

"Fostering Resilient Mental Well-being: 'MyHAPPY PERFORMANCE' Intervention for Healthcare Workers with Depression in Kuala Muda District Health Office"



11TH NATIONAL PUBLIC HEALTH CONFERENCE & 1ST GLOBAL PUBLIC HEALTH CONFERENCE

Noor Atika A.^{1,2}, Muhammad Hasif M.A.², Mahiroh A.J.¹, Nurul Shafiqah A.G.¹, Mohamad Shafudon O.¹, Masniza Izani M.S.¹, Hasniza H.¹, Shairah Aimi K.¹, Suziana R.¹

¹Kuala Muda District Health Office, Sungai Petani, Kedah.
²Public Health Development Unit, Kedah State Health Department, Alor Setar, Kedah.

Abstract

Healthcare workers (HCWs) face mental health risks post-pandemic, particularly related to **depression**.

A study involving 539 participants was conducted in found that 5.8% of the participants had depression.

"**MyHappy Performance**" was developed & implemented, which combined mindfulness-based intervention (MBI), art therapy, and physical activities.

Out of the 22 participants who received this intervention, positive outcomes were observed.

The intervention led to a reduction in depression scores ($p < 0.005$) and improved readiness for change ($p < 0.0001$).

Regular mental health screening and implementation of the "MyHappy Performance" module show promise for improving the mental well-being of HCWs.

Introduction

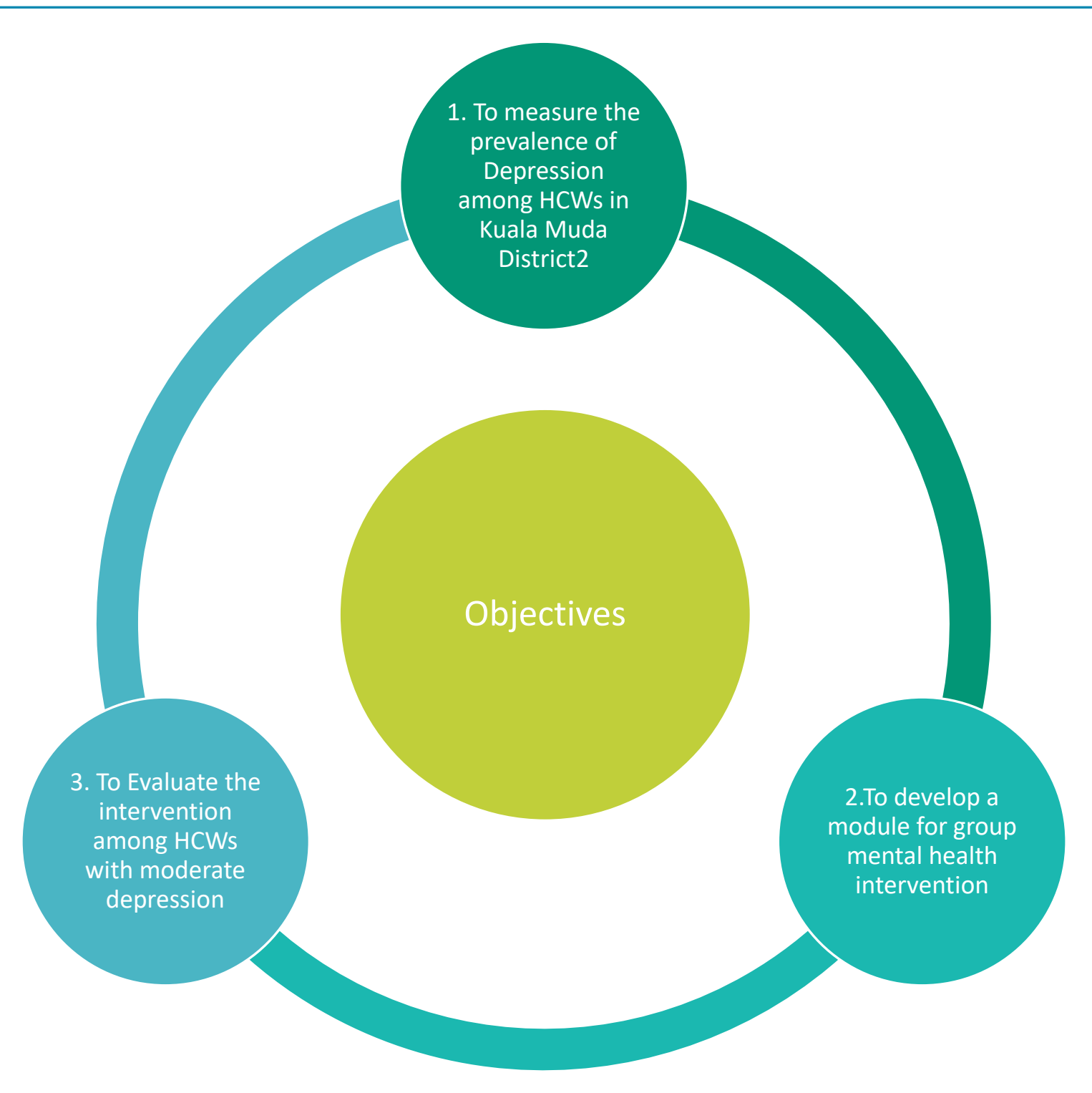
Mental health issues have become a global public health concern, including in Malaysia.

