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COVID-19: WHAT IS THE IMPACT ON THE PSYCHOLOGICAL WELL- BEING OF HEALTHCARE PROFESSIONALS?

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Abstract: In 2019, world society experienced the first case of a disease caused by the new coronavirus (Covid-19). This scenario has become challenging for the whole of society, but especially for health professionals, who work on the front line against Covid-19. With the current context of health systems affected worldwide, it is necessary to have access to information and knowledge about the impacts that the pandemic has caused in the lives of these professionals. This way, the objective of the present work is to provide a better understanding of the impacts of Covid-19 on the levels of psychological well-being of these professionals through the analysis of positive psychology, searches were carried out in the following databases: Scielo, Scholar Google, Virtual Library at Health (BVS) and Pubmed. High levels of stress, anxiety and depression were observed in this population and these results justify the importance of mental health interventions aimed at these people during and after the pandemic. An alternative to consider is intervention in the theoretical-practical field of positive psychology in the pandemic context, as this area seeks to develop psychological well-being and contribute to human development based on its capabilities, such as resilience.

Keywords: Pandemic, Covid-19, Well-being, Health professionals, Mental health.

INTRODUCTION

In November 2019, world society experienced the first case of a disease caused by the new coronavirus (Covid-19), also known as: *Severe Acute Respiratory Syndrome Coronavirus 2* (SARS-CoV-2), beginning in the city of Wuhan, China, which became the first known epicenter of the disease (SANTOS, BERETTA, LEITE et al, 2020). The World Health Organization (W.H.O.), on January 30, 2020, declared an international emergency related to COVID-19 (WHO,

2020), in order to promote the development of stringent public health measures to reduce the infection and spread of the virus. The disease caused by the new coronavirus has a clinical spectrum that ranges from asymptomatic infections to severe conditions, in addition to extremely rapid spread (GOVERNMENT OF SANTA CATARINA, 2020).

The W.H.O. showed that in the first affected countries, about 40% of patients had a mild condition, 40% had moderate conditions such as pneumonia and 15% had severe disease (5% of them could lead to death) (WHO, 2020). Latin America was hit by the COVID-19 pandemic later than other continents. Brazil registered its first case on February 25, 2020 (THE LANCET, 2020). In May 2020, it reached one of the highest numbers of cases and deaths, behind only the USA and Russia (ANDRADE, 2020).

This scenario becomes challenging for the whole society, but especially for health professionals, workers who work on the front line against Covid-19. Faced with this situation, those who work on the front line experience a high level of stress related to fear, insecurity, overload of the workday, risk of being infected and transmitting it to their families. They also demonstrate stress when dealing with the unknown and seeking treatment possibilities, as well as when dealing with the possibility of chaos in the health system due to the lack of beds and support for the great demand (TORRES et al, 2020).

It is necessary to pay attention to the mental health of health workers, as the context of a pandemic, as suggested by the studies found (SILVA, et al, 2021; TEIXEIRA, 2020 and DANTAS, 2021), show recurrent reports of increased symptoms. of anxiety, depression, loss of sleep quality, increased drug use, psychosomatic symptoms (Fundação Oswaldo Cruz 2020 apud TEIXEIRA 2020).

The pandemic caused changes in daily life and social isolation, in addition to the work overload, has provided reflections on topics such as the promotion of mental health and psychological well-being. In this context of discussions, positive psychology emerges with a focus on human virtues and potential, with an optimistic view of self-compassion, resilience and psychological well-being, but realistic and aware of the needs and problems related to COVID-19 (ZANON & DELLAZZANA- ZANON, 2020; SILVA 2020).

Positive psychology is a theoretical-investigative field that aims to study the positive aspects of the human being, with the aim of making people's lives more pleasant, promoting psychological well-being and even preventing diseases. Still, positive psychology is intended to supplement, not remove or replace, what is known about human suffering, weakness and disorders, suggesting many possibilities of action relevant to adverse situations (SILVA & DAMO, 2020).

Seligman (2004) says that positive psychology is based on three main concepts: the study of positive emotions, the study of positive traits (strengths, virtues, intelligence, athleticism) and the study of positive institutions (democracy, family, freedom).

