting the infection than the general public. The study compares the level of anxieties and coping between frontline workers and other health care professionals at Hamad Medical Corporation (HMC) and Primary Health Care Corporation (PHCC) and within the front liners. The study also explores differences between the doctors, nurses, volunteers, etc. and the effects of variables like gender, age, education, and years of experience in health care settings on anxiety and coping. The data and statistics obtained will be scientific evidence for the nature and levels of anxieties and coping skills among workers that will enable us to develop more well-informed research and treatment plans in the future.

The study objectives are to compare level of anxieties and coping between frontline and other health care professionals at HMC and PHCC and within the front liners. The study also explores differences between the doctors, nurses, volunteers, etc. and the effects of variables like gender, age, education, and years of experience in health care settings on anxiety and coping.

Methodology used in the study are 1. Demographic assessment of participants, 2. Coronavirus Anxiety Scale, which is a five item mental health screening tool to measure COVID-19 related anxiety, 3. Brief COPE-2018, a 28-item coping scale measuring various ways in which people cope with their anxieties and 4. Brief Resilient Coping Scale, a four-item Likert scale on how people cope with their anxieties. All three measurement scales are validated. Qualtrics software is used to administer these three questionnaires in an online format. The responses to all three scales should take about 15 minutes of respondents' time.

COVID-19 is a first-time scenario in the modern world, so the topic is both original and pioneering. The studies on this topic are just starting and as far as we know, research on mental health is not done anywhere in the region. The demographics and three measurement scales considered for this study are reliable in psychological studies and all can be completed online in about 15 minutes. Therefore, they are clearly doable and in an economic and time-saving manner. The findings will be significant as there is no such study anywhere.

Biography

Amber Haque, PhD is Professor of Clinical Psychology at the Doha Institute for Graduate Studies. Previously, he was Professor of Clinical Psychology at UAE University in Al Ain, UAE and prior to that he was Associate Professor and Head of Department of Psychology at International Islamic University Malaysia. Dr. Haque earned his PhD in Psychology from Western Michigan University and Master's in Clinical Psychology from Eastern Michigan University. He also taught part-time at the National University of Malaysia and International University of Sarajevo, Bosnia and served as Visiting Scholar at Cornell University and the University of Pennsylvania. He worked as a psychologist for various mental health institutions in Michigan for over 12 years, published in the areas of mental health and indigenous psychology, edited six books, served as board member for four and reviewer for almost 40 international peer reviewed journals.

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