

## عنوان مقاله:

Effectiveness of Online Stress Management Intervention on Mental Health Status of Tehran Municipality Employees with COVID-19

## محل انتشار:

مجله آموزش و سلامت جامعه، دوره 8، شماره 3 (سال: 1400)

تعداد صفحات اصل مقاله: 6

## نویسندگان:

حمید چوبینه - *School of Medical Sciences, Tehran University of Medical Sciences, Tehran, Iran*

احمدعلی نوربالا - *"Department of Psychiatry" and "Psychosomatic Medicine Research Center", Tehran University of Medical Sciences, Tehran, Iran*

سید عباس باقری یزدی - *Department of Mental Health, Ministry of Health and Medical Education of Iran, Tehran, Iran*

جعفر بوالهری - *Research Center of Spiritual Health, Iran University of Medical Sciences, Tehran, Iran*

محمد مهدی گلیمکانی - *Comprehensive Mental Health Center, Healthy city Company of Tehran Municipality, Tehran, Iran*

الهام حقانی - *SHAHR SALEM Company of Tehran Municipality, Tehran, Iran*

## خلاصه مقاله:

**Aims:** The outbreak of Coronavirus Disease ۲۰۱۹ in the world has raised not only public health concerns but also several psychological problems, including anxiety, fear, depression, and posttraumatic stress disorder. The main goal of this study was to investigate the effectiveness of online Stress Management on the mental health status of employees with COVID-۱۹ from Tehran Municipality. **Materials & Methods:** In this semi-experimental study conducted in ۲۰۲۰, for the mental health status of ۳۷۰ personnel of Tehran municipality who were affected by COVID-۱۹, a rapid screening questionnaire and General Health Questionnaire-۲۸ were used. Among those whose General Health Questionnaire-۲۸ score was higher than cut-off point ۶, ۶۰ individuals were randomly selected and divided into two groups (experiment and control). The experimental samples had six sessions of online stress management training (each one took about an hour), based on a cognitive-behavioral approach. The control group did not receive any intervention during the study period. Data were analyzed by SPSS ۲۴ using MANCOVA. **Findings:** The results showed that ۳۸.۴% of the subjects suspected a mental disorder (۳۵.۷% of males and ۴۷.۶% of females). The mean scores of the General Health Questionnaire-۲۸ and its subscales were significantly higher in women than men ( $p < ۰.۰۵$ ). Multivariate analysis of covariance on the mean score of individuals in the General Health Questionnaire-۲۸ questionnaire showed that cognitive-behavioral stress management could statistically improve the mental health of samples from the experimental group compared to control. **Conclusion:** Online cognitive-behavioral stress management can be used in the COVID-۱۹ crisis and can improve the mental health aspect of employees.

## کلمات کلیدی:

Mental Health, Health, Cognitive-Behavioral Stress Management, Coronavirus Disease-۱۹, Municipality

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1287560>