Research focusing on the field of well-being is scarce, especially in contexts related to negative health outcomes, such as the Covid-19 pandemic. Psychological well-being is an important component of Positive Psychology, which concerns what people think and feel about their lives, well-being is also called happiness within positive psychology, perceiving the positive affect in happiness to easy sociability, which provides a natural and pleasant interaction with other people (DIENER, 2000; SELIGMAN, 2004). It is an aspect that can favor the way we see ourselves and other people, which can result

in greater pleasure in experiencing everyday situations and in the relationship with our peers (PASSARELI & SILVA, 2007).

Considering the problem of this study, as well as the current context of the health systems affected worldwide, it is necessary to have access to information and knowledge about the impacts that the pandemic has caused to health professionals, making it essential to generate data. researchers who collaborate in the development of more efficient strategies related to this issue. This way, the objective of this literature review is to provide a better understanding of the impacts of Covid-19 on the levels of psychological well-being of professionals who are on the front line. To this end, the following research question was determined: What is the impact of Covid-19 on the levels of psychological well-being of health professionals?

METHODOLOGY

This is a narrative literature review. Searches were conducted between March and April 2021 in the following databases: *Scielo*, *Scholar Google*, *Virtual Health Library (VHL)* and *Pubmed* with the following search descriptors in Portuguese and English respectively: pandemic; Covid-19; well-being; health professionals; mental health and *pandemic; covid-19; welfare; health professionals; mental health*.

For inclusion, articles published from 2020 to March 2021 were considered, a period that coincides with the emergence of Covid-19 and the declaration of a Pandemic by the World Health Organization (W.H.O.). Studies without methodological description, editorials and articles that did not address issues related to psychological well-being, covid-19 and mental health of health professionals were excluded.

After searching the databases, taking into account the criteria mentioned above,

17 abstracts were read and 7 articles were included in full, according to the flowchart shown in figure 1.

The data found in this review were systematized and presented in a chart for a better understanding of the findings (Chart 1).

DEVELOPMENT

PSYCHOLOGICAL WELL-BEING ABOUT THE POSITIVE PSYCHOLOGY VIEW

In the face of adversity, such as the pandemic, it is normal for negative feelings to appear, after all, it is expected to look at this event with greater emphasis on losses, isolation and all the changes that have been happening. According to Myers (2000) apud Passareli & Silva (2007) and Seligman (2004), studies on unhappy people are abundant in the literature, while positive aspects of human potential are left out. Passareli & Silva (2007) state that studies on human strengths and potential mean a change in interests focused only on negative emotions.

In this sense, well-being (BE) within positive psychology, as Seligman and Csikszentmihalyi (2000) point out, refers to what people think and feel about their lives, in addition to being just a more scientific-sounding term for what people think and feel about their lives. people generally describe it as the experience of bliss.

The term happiness receives different definitions, in addition to being an often idealized emotional experience. However, positive psychology proposes measures to know the well-being that we seek through the knowledge of positive emotion, engagement, meaning, positive relationships and fulfillment, it proposes that it would be possible to determine what makes a person happy (CAMALIONTE & BOCCALANDRO, 2017).

Thus, Zanon & Dellazzana-Zanon (2020) believe that increased BE can contribute to maintaining mental health and reducing psychopathological symptoms during and after the COVID-19 pandemic. That said, Covey (2012) apud Silva (2020), declares that even though it seems contradictory, it is possible to build a viable and positive future, hitherto conceived as unimaginable, by stating that there are no absolute and definitive answers, but that it is necessary to recognize the potential that is available, combining courage and confidence to keep moving forward in search of answers that can make days better.

RESILIENCE AND SELF-COMPASSION: WELL-BEING FACTORS

Based on the reviewed articles, resilience and self-compassion are important factors in raising levels of psychological well-being. Resilience, for example, has been considered as the phenomenon by which many people maintain their mental health despite exposure to psychological or physical adversity (KALISCH ET AL., 2017 APUD ZANON & DELLAZZANA-ZANON ET AL., 2020).

Paludo & Koller, 2007 apud Camaliente & Boccalandro, 2017 define resilience as the response to significant changes fraught with situations of risk and adversity. They state that in adverse situations it is possible to know personal strengths and virtues, such adverse situations can produce important effects on people's lives as they favor the development of their potential, making them stronger and more productive.