The COVID-19 pandemic has intensified mental health challenges for healthcare workers (HCWs).

Studies among HCWs in Malaysia during pandemic ; prevalence of depression is between 8.4%-21.8% (2,3) Higher than normal population's prevalence 2.3% (3)

The Kuala Muda District, known for its dense population and involvement in managing COVID-19 cases, presents unique challenges for HCWs.

As Malaysia transitions to an endemic phase, it is crucial to assess the mental health status of HCWs in the Kuala Muda District and provide appropriate interventions.



Methods and Materials

Phase I: A cross-sectional study involving secondary data analysis of yearly mental health screening using Patient Health Questionnaire-9 (PHQ-9) among HCWs in Kuala Muda District.

Phase II: The construction of modules through literature review and expert opinion for the preparation of group intervention modules. Search engine used in this study- PubMed and Google Scholar. ("healthcare worker" OR "health personnel" OR "health professional") AND ("group intervention" OR psychoeducation OR psychotherapy OR expressive OR art OR "physical activity" OR massage OR motivation) AND (depression OR PHQ-9 OR URICA OR change OR motivation)

Phase III: An intervention study to evaluate the effectiveness of the module on the level of depression and the level of readiness to change using the PHQ-9 and the University of Rhode Island Change Assessment Score (URICA) questionnaire.

Results (Objective #1)



Table 1. Percentage of Depression among HCW in PKD Kuala Muda

Measurement (N=539)	Number	Percentage (%)
Level of depression (PHQ-9)		
Normal (0-4)	419	77.7
Mild (5-9)	89	16.5
Moderate (10-14)	22	4.1
Severe (15-19)	3	0.6
Very Severe (20-27)	6	1.1

Results (Objective #2)

Table 2. "MyHappy Performance" module

Slot	Intervention Type	Number of Hours
Anger Management	Psychoeducation Group Counseling	1 hour
Light Exercise & Meditation	MBI, Physical Activity	1 hour
Expressive Art Therapy	Expressive Art Therapy	2 hours
Massage Therapy	Physical Activity	1 hour
Communication Skills	Psychoeducation Group Counseling	1 hour
Smart Team	Psychoeducation Group Counselling	1 hour
Mood Enhancement	MBI	1 hour
Group Presentation	Psychoeducation Group counselling	2 hours



Figure 1. Meditation Session



Figure 2. Musical Chair Session



Figure 3. Expressive Art Therapy



Figure 4 and 5. Massage Therapy

Results (Objective #3)

