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## Abstract

**Background:** The impact of the COVID-19 pandemic is currently being studied in multiple formats. While there are expectations and early indicators that mental health will be impacted in the population, little research has focused on the coping of mental health providers with the increased needs of patients.

**Method:** Mental health providers at a psychiatric hospital were asked to complete a brief screening of anxiety, depression, compassion fatigue, compassion satisfaction, and burnout (n=41). In addition, participants completed 5 questions on the impact of COVID-19.

**Results:** ANOVAs were completed to examine the relationship between COVID-19 factors and provider coping. A significant relationship between the impact of COVID-19 on family and anxiety, depression, and compassion fatigue was found. No significant relationships between the impact of COVID-19 and coping were identified.

**Conclusion:** Interventions to support mental health providers are needed as the pandemic continues. These interventions should include components of care for providers family support as well.

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	Being able to work amid lockdown	0	0
	Friends/colleagues	13	31.7
<b>Gender</b>	Male	19	46.3
	Female	22	53.7
<b>Religion</b>	Jain	1	2.4
	Sikh	2	4.9
	Christian	1	2.4
	Hindu	24	58.5
	Muslim	10	24.4
	Other	3	7.3
<b>Relationship Status</b>	Married	29	70.7
	Partnered	4	9.8
	Single	7	17.1
	Other	1	2.4
<b>Job Title</b>	Psychiatrist	20	48.8
	Psychologist	16	39
	Other	5	12.2
<b>GAD severity</b>	None	31	75.6
	Mild	5	12.2
	Moderate	5	12.2
<b>PHQ severity</b>	Minimal	34	82.9
	Mild	4	9.8
	Moderate	2	4.9
	Severe	1	2.4
<b>Burnout</b>	Low	28	68.3
	Average	12	29.3
	High	0	0
<b>Compassion Fatigue</b>	Low	24	58.5
	Average	16	39
	High	0	0
<b>Compassion Satisfaction</b>	Low	1	2.4
	Moderate	20	48.8
	High	20	48.8

Reward	Compassion Satisfaction	(4,36)	1.303	0.288
	Compassion Fatigue	(4,36)	1.432	0.243
	Burnout	(4,36)	0.441	0.778
	Anxiety	(4,36)	0.312	0.863
	Depression	(4,36)	0.759	0.559
Strength	Compassion Satisfaction	(3,37)	0.886	0.457
	Compassion Fatigue	(3,37)	1.666	0.191
	Burnout	(3,37)	1.209	0.32
	Anxiety	(3,37)	0.329	0.804
	Depression	(3,37)	0.179	0.91
	Compassion Satisfaction	(2,38)	13.44	0.299
	Compassion Fatigue	(2,38)	2.909	0.067
	Burnout	(2,38)	1.043	0.362
	Anxiety	(2,38)	0.556	0.578
	Depression	(2,38)	0.972	0.387

Citation:

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