Self-compassion, in turn, is related to an emotionally positive attitude, directed towards oneself, which can protect against the negative consequences of self-judgment, social isolation and rumination, that is, it concerns looking at oneself with the same type. of care, kindness and compassion that one would

have with other people (CAMALIONTE & BOCCALANDRO, 2017).

Silva (2020) presents that resilience and self-compassion, used effectively, can contribute to awareness and the respective possibilities of self-care (self-compassion), so that individuals can deal with adverse situations and make assertive and positive choices, in the face of circumstances, such as the event of the pandemic currently experienced.

MENTAL HEALTH OF THE HEALTH PROFESSIONAL

According to Prado et al (2020), the health of health professionals is a major concern in the current context, because in addition to being facing the pandemic like everyone else, they are constantly dealing with death and difficult decisions that can affect their physical and mental well-being.

According to Santos et al (2020) and Liu et al. (2020), despite the recent emergence of this disease, it is already possible to observe its negative effects on the mental health of health professionals. In this context, workers who deal with the diagnosis, treatment and care during the care of the patient with COVID-19 and who are on the front line in the management of patients are the most vulnerable to developing psychological distress and other symptoms that affect mental health.

Thus, Prado et al (2020) present in their study that frontline professionals involved in diagnosis, treatment and/or care in general, showed high rates of psychic suffering such as fear, anxiety, depression, anguish, sleep harmed and other feelings related to the risk of exposure to the virus.

Brito-Marques et al. (2021) found that 75% of the research participants, Brazilian physicians, had depressive symptoms, in addition to highlighting that health teams are

physically and mentally exhausted in the face of uncertainties and difficulties and, therefore, have a higher risk of insomnia, anxiety and depression. depression due to high level of stress during the day. The author also says that, in general, these groups are discouraged from living with other people, even with their family members for safety reasons against contamination/spreading of the virus, which tends to increase the feeling of isolation.

Silva et al. (2021) bring more specific details in their research with health professionals, such as, for example, the relationship with the different professions in the area. Thus, a significantly higher risk of anxiety was observed in nurses, compared to doctors, considering that there may be a possibility that the data may be influenced by the gender variable, since women predominate in the ranking in relation to men. Thus, Silva et al (2021) demonstrate that anxiety levels are more prevalent in female health professionals, nurses, who work on the front line, infected by SARS-CoV-2 and who have chronic diseases. It also points out that professionals working on the front line had higher prevalence of anxiety when compared to those less exposed to the infected and that this can be explained by the fact that these professionals are more concerned with offering effective and humanized treatment to such patients (SILVA et al., 2021).

Prado et al (2020) presented relevant data in their study, which aimed to analyze how Covid affects the mental health of health professionals in the world. Therefore, he reported that 59% of health workers had moderate to severe levels of stress. In addition, the author pointed out the high number of health professionals infected by Covid-19. In conclusion, the study emphasizes that these professionals need a specialized look at mental health, as a professional with assistance favors the performance of the team.

POSITIVE PSYCHOLOGY AND COVID-19

Silva et al. (2021), believes that disseminating knowledge from the field of positive psychology as a contribution to isolation and social distancing in the period of Covid-19, can help the development of strategies aimed at promoting the health and well-being of the population in general, including of health professionals. To this end, Zanon & Dellazzana-Zanon (2020) emphasize that positive psychology practices can be conducted online in the context of the pandemic, precisely with the aim of developing favorable attitudes and beliefs about positive aspects that may be present at this time. The authors state that to obtain satisfactory results it will be necessary to change habits and lifestyle, in order to improve a more positive expectation about oneself, about life and about how to deal with people and situations.

Finally, Silva et al. (2020) in their project, sought to insert positive psychology into society through lives, without academics and offering accessibility, as they understand that positive psychology can contribute to current situations, considering the critical and high-tension context. The authors, as well as Zanon & Dellazzana-Zanon (2020), remind us that if the techniques are used correctly, with regard to what positive psychology can provide, they can contribute to awareness, resilience, optimism, creativity, hope and self-compassion and, thus, enable individuals to deal with and make assertive and positive choices, given their current life circumstances.

