

**PREVALENCE OF DISTRESS AND
ASSOCIATION WITH PSYCHOLOGICAL FACTORS
AMONG HEALTHCARE WORKERS IN
A NON COVID-19 HOSPITAL IN
KOTA KINABALU, SABAH**



AG AZMI BIN AG DAMIT

UMS
UNIVERSITI MALAYSIA SABAH

**FACULTY OF MEDICINE AND HEALTH SCIENCES
UNIVERSITI MALAYSIA SABAH
2022**

**PREVALENCE OF DISTRESS AND
ASSOCIATION WITH PSYCHOLOGICAL FACTORS
AMONG HEALTHCARE WORKERS IN
A NON COVID-19 HOSPITAL IN
KOTA KINABALU, SABAH**

AG AZMI BIN AG DAMIT



UMS

**THESIS SUBMITTED IN FULFILMENT OF THE
REQUIREMENTS FOR THE DEGREE OF
MASTER OF SCIENCE**

**FACULTY OF MEDICINE AND HEALTH SCIENCES
UNIVERSITI MALAYSIA SABAH
2022**

ABSTRACT

The Covid-19 pandemic has caused much psychological distress amongst healthcare workers, more those serving in Covid-19 hospitals. This can lead to high levels of burnout, due to increasingly challenging working environments. The factors underlying depression and anxiety, chiefly psychological process variables (mindfulness and psychological flexibility) should be examined to ascertain particular targets of treatment. At the same time, fear of Covid-19 and stress of Covid-19 have emerged, suggesting that the stressors of this pandemic are very divergent from previously. A cross-sectional study was performed amongst 210 healthcare workers in Queen Elizabeth 2 Hospital Kota Kinabalu, Sabah. Questionnaires pertaining to the following variables were administered: sociodemographic variables (age, gender and living status); burnout; psychological process variables; fear of Covid-19; stress of Covid-19; depression, anxiety, and stress. Bivariate correlations were assessed amongst all continuous variables and hierarchical multiple regressions were performed using depression and anxiety as separate dependent variables. At the first stage, sociodemographic variables were inputted; burnout, coping styles, and psychological process variables at the second stage; then at the third stage, the fear and stress of Covid-19 and the burnout variables were inputted. Age, psychological flexibility, and dysfunctional coping styles emerged as consistent predictor variables for both depression and anxiety. Mindfulness emerged as an additional predictor variable for depression but not anxiety. This study demonstrates that brief interventions that target psychological flexibility will decrease experiential avoidance. This suggests that depression and anxiety in healthcare workers undergoing high levels of stress can be diminished by appropriate interventions that target relevant psychological constructs.

Keywords: psychological flexibility; coping styles; depression; anxiety; stress;
burnout

ABSTRAK

KEMURUNGAN DAN HUBUNGKAIT DENGAN FAKTOR PSIKOLOGIDI KALANGAN PETUGAS KESIHATAN DI HOSPITAL SOKONGAN PANDEMIK COVID-19 KOTA KINABALU

Pandemik Covid-19 telah menyebabkan banyak tekanan psikologi di kalangan petugas kesihatan yang berkhidmat di hospital Covid-19. Ini boleh menyebabkan tahap keletihan yang tinggi, disebabkan persekitaran kerja yang semakin mencabar. Faktor-faktor yang mendasari kemurungan dan kebimbangan, terutamanya pembolehubah proses psikologi (kesedaran dan fleksibiliti psikologi) dinilai untuk memastikan rawatan khusus. Dalam pada itu, ketakutan Covid-19 dan tekanan Covid-19 telah muncul, menunjukkan bahawa tekanan wabak ini berbeza daripada sebelumnya. Kajian keratan rentas telah dilakukan dikalangan 210 petugas kesihatan di Hospital Queen Elizabeth 2 Kota Kinabalu Sabah. Soal selidik berkaitan dengan pembolehubah berikut diberikan: pembolehubah sosiodemografi (umur, jantina dan status hidup); terbakar; pembolehubah proses psikologi; takut Covid-19; tekanan Covid-19; kemurungan, kebimbangan, dan tekanan. Korelasi bivariat dinilai di antara semua pembolehubah berterusan dan regresi berganda hierarki dilakukan menggunakan kemurungan dan kebimbangan sebagai pembolehubah bersandar yang berasingan. Peringkat pertama, pembolehubah sosiodemografi telah dimasukkan; keletihan, gaya mengatasi, dan pembolehubah proses psikologi pada peringkat kedua; kemudian peringkat ketiga, ketakutan dan tekanan Covid-19 dan pembolehubah terbakar dimasukkan. Umur, fleksibiliti psikologi dan daya tindak yang tidak berfungsi muncul sebagai pembolehubah peramal yang konsisten untuk kedua-dua kemurungan dan kebimbangan. Kesedaran muncul sebagai pembolehubah peramal tambahan untuk kemurungan tetapi bukan kebimbangan. Kajian ini menunjukkan bahawa intervensi ringkas yang menyasarkan fleksibiliti psikologi akan mengurangkan pengabaian pengalaman. Ini menunjukkan bahawa kemurungan dan kebimbangan dalam petugas kesihatan yang mengalami tahap tekanan yang tinggi boleh dikurangkan dengan campur tangan yang sesuai yang menyasarkan pembangunan psikologi yang berkaitan.

Kata kunci: fleksibiliti psikologi; gaya menghadapi; kemurungan; kebimbangan; tekanan; terbakar