Master of Public Health

Master de Santé Publique

Impact of the COVID-19 Pandemic on Mental Health Research and Occupational Health Policies:

A Comparative Analysis of Pre- and Post-Pandemic Research Trends in Social Work and Healthcare

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Acknowledgments

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List of Acronyms

- **COVID-19/Pandemic:** Coronavirus Disease 2019
- **EU-OSHA:** European Agency for Safety and Health at Work
- **IRC:** International Rescue Committee
- **MH:** MeSH (Medical Subject Headings) Terms used in Boolean search
- **NIHMS:** National Institutes of Health Manuscript Submission
- **NIOSH:** National Institute for Occupational Safety and Health
- **PDAT:** Publication Date
- **PMCID:** PubMed Central Identifier
- **PMID:** PubMed Identifier
- **SAMHSA:** Substance Abuse and Mental Health Services Administration
- **TIAB:** Title and Abstract
- **WHO:** World Health Organization

Abstract

Introduction: Mental health in the workplace has long been a crucial area of focus, particularly in professions such as social work that are inherently demanding. Social workers face high workloads, emotional exhaustion, and numerous other stressful situations, necessitating significant resilience. The COVID-19 pandemic has further heightened the urgency to integrate mental health into occupational health policies, given its profound impact on global health and worker well-being. This study hypothesizes that there has been an increased focus on mental health research and policy integration post-pandemic, with the United States and Europe leading in research publications.

Methodology: This research involved a systematic literature review using PubMed-Medline to identify relevant studies on mental health and occupational health policies published between 2016 and 2024. The dataset was divided into pre-pandemic (2016-2019) and post-pandemic (2020-2024) periods. A comprehensive search strategy was employed, followed by meticulous filtering and manual screening of titles and abstracts.. A Welch Two Sample t-test was conducted to compare publication trends, and a frequency count analysis identified the top journals in each period.

Results: The initial search yielded 312 results, which were refined to 151 articles after applying filters and manual screening. The pre-pandemic period had 62 articles, while the post-pandemic period had 89 articles. The Welch Two Sample t-test indicated no statistically significant difference in the mean number of publications between the two periods (p-value = 0.4201). However, a notable increase in research activity was observed post-pandemic. The frequency count analysis identified "BMC Health Services Research" and "Psychiatric Services" as the top journals in the post-pandemic dataset, each publishing three articles. These findings suggest a growing focus on mental health and occupational health research, particularly in the United States and Europe.

Conclusions: The study highlights an increased research focus on mental health and occupational health policies following the COVID-19 pandemic. Despite the lack of statistical significance in publication trends, the observed increase in post-pandemic research activity underscores the heightened awareness and urgency in addressing these critical issues. The leadership roles of the United States and Europe in this research area are evident, emphasizing the need for continued multidisciplinary and longitudinal studies to inform policy development and improve workplace mental health support.

Introduction

Mental health in the workplace has long been recognized as a crucial area of focus, with various professional journals emphasizing the importance of addressing mental health to enhance overall worker well-being and productivity. In the context of health and social work, the demanding nature of the profession makes it particularly challenging. Healthcare and social workers alike often face difficult cases, high workloads, emotional exhaustion, and numerous other stressful situations, necessitating significant resilience on a daily basis.

A 2018 study published in the Oxford Academic Journal of Social Work highlighted that "helping professionals, including social workers, are disproportionately affected by behavioral health problems, with the nature and scope of these issues being understudied" (Straussner, 2018). This study underscored the longstanding need to develop mental health policies within the social work profession, even before the pandemic brought heightened attention to mental health. This may lead one to wonder to what extent a global crisis like the COVID-19 pandemic has heightened the urgency for occupational mental health research. Additionally, Straussner's research revealed disparities among ethnic groups, noting that white social workers were more likely to report mental health challenges compared to their Black and Latino counterparts, possibly reflecting stigma concerns within minority communities. These findings highlight the critical issue of racial disparities in occupational health and emphasize the importance of considering sociodemographic backgrounds in this research.

