

The Implications of Psychological Intervention in Medical Management during COVID-19 - Based on Abraham Maslow's Humanist Theory

Ruiqi Wang

*College of Liberal Arts & Sciences, University of Kansas, Lawrence, Kansas, United States of America, 66045
ruiqi-wang_email@ku.edu*

ABSTRACT

So far, COVID-19 has been going on for two years. During this period, many problems were exposed, including philosophical problems, economic problems, management methods and other problems. This article focuses on the mental health of doctors and patients during the epidemic, combined with Maslow's humanistic theory for analysis. This paper analyzes the psychological situation of special groups by collecting relevant official data and combining theory. Through the analysis, it can be concluded that in this severe period, psychological intervention is very important for both doctors and patients and cannot be ignored. It can help doctors and patients to adjust their psychological state in time and actively fight against the epidemic together.

Keywords: *Abraham Maslow, Theory of Humanism, Medical Management, COVID-19, Psychology Intervention, Pandemic, Depression, Anxiety*

1. INTRODUCTION

Coronavirus is a virus that mainly causes human lung infections, and different types of mutant strains (Alpha, Beta, Gamma, Zeta, Delta, Lambda, and Omicron) can cause irreversibility to humans, and injuries to a different extent and even deaths. Since the outbreak of COVID-19 in December 2019, clinics, hospitals, and other related medical workplaces have been crushed to varying degrees which not only originated from limited resources and technology of medical care, but medical workers' and patients' psychological or mental pressure.

Maslow's theory of motivation is based on his understanding of human needs. Maslow divides people's needs into two categories as a whole [1]. One type is basic needs, and the other is the growth needs. Basic needs is related to human instinct, which has five characteristics. The first characteristic is that lack of it causes disease; the second, that with it, avoid disease; the third is that restore it to cure disease; fourth, under certain circumstances, people who have lost it would rather seek it than other satisfaction; and fifth, in a healthy person, it is in a static, low ebb, or non-functional state. Based on the above five characteristics, basic needs mainly includes physical needs, safety

needs, love and belonging needs, and respect needs. For growth needs, it is not controlled by instinct. Its main characteristics include being uninfluenced by people's immediate desires; being driven by one's full potential; satisfying of needs will produce the greatest degree of happiness. Such needs include the need for knowledge, the need for aesthetics, and the need for self-realization.

The goal of this study is to identify the importance of psychological intervention in hospitals and other relevant places for the treatment of coronavirus during the epidemic, based on Maslow's theory of humanism and existing research, as well as the methods and objectives of such psychological interventions inspired by the application. This theoretical analysis and research will study the importance of psychological intervention and its application based on the theory of humanism from the perspectives of medical workers and coronavirus patients.

2. HEALTHCARE PROFESSIONALS

2.1. Stress of Healthcare Professionals

According to the news report, there is such a large group of healthcare professionals' suicide during the COVID-19 pandemic. One of the famous case in the

American is Lorna Breen, a physician who worked in the emergency room at New York-Presbyterian Hospital. The doctor had no prior diagnosis mental health issues, and had no history of depression or anxiety. But after developing mental health issues, she was afraid and refused to seek help because she feared it would end the career that she had spent her entire life working for [2]. Under the great pressure, she chose to commit suicide. So, under the epidemic situation, PTSD (Post-Traumatic Stress Disorder) is becoming a very real crisis. According to Professor Debra Kaysen, the groups most at risk for psychological problems are front-line healthcare workers and those who have lost loved ones in the pandemic. The challenges and pressures they experience may lead to anxiety, depression and post-traumatic stress disorder, and their physical and mental health status is not optimistic [3].

In the face of a sudden epidemic, ordinary people are afraid of the unknown because they do not understand the mortality, incubation period and transmission range of the disease. Incapable of action, coronavirus pneumonia is also a sign of stress. In addition, during the Coronavirus pneumonia epidemic, medical staff's anxiety and fear also come from the frustration of the incompetent patients, and they do not know how to deal with patients who are unwilling to cooperate with treatment, rather than the fear caused by the disease itself. According to one of the studies in *Brain and Behavior*, Mahgoub's group found that most of the participants had minimal to mild anxiety, (35.2%) and (29.9%), respectively, and more than half of healthcare professionals (54.9%) showed high levels of stress by applying simple random sampling technique in analyzing doctors and nurses working in Ibrahim Malik Hospital, Soba University Hospital, Al-Sha'ab Hospital, and Fedail hospital [4].

