

University of Windsor

Scholarship at UWindsor

Research Result Summaries

2021

“My Problems Aren't Severe Enough to Seek Help”: Stress Levels and Use of Mental Health Supports by Canadian hospital employees during the COVID-19 pandemic

A. Dana Menard
Dana.Menard@uwindsor.ca

Kendall Soucie
ksoucie@uwindsor.ca

Jody Ralph
jody.ralph@uwindsor.ca

Laurie Freeman
lfreeman@uwindsor.ca

Follow this and additional works at: <https://scholar.uwindsor.ca/research-result-summaries>

Consistent with the TCPS 2 (4.7) this is a research summary provided to participants and should not be considered a formal publication of results.

Recommended Citation

Menard, A. D., Soucie, K., Ralph, J., & Freeman, L. (2021). “My Problems Aren't Severe Enough to Seek Help”: Stress Levels and Use of Mental Health Supports by Canadian hospital employees during the COVID-19 pandemic. Retrieved from <https://scholar.uwindsor.ca/research-result-summaries/182>

This Completed Summary is brought to you for free and open access by Scholarship at UWindsor. It has been accepted for inclusion in Research Result Summaries by an authorized administrator of Scholarship at UWindsor. For more information, please contact scholarship@uwindsor.ca.

“My problems aren't severe enough to seek help”: Stress levels and use of mental health supports by Canadian hospital employees during the COVID-19 pandemic

Due to the unique set of stressors associated with the COVID-19 pandemic, healthcare workers in acute care settings may be facing elevated rates of mental health symptomatology. The purpose of this study was to assess levels of depression, anxiety, and stress in a sample of healthcare employees working in hospitals and their use of formal and informal mental health supports. Data was gathered over a three-week period in December 2020 as COVID cases began to rise sharply in Ontario, Canada. Results from an online survey of 650 healthcare employees suggested that overall levels of depression, anxiety, and stress were mild. However, a significant minority of participants reported severe or extremely severe levels of depression (14.4%), anxiety (21.8%), and stress (13.5%). Levels of distress were higher among women, younger participants, those who did not work directly with COVID+ patients, and those who were redeployed. Use of formal mental health supports (e.g., Employee Assistance Plans, teletherapy) was very low (<10%), with the most frequently-reported reason for not using supports being “problems not severe enough to require this service”. Implications are considered for healthcare policy decisions as hospital systems attempt to address the mental health needs of their employees.