The importance of mental health in occupational health is underscored by its significant impact on worker productivity, job satisfaction, and overall organizational performance. The World Health Organization (WHO) estimates that depression and anxiety disorders cost the global economy US\$ 1 trillion each year in lost productivity (World Health Organization, 2020). Additionally, poor mental health can lead to increased absenteeism, higher turnover rates, and greater healthcare costs for employers (Harvey et al., 2017). Addressing mental health in the workplace is therefore not only a matter of individual well-being but also of economic importance.

In response to the growing need for mental health interventions in the workplace, occupational health teams within companies like the International Rescue Committee (IRC) have developed multifaceted approaches to address these challenges. These approaches often utilize online platforms for the widespread dissemination of mental health programs, thereby enhancing accessibility and reach (Barak & Grohol, 2011). These policies, like most across occupational health departments at various organizations, were formed as a result of extensive

research surrounding mental health in social work and would not have been able to be developed without the continuous advancement of discoveries within that field.

The COVID-19 pandemic has significantly influenced the research landscape, especially regarding mental health in occupational settings. The pandemic's profound impact on global health has catalyzed a shift in research priorities and policy development, focusing on protecting workers, particularly in healthcare and public health sectors. The pandemic has exacerbated mental health issues, prompting a surge in related research and policy initiatives worldwide (Rajkumar, 2020). Governments and organizations have recognized the urgent need to support mental health in the workplace, leading to new policies and increased funding for mental health services (World Health Organization, 2021; Substance Abuse and Mental Health Services Administration, 2021).

While occupational health interventions aimed at improving mental well-being are not novel in the public health domain, the landscape in the United States has traditionally prioritized addiction treatment and prevention over broader wellness initiatives (National Alliance on Mental Illness, 2020). This underscores the need to explore evolving strategies specifically within the context of health and social work, where comprehensive mental health support is vital for the well-being of practitioners and the populations they serve.

Both the United States and Europe have been leading contributors to research on mental health in the workplace. According to a bibliometric analysis by EU-OSHA, Europe and North America are the most prolific regions in occupational health research, with a significant emphasis on mental health and workplace well-being (EU-OSHA, 2019). In the United States, federal agencies like the National Institute for Occupational Safety and Health (NIOSH) have prioritized mental health in their research agendas, reflecting a growing recognition of the importance of this issue (NIOSH, 2021). Similarly, the European Framework for Action on Mental Health and Well-being has driven significant research and policy development across EU member states (European Commission, 2016). This strong focus on mental health research in these regions underscores their leadership roles and highlights the importance of continued investigation and policy innovation in this area.

The COVID-19 pandemic has significantly influenced the research landscape, especially regarding mental health in occupational settings. The pandemic's profound impact on global health has catalyzed a shift in research priorities and policy development, focusing on protecting workers, particularly in healthcare and public health sectors. The pandemic has exacerbated mental health issues, prompting a surge in related research and policy initiatives worldwide (Rajkumar, 2020). Governments and organizations have recognized the urgent need to support

mental health in the workplace, leading to new policies and increased funding for mental health services (World Health Organization, 2021; Substance Abuse and Mental Health Services Administration, 2021).

This research is driven by the hypothesis that there has been an increased focus on researching and integrating mental health into occupational health policies following the COVID-19 pandemic, reflecting heightened awareness post-pandemic. It is also anticipated that journals from the United States and Europe may exhibit a higher volume of research publications in this area.

The specific objective of this study is to explore the extent to which the COVID-19 pandemic has affected research on mental health in the social work and healthcare contexts. Furthermore, the research seeks to identify and analyze the geographical distribution of studies on these interventions, highlighting countries whose researchers have published the most in their journals. Through this investigation, the study aims to identify gaps and challenges in the existing literature.

Specific Condition During the Research

This work was carried out individually during an internship at the International Rescue Committee in Miami, under the Immigrant Youth division. The initial intention was to collect data from social workers at the IRC office concerning their occupational health. However, the small sample size prompted a broader review of existing mental health initiatives and policies within the field. This approach allowed for a more comprehensive understanding of the state of mental health research and policy development in the context of social work.

