

Introduction

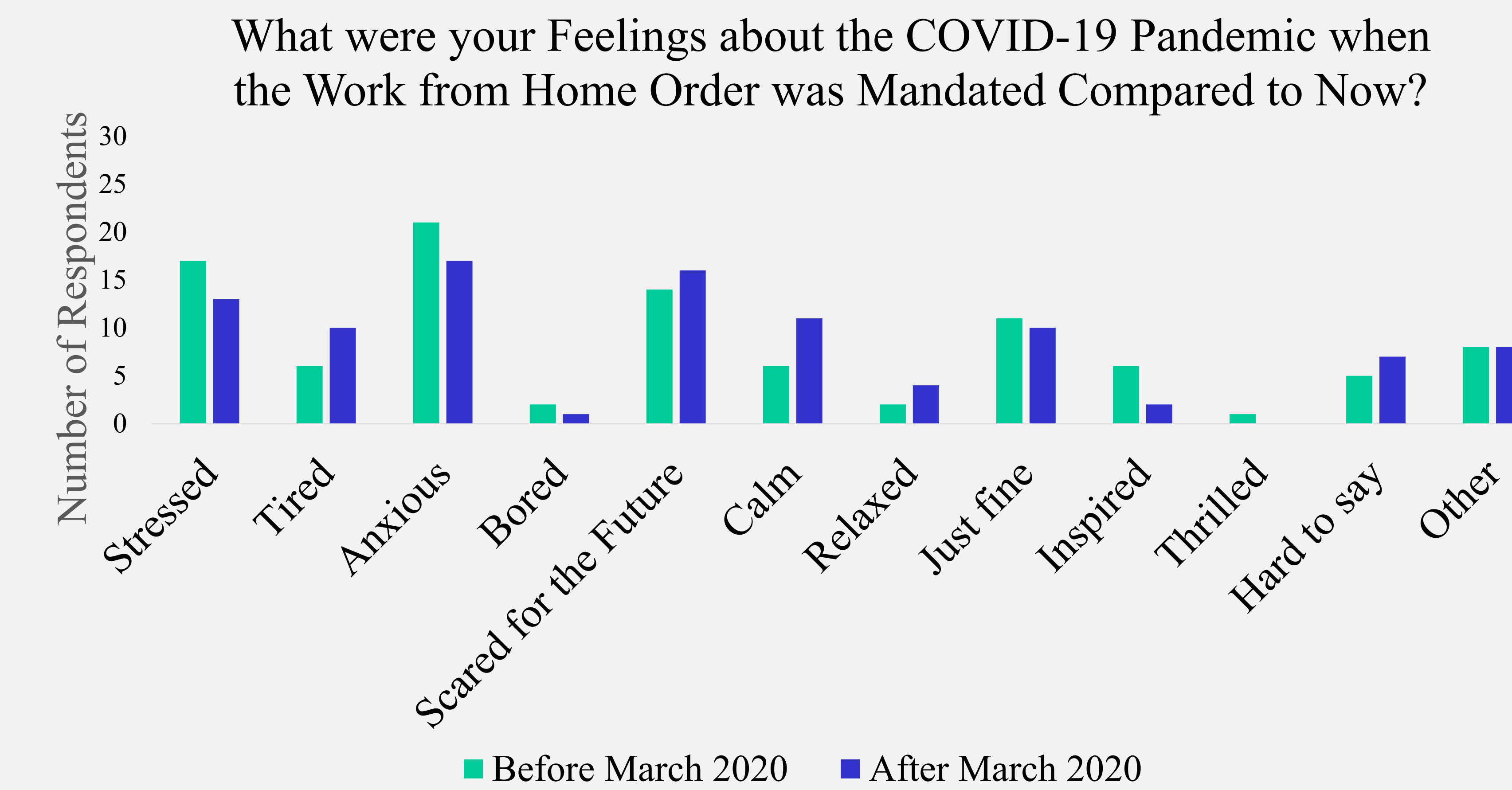
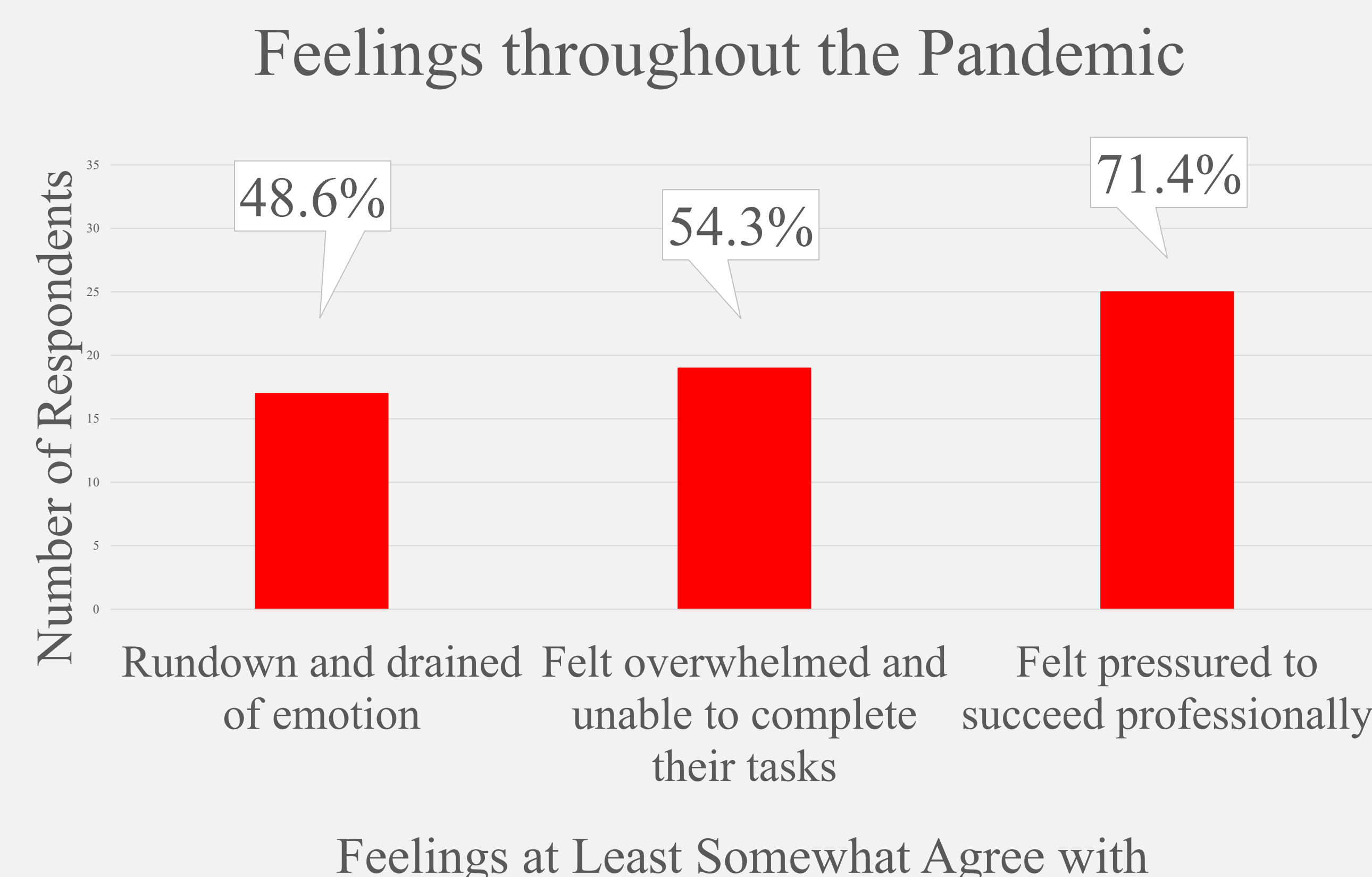
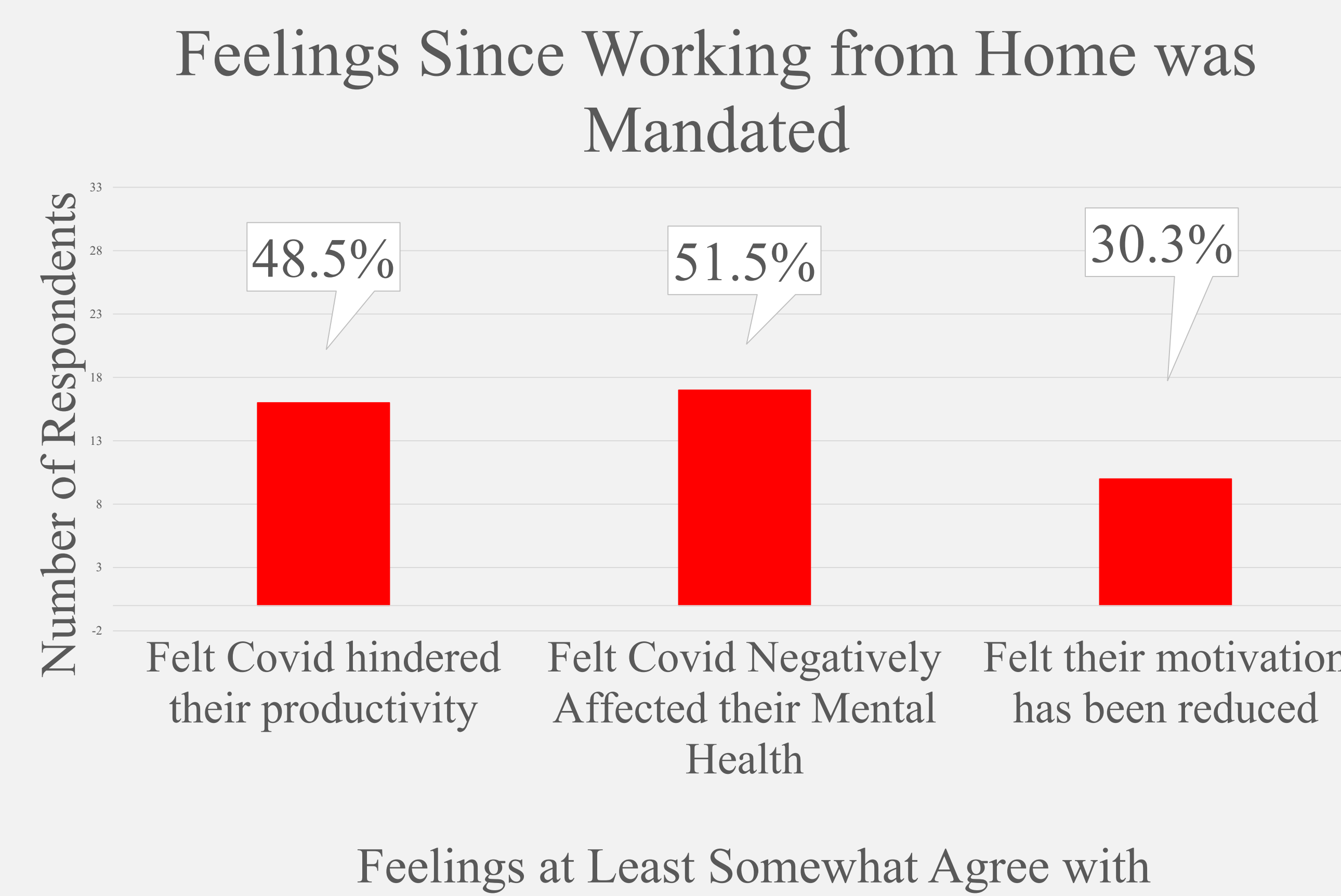
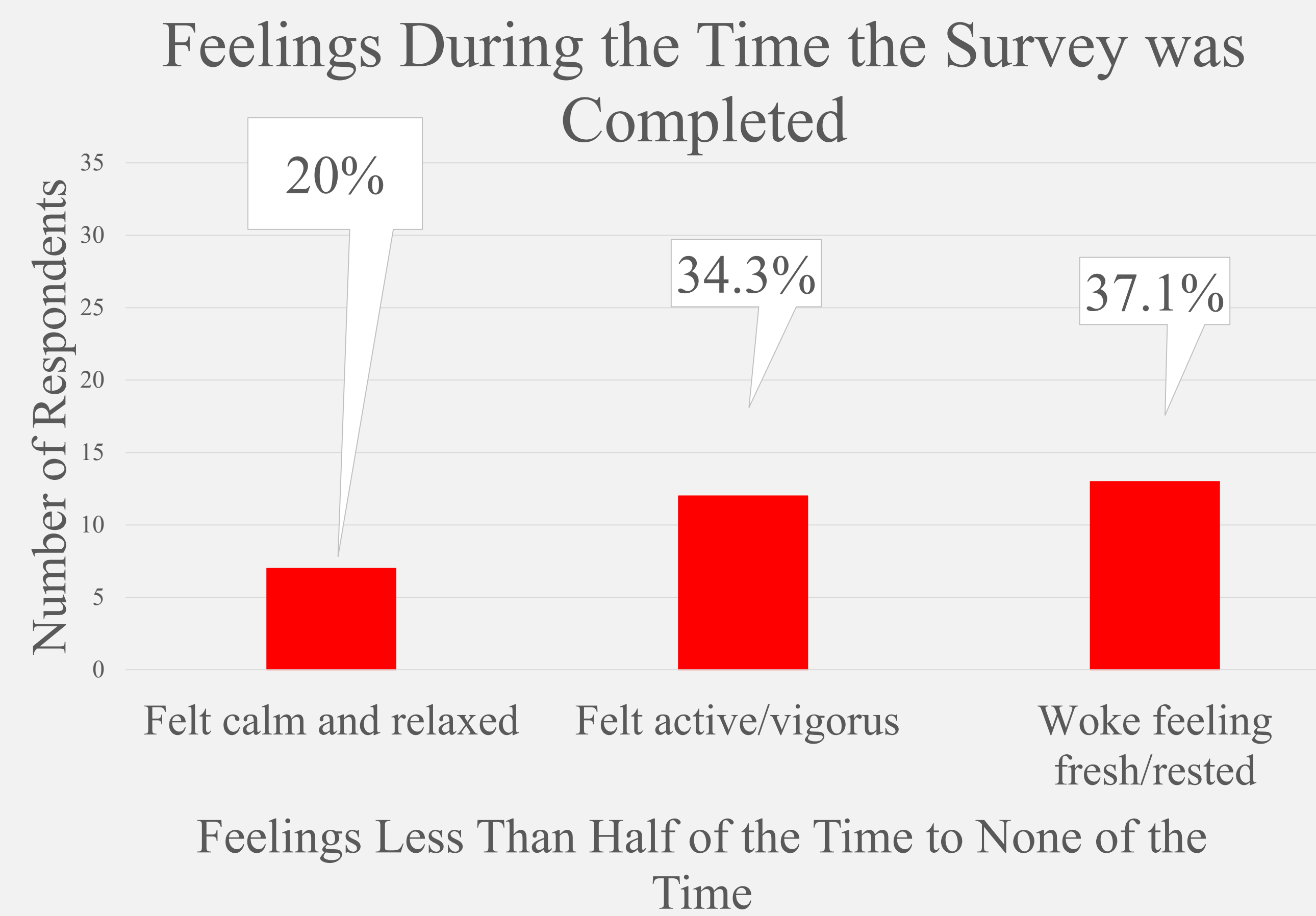
- COVID-19 began spreading in Wuhan, China in December 2019.¹
- The WHO declared COVID-19 a pandemic on March 11, 2020.²
- Social distancing for extended periods may be deleterious to mental health.³
- Studies have examined the impact of quarantines on students in previous pandemics but few have looked at their impact on faculty and staff.