From the perspective of medical workers, the importance of psychological intervention is reflected in protecting them from being stuck in mental diseases, whether it is prevention or treatment. The interaction between occupational and personal risk factors should be considered [5], so the risk factors brought by the workplace cannot be ignored, which is also consistent with the principle of global dynamics in Maslow's humanistic psychology theory. The global dynamics emphasize that the organism is a highly unified whole and at the same time a system connected with the surrounding environment.

The organism should be studied by the method of the overall analysis. According to Firth Cozens in 1997, doctors often self-criticize due to the difficulty of work and the emotional demands of doctors [6]. The typical personalities of many medical professionals, such as perfectionism, can cause individuals to become more and more self-critical, which can increase stress and lead to depression (e.g. [7], [8]). Doctors also have some

other common psychological weaknesses, such as excessive sense of responsibility, desire to please everyone, guilt about things beyond their control, self-doubt, and obsessive-compulsive characteristics [9].

From the perspective of patients, the health of medical workers is a prerequisite to ensure their work efficiency and quality. The mental health of doctors is even related to the efficiency of the frontline work of the entire society in the face of the coronavirus.

2.2. Psychology Intervention towards Healthcare Professionals

2.2.1. Prevention

Promote the importance of actively seeking help. Even in such a high-intensity work environment during COVID-19, providing doctors with convenient mental health services cannot be underestimated. It is because of such a large amount of pressure that it is more likely that there will be problems related to mental health. According to a study [10], many doctors are not registered as general practitioners and are not sure about the role of occupational health services.

In addition, in some lectures, newspapers, or magazines that popularize the mental health of doctors, it is recommended to clearly point out that having mental health problems is not a shameful thing, nor does it explain personal ability problems, and healthy psychology is beneficial to doctors. Work vigorously. Because research [11] found that medical students are reluctant to seek help because they worry that the stigma brought by mental illness may affect their career development.

Maslow's theory express that the satisfaction of high-level needs will only lead to more satisfactory subjective effects, and that the satisfaction of high-level needs is closer to self-realization than the satisfaction of low-level needs. Therefore, helping doctors find ways to achieve self-realization is of vital importance to maintaining their better mental health.

According to Self-Actualization (2019) [12], people who achieved self-realization have the following 10 individual features. Firstly, people should accept themselves and others. Secondly, people need to have a well-developed sense of creativity (referred to as a "creative spirit"). Third is maintain deep and meaningful relationships. Fourthly, it can exist autonomously. Next is having a sense of humor, particularly an ability to find humor in their own mistakes. Sixth, people can perceive reality accurately both as it pertains to the self and others. Seventh is about having a sense of purpose and perform regular tasks geared toward that purpose. Next feature is can experience frequent moments of profound happiness (Maslow called "peak experiences"). Ninth, people can

demonstrate empathy and compassion for others; and the last is should having an ongoing appreciation of the goodness of life. Some might refer to this trait as childlike wonder. Therefore, it is necessary to enhance communication and expression between doctors and protect their creativity and sense of responsibility.

2.2.2. Treatment

Due to the dire situation, reducing physicians' hours and intensity does not appear to be a viable approach during Covid-19, and a systematic review (McCray et al.[13], found that effective interventions for physician stress and burnout Research is limited and lacks quality and methodological rigour in the studies that have been conducted. However, although doctors are also forced by the situation, the basic needs of mankind (that is, the lowest pyramid of Maslow's theory) need to be met, because these are the basis of doctors' work and even life. When there is a scene that everyone doesn't want to see, let the medical staff know that although they try their best, there will be unsatisfactory results, which will produce a certain degree of pressure. But the pressure needs to be transformed into what they can do, such as continuing to improve themselves, and doctors' sense of achievement will also improve. Moreover, try your best to make a clear conscience a basic reflection of this situation. The use of biofeedback interventions based on participants' heart rhythm patterns in relaxation and attention training interventions is an effective way to reduce stress. According to the findings in Clough, et al (2017) [14] "Of the three studies, only Lemaire's team reported effect size [15], with a small ($d = .44$) reduction in self-reported stress observed after treatment and at 4-week follow-up. remain unchanged."