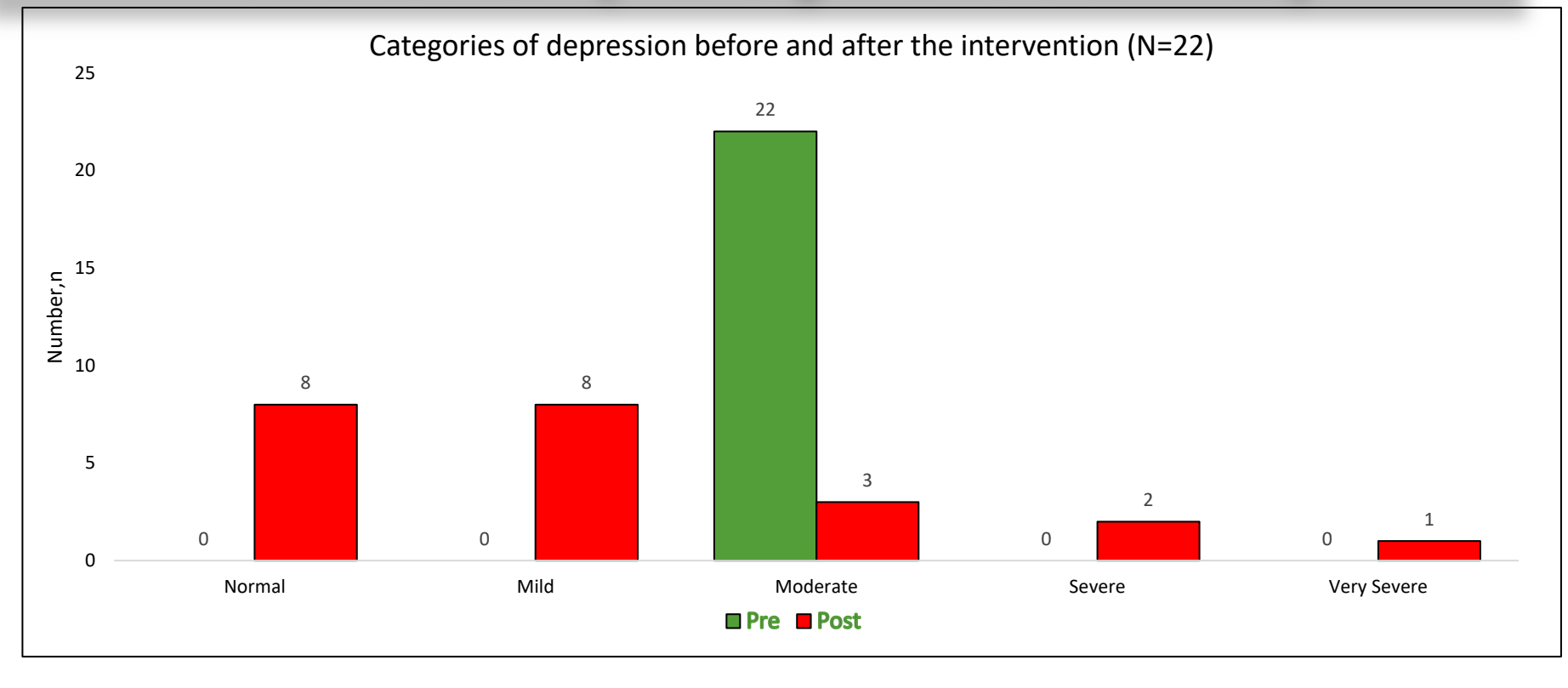


Chart 1. Depression score before and after intervention

DEPRESSION SCALE	N	Median [IQR]	z-score (p-value)*
PHQ9_PRE	22	12[11.00,12.25]	z=-2.823, (0.005)8
PHQ9_POST	22	6[2.75,10.25]	