FINAL CONSIDERATIONS

Based on the reviewed studies, it is concluded that the context of the Covid-19 pandemic generated greater fragility of mental health, especially for health professionals who work on the front line. It was also observed that the subject of mental health began to be debated in this period, after all, as well as the social isolation, the fear of contamination is very great and the main stressor presented by the reviewed literature.

Thus, the objective of this research was to review the literature seeking to discover the impact of Covid-19 on the levels of well-being of health professionals. The main results were the high levels of stress, anxiety and depression in this population. Such results justify the importance of mental health interventions targeting these people during and after the pandemic.

An alternative for such interventions seems to be one based on the theoretical-practical field of positive psychology, seeking to develop psychological well-being and contributing to human development based on their capabilities, such as resilience. In general, despite the scarcity of studies focusing on the positive aspects of mental health, it made it possible to know the theoretical framework of positive psychology and consider its relevance in the pandemic context.

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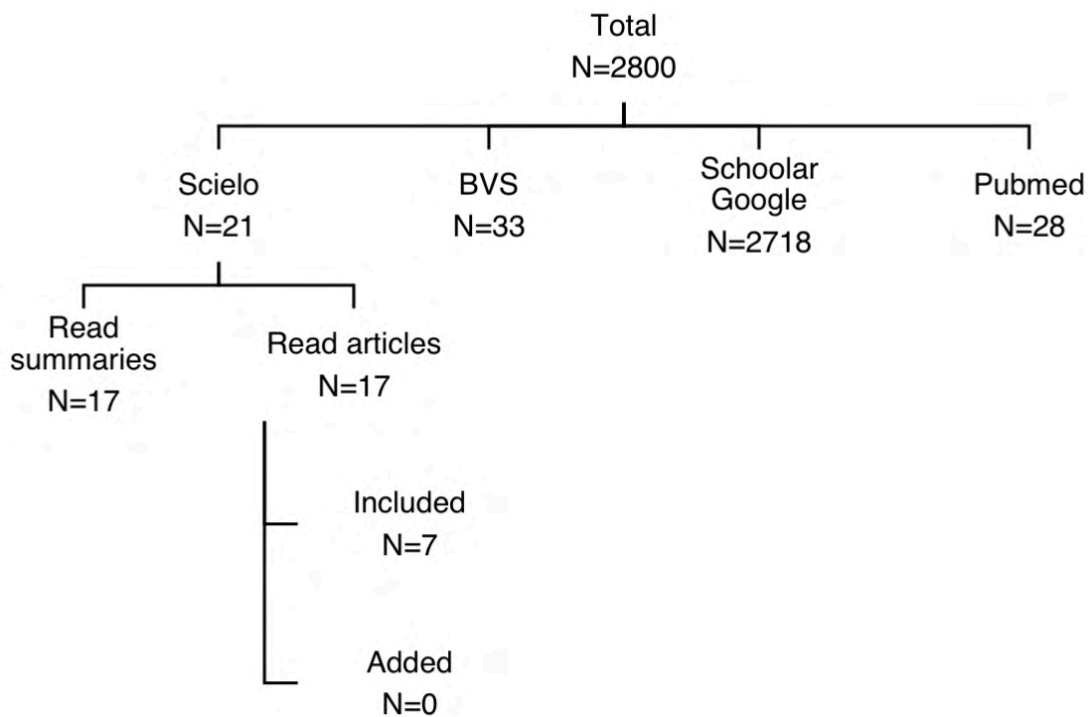


Figure 1. Search flowchart.