3. PATIENTS

3.1. COVID-19 Patients' Anxiety

Due to the lack of specific treatment and the strong infectivity of the disease itself, patients are not only facing unprecedented fear of death, but also worried about the safety of their family and friends, and fall into deep self blame. For every patient, this is a sudden life crisis. According to Maslow's theory of needs, the physiological needs and safety needs of patients are difficult to achieve, and higher-level needs are even more difficult to achieve. Because basic needs are the prerequisite and basis for high-level requirements, only low-level basic requirements are met, and higher-level requirements might be realized. The group infected with the coronavirus is not only surrounded by fear of future illness, but also labeled as a COVID-19 carrier. Even if people are not out of malice, they keep a certain distance from patients and dare not approach them easily. Secondly, the patients have to be isolated, which will not only create a certain estrangement in the minds

of the patients, but also wait for the treatment to end the fear of concern. Finally, because they are forced to reduce contact with society, their income path is threatened, which makes them inevitably pessimistic about their future life planning. There was a study that analyzed the factors associated with anxiety and depression among COVID-19 patients, and the data was collected by going through telephone interviews. The results show that the longer patients stay in the hospital, the more likely they are to feel anxiety and depression. In addition, those who are older, with lower oxygen saturation, and with an infected family member with Covid-19 are also more likely to be depressed [16].

3.2. Psychology Intervention in Patients with COVID-19

Yoga and Naturopathy intervention methods were chosen in the research of Xiangyu Kong's team chose the methods of Psychological-Behavior Intervention which includes breathing exercise, and psychological support mainly by communicating with patients about their feelings and the virus knowledge in protection clothes [17]. Patients might enjoy simply eating, walking, sleeping, and integrating into nature. Told them "Don't take yourself seriously. Suppose you are a sheep and are watched by predators such as tigers. If you want to survive, you must give play to your instinct and get a sense of security." With such a sense of security, Maslow's second level, they can slowly bid farewell to animal nature, become a person, and pursue love, interpersonal, self-esteem and self-realization. After the low-level needs are relatively satisfied, the high-level needs are stimulated through internal factors. Patients might as well take a step back and let the low-level needs be temporarily satisfied at a certain node. Then start to look at themselves, give themselves an outlet for their emotions, transfer and narrate, rewrite the life story, process the original stimulation into positive stimulation with positive significance, and develop high-level needs.

4. DISCUSSION

The need for self-realization is the highest level of human needs hierarchy theory, and it is the higher-level need pursued only after at least some of the lower-level needs such as survival and safety have been satisfied. But this theory is not suitable for all places, because this theory partially ignores the problem of productivity to a certain extent. If it is difficult to guarantee lower-level needs, self-realization is difficult for many people to accomplish.

5. CONCLUSION

Covid-19 provides both patients and healthcare professionals under pressure. Maslow's theory shows

high connections between prevention and treatment on psychological intervention during the Covid-19 period. It has a certain effects on reducing the stress of healthcare professionals and patients, but how to obtain higher levels of human satisfaction through simpler psychological interventions still needs further exploration. Based on the author's lack of research experience, this paper lacks conclusive data, so the content presented in this paper will be limited. The experimental method is based on the analysis and synthesis of existing research data, without breakthrough research and exploration, the author's content lacks important data arguments, and the scope of discussion is relatively narrow. In order to further discuss and analyze the article in conjunction with the application of psychological intervention in other professional fields (such as criminal investigation police, housewives, education, etc.). It is hoped that the experiment and application of psychological intervention can help people reduce more psychological pressure and burden in the future.

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