*Wilcoxon signed-rank test

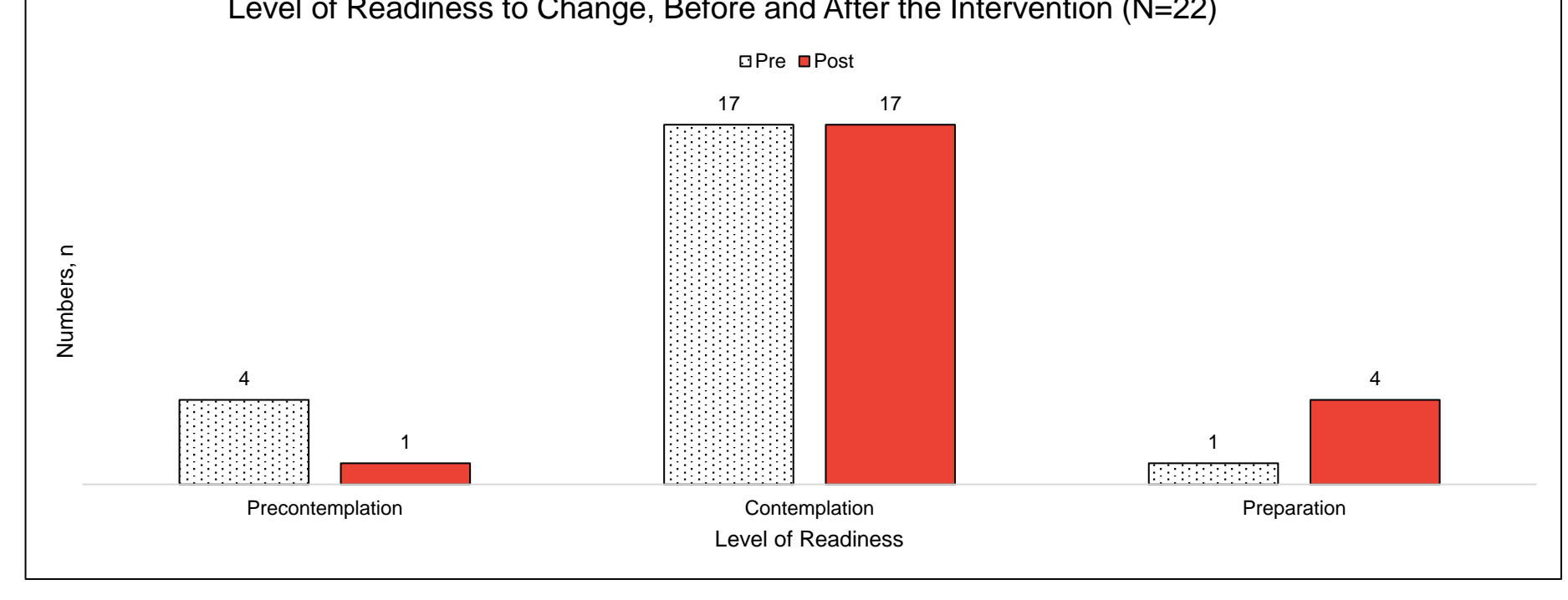


Chart 2. Level of Readiness to Change, Before and After the Intervention

URICA SCALE	N	Median [IQR]	z-score (p-value)
URICA_pre	22	9.0 [8.38,9.83]	z=-3.832 (<0.0001)*
URICA_post	22	10.1[9.18,10.6]	

*Wilcoxon signed-rank test

Discussion

This study highlights the higher prevalence of depression among HCWs compared to the general population (4). It emphasizes the urgency of implementing a mental health policy in the workplace to support the well-being of health personnel.

The findings also underscore the dynamic nature of mental health and the need for periodic assessments and early interventions.

The study suggests audience-appropriate and sustainable interventions, considering cultural norms and beliefs (5).

A pilot intervention module, "MyHappy Performance," is proposed as a guide for interventions and future randomized controlled trials are recommended for stronger conclusions on its effectiveness.

Conclusions

In conclusion, this study highlights higher depression prevalence among HCWs compared to the general population. The "MyHappy Performance" intervention module showed promising results, reducing depression scores, and increasing willingness to change, indicating its potential in fostering resilience. Further research and controlled trials are needed to validate its effectiveness.

References

- Raaj, S., Navanathan, S., Tharmaselan, M., & Lally, J. (2021). Mental disorders in Malaysia: an increase in lifetime prevalence. *BJPsych International*, 18(4), 97-99. <https://doi.org/10.1192/bji.2021.4>
- de Berardis, D., Torales, J., Ventriglio, A., Chan, L. F., Mohd, H., Sahimi, S., Iryani, T., Daud, M., Shah, S. A., Hana, F., Rahman, A., Ruzyanee, N., & Jaafar, N. (2021). Depression and Suicidal Ideation in a Sample of Malaysian Healthcare Workers: A Preliminary Study During the COVID-19 Pandemic. *Frontiers in Psychiatry*, 658174. <https://doi.org/10.3389/fpsy.2021.658174>
- Nordin, S., Yaacob, N. A., Kelak, J., Ilyas, A. H., & Daud, A. (2022). The Mental Health of Malaysia's Northwest Healthcare Workers during the Relaxation of COVID-19 Restrictions and Its Associated Factors. *International Journal of Environmental Research and Public Health*, 19(13). <https://doi.org/10.3390/ijerph19137794>
- Institute for Public Health Malaysia. (2020). National Health and Morbidity Survey (NHMS) 2019: Non-communicable diseases, healthcare demand, and health literacy—Key Findings (Vol. 20). <https://doi.org/10.18356/be4d1601-en>
- Jacob, K. S. (2013). Employing psychotherapy across cultures and contexts. In *Indian Journal of Psychological Medicine* (Vol. 35, Issue 4, pp. 323-325). Indian Psychiatric Society South Zonal Branch. <https://doi.org/10.4103/0253-7176.122218>

Corresponding Author's Email: haseefali90@gmail.com
"I Choose To Be Happy"