



EHMA 2024

Shaping and managing
innovative health ecosystems

Perceived need and help-seeking for psychosocial support among health and social care professionals: A Systematic Review

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5 – 7 June 2024 – Bucharest, Romania

Politehnica University of Bucharest, Bucharest, Romania

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Background

- Health and social care workers are facing multiple challenges that may increase their burden and stress (1)
- It is fundamental to prevent work-related mental health issues to sustain workforce and improve the quality of care (2)
- To prevent and treat these issues efficiently, it is crucial to recognize the need for help

1. Health and care workforce in Europe: time to act. Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO

2. Abdul Rahim HF, Fendt-Newlin M, Al-Harashsheh ST, Campbell J. Our duty of care: A global call to action to protect the mental health of health and care workers. Doha, Qatar: World Innovation Summit for Health, 2022 ISBN: 978-1-913991-25-8

Aims

We investigate:

- How many health and social care workers **have experienced need for psychosocial support?**
- How many of workers **have actually sought help?**
- **How large costs** do work-related mental health issues and barriers for help-seeking cause to the health and social care organisations?

Methods

- Sources: PubMed, PsycInfo, CINAHL
- 853 references from CINAHL, 441 from PsycInfo and 945 from PubMed -> 868 total duplicates were removed -> 1371 references for title and abstract screening
- Final search was conducted on 02/2024:
"mental health*" OR psychological* OR stress OR burnout OR burn-out OR "burn out" OR fatigue OR distress OR anxiety OR insomnia OR depression OR sleep* OR "compassion fatigue" OR "empathic distress"

AND

"social care work*" OR "social care profession*" OR "health care work*" OR "health care profession*" OR "hospital work*" OR "hospital profession*" OR "medical work*" OR "medical profession*" OR nurse* OR doctor* OR physician*

AND

need* OR support OR help* OR perceived

Results

- Title and abstract screening is ongoing by two researchers
- Our preliminary findings show that perceived need for psychosocial support is major
- There are several barriers for help-seeking, such as stigma
- Many of the researches considering need for support are conducted at the time of covid-19
- Measuring direct costs proved to be complex

Results – examples of studies

Occupational stress, respect, and the need for psychological counselling in Chinese nurses: a nationwide cross-sectional study.

Zhang, W.; Ma, X.; Yu, S.; Zhang, X.; Mu, Y.; Li, Y.; Xiao, Q.; Ji, M.

Public Health (Elsevier) 12// 2023;225():72-78

New York, New York Elsevier B.V. 2023 12//

DOI: [10.1016/j.puhe.2023.09.003](https://doi.org/10.1016/j.puhe.2023.09.003)  • Ref ID: 174058426

- "We collected and analysed 51,406 valid online questionnaires."
- "As a result, 64.7% nurses believed they had a moderate or high need for psychological counselling. However, 80.7% indicated that receiving adequate respect could decrease the need for stress-related psychological counselling."

Results – examples of studies

Help-seeking for depression among Australian doctors.

Muhamad Ramzi, N. S. Aishah; Deady, Mark; Petrie, Katherine; Crawford, Joanna; Harvey, Samuel B.

Internal Medicine Journal 12// 2021;51(12):2069-2077

Malden, Massachusetts Wiley-Blackwell 2021 12//

DOI: [10.1111/imj.15035](https://doi.org/10.1111/imj.15035) • Ref ID: 154274244

- "A secondary analysis was conducted on a nation-wide survey of 12 252 Australian doctors. The study sample consisted of doctors who reported having ever felt seriously depressed (n = 4154; 33.9% of total sample)"
- "Sixty percent (95% confidence interval (CI): 58.5–61.5) of doctors who have ever felt seriously depressed reported some form of professional help-seeking for depression."
-> 40 % of seriously depressed doctors did not seek help!
- "The most common barrier to help-seeking was 'privacy/confidentiality'."

Discussion

Recognizing this need for psychosocial support is important

1. To sustain the mental health of professionals
 2. For continued delivery of services
 3. For patient safety
- Based on perceived need, employers can develop relevant interventions to provide psychosocial support to workers
 - Findings of this study could provide one possible solution to recruitment problem in health and social care field



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Thank you!

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Acknowledgements: Funding by Finland's Ministry of Social Affairs And Health