AUTHOR, YEAR/ MAGAZINE	GOAL	METHOD	MAIN RESULTS	NOTES
PRADO, et al. 2020 Revista Eletrônica Acervo Saúde	To know the mental health situation of frontline health professionals in the COVID-19 pandemic, and what consequences for health services.	Integrative literature review including 8 articles, all in English and from international journals. Five of these studies were carried out in China, the others in Australia, Malaysia and Italy. Keywords: Mental health, Covid-19, health professionals, health services.	- Fragility in the mental health of the health worker, within the uncertainties of the future and the cure of the COVID-19 virus; - High levels of anxiety, stress, depression, fear, anguish and altered sleep, diseases; - Difficulty of professionals in seeking help.	The mental health of these professionals has been identified as a major concern: risk factors at work; losses (close colleagues or family members) Little is known about the long-term consequences of this psychological distress.
BRITO- MARQUES, et al. 2021 Arq.Neuro-Psiquiatr	To investigate sleep quality and the prevalence rate of sleep disorders among physicians during the COVID-19 pandemic, and identify the psychological and social factors associated with the condition.	Cross-sectional study with the application of an online questionnaire to physicians in Brazil and inclusion of 332 participants, of which 227 were women. Keywords: COVID-19; Insomnia; Depression; Anxiety.	- 65,6% presented changes in sleep, with poor sleep quality reported by 73.1%; - 75.8% had depressive symptoms; - 73.4% had symptoms of anxiety .	Factors related to these results included an isolation environment, concerns about the COVID-19 outbreak, and symptoms of anxiety and depression.
SILVA, et al. 2021 Ciência & Saúde Coletiva	To identify the prevalence of anxiety in health professionals during the COVID-19 pandemic.	Systematic review of studies published in any language in 2020. Embase, LILACS and PubMed databases using the descriptors anxiety, COVID-19, health workers, and synonyms. 36 articles were included in the systematic review and 35 in the meta-analysis.	- The overall prevalence of anxiety was 35%; - A higher risk of anxiety was identified in women compared to men, and in nurses, compared to doctors; - Acting on the front lines in the fight against COVID-19, being infected with coronavirus and having chronic diseases were also factors associated with a higher risk of anxiety.	There is a high prevalence of anxiety among health professionals, with a higher risk among women and nurses.
Zanon, Dellazzana- Zanon. 2020 Estudos de Psicologia	To present research produced by Positive Psychology and indicate how these findings can support interventions to promote mental health and well-being during social isolation.	Literature review with evaluation mainly from Positive Psychology.	To obtain satisfactory results requires changing habits and lifestyle, in order to improve a more positive expectation about oneself, about life and about how to deal with people and situations.	An important limitation of this proposal is due to the lack of empirical results on the development of constructs investigated by Positive Psychology in the situation of the COVID-19 pandemic.

SILVA, et al. 2020 Cidadania em ação	To contribute to the positive confrontation of the threats imposed by the COVID-19 pandemic, through the maintenance and development of healthy behaviors.	Experience report with the description of the project, the method, the execution and the results obtained with its application. The project took place through the realization of lives on the laboratory's network and social media. LAPTOP	It helped in the development of strategies aimed at promoting health through emotions, feelings, attitudes and behaviors that favored people's well-being, quality of life and happiness.	The great challenge was not to study without, however, disregarding the relevance and property of the themes, but always trying to show the viewers of the lives the applied meanings and the possible practical uses in each one's daily life. Seeking to characterize the actions generated through the project, as the social insertion.
PASSARELLI; SILVA. 2007 Estudos de Psicologia	To present the emergence of Positive Psychology as an important new field of studies in contemporary Psychology	Literature review.	They identified that subjective well-being opens doors to new contributions that seek to understand human beings based on their potential, and not just on their weaknesses.	Few studies have been carried out in Brazil to date on this topic.
CAMALIONTE; BOCCALANDRO. 2017 Bol. Acad. Paulista de Psicologia	To investigate how the main aspects studied by this psychological approach, such as: positive emotion, engagement, meaning, positive relationships, positive achievement, resilience and optimism, appear in the report of people's experiences and how they define happiness.	Semi-directed qualitative research. Ten university students from six different faculties participated in this research, three of which were private and three were public. Participants are between 20 and 28 years old, two males and eight females, and all of them are of middle economic class.	-Fatores medidos quantitativamente por pesquisadores da Psicologia Positiva são uma combinação boa para a felicidade e que, apesar de possuírem componentes subjetivos, podem aparecer de maneiras semelhantes nas respostas de pessoas diferentes. - Interpersonal relationships are very important and determinant for happiness, they also showed that good relationships, in addition to characterizing happy lives, also contribute to health.	More research on this topic with the Brazilian population is very necessary so that we can better understand the differences and similarities of the ideas of happiness and well-being and also of Positive Psychology in Brazil and in other cultures.

Table 1. Literature review on the impact of covid-19 on the levels of well-being of health professional.