Methods

- The researchers decided to probe the effects of quarantine on the faculty and staff of Southern Illinois University of Edwardsville School of Pharmacy.
- The researchers used a survey to gauge the emotional impact and stress caused by COVID-19 in order to assess faculty and staff well-being.
- Participants were recruited via email and asked to complete a survey instrument administered via Qualtrics.
- The survey was available between July 16, 2020 and August 16, 2020.

Results

- A total of thirty-three respondents completed the survey which equals a 53.2% response.
- The most reported feelings about the COVID-19 work from home order when it began were stressed (51.5%), anxious (63.6%), and scared about the future (42.4%). Write-in responses included angry, worried about the effectiveness of education, and disconnected.
- The most reported feelings about the COVID-19 when the survey was conducted were stressed (39.4%), tired (30.3%), anxious (51.5%), scared for their futures (48.5%), calm (33.3%), and just fine (30.3%). Write-in responses included not being sure who to trust, unsafe, frustration, and disconnected.
- The highest ranked concerns both at the beginning of the work from home order and at the time the survey was conducted were themselves contracting the virus or a loved one contracting the virus. The lowest ranked concern at either time was how social distancing would effect patient care.



Discussion

- The survey drew inspiration from several validated measures, but it was not itself a validated instrument.
- 53.2% completion rate, so we can be fairly certain that the results accurately reflect the views of the faculty and staff at SIUe SOP.
- The survey was administered during a low-stress period of the academic cycle from July 16 to August 16, so it is likely results would be different if given during a more stressful time of the year.
- 80% of participants reported not feeling calm and relaxed during the time the survey was completed, and 71.4% of participants report feeling pressure to succeed professionally throughout the pandemic, indicating a need for well-being measures at SIUe SOP.

Conclusions

- Approximately half of participants indicated that COVID-19 has negatively affected their mental health.
- SIUe SOP would benefit from having mental health resources available for those who are struggling during this time.

References

1. Jiang, Fang et al. "Review of the Clinical Characteristics of Coronavirus Disease 2019 (COVID-19)." *Journal of general internal medicine* vol. 35,5 (2020): 1545-1549. doi:10.1007/s11606-020-05762-w
2. "Coronavirus disease (COVID-19) pandemic." *World Health Organization*. World Health Organization, 2020. Web. 26 Aug, 2020. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
3. Mengin A, et al. Psychopathological consequences of confinement. *Encephale*. 2020;46:S43-S52. doi: 10.1016/j.encep.2020.04.007.