Methods

Data source

This study is a literature review inspired by the PRISMA-ScR framework. Using a scoping review approach, we explore the literature on our topic and employ statistical analysis to assess the relevant articles. This method was chosen because it provides an organized and comprehensive understanding of the current knowledge and gaps regarding the research surrounding mental health policies in public health in a post-pandemic context.

Data collection

This review and analysis were conducted during the spring of 2024 using the database PubMed-Medline. Access to these databases was provided through the student account with the University of Granada...

Search Strategies

A Boolean search query was employed to develop a string for searching literature related to the research question over a span of four years preceding (2016) and four years succeeding the pandemic, encompassing the pandemic year (2020-2024). Utilization of logical operators such as "OR," "AND" as well as the field designations "[mh]," "[PDAT]" and "[tiab]" ensured the retrieval of the most relevant results.

The breakdown of the development of the following string used can be found in Appendix A. Below is the string utilized to search for pre-pandemic literature and for post-pandemic literature:

Pre-Pandemic Literature Search String	Post-Pandemic Literature Search String
Occupational Health and Safety Terms	**Occupational Health and Safety Terms**
"occupational health"[mh]	"occupational health"[mh]
"occupational safety"[tiab]	"occupational safety"[tiab]
"workplace safety"[tiab]	"workplace safety"[tiab]
"workplace health"[tiab]	"workplace health"[tiab]
"health policy"[mh]	"health policy"[mh]
"occupational policies"[tiab]	"occupational policies"[tiab]

Mental Health Terms	Mental Health Terms
"mental health"[mh]	"mental health"[mh]
"mental wellness"[tiab]	"mental wellness"[tiab]
"mental well-being"[tiab]	"mental well-being"[tiab]
"psychological health"[tiab]	"psychological health"[tiab]
"mental health support"[tiab]	"mental health support"[tiab]

Social and Health Care Workers Terms	Social and Health Care Workers Terms
"social work"[mh]	"social work"[mh]
"social workers"[mh]	"social workers"[mh]
"health care workers"[mh]	"health care workers"[mh]
"health professionals"[mh]	"health professionals"[mh]
"social care"[tiab]	"social care"[tiab]
"health care"[tiab]	"health care"[tiab]
"health professional"[tiab]	"health professional"[tiab]

Publication Date	Publication Date
"2016/01/01"[PDAT] : "2019/12/31"[PDAT]	"2020/01/01"[PDAT] : "2024/05/01"[PDAT]

Articles by Year

This study considered articles retrieved from the period spanning 2016 to 2024 (present). The datasets were initially analyzed separately to gain a preliminary understanding of the state of published research related to mental health before and after the critical global event of the pandemic. This approach allowed for a comprehensive comparison of the research trends and the impact of the pandemic on the field of mental health research.

Selection Criteria and Data Management

To create a relevant database, a meticulous selection of keywords was utilized to filter out irrelevant results. Filters relating to the date, occupational health and safety, mental health and wellness, as well as social workers, healthcare workers, and health professionals, were employed as indicated by the MeSH terms in the query strings reported above. The search was conducted in English and only included articles published in peer-reviewed journals. These were the extent of the filters used.

After retrieving the bibliographic data, a comprehensive search aimed to capture all relevant studies within the scope of mental health research and policy changes in occupational health. Following the initial compilation, more filters were applied to better organize the data. Duplicated items were meticulously eliminated to ensure the uniqueness and relevance of each entry.

Subsequently, a manual and individual review of the titles and abstracts was conducted during the screening process. This thorough examination was crucial in identifying studies that directly addressed the core topics of interest.

Inclusion and Exclusion Criteria

The criteria for discarding articles in the first stage of manual screening were based on the absence of the key themes central to the research question. This step was crucial in narrowing down the large volume of retrieved articles to those that are pertinent.

To ensure the relevance and quality of the studies included in this review, the following criteria were applied:

Inclusion Criteria	Exclusion Criteria
Articles that focused on mental health and occupational health within healthcare settings.	Articles that did not include concepts related to the research question, such as mental health, occupational health, and healthcare settings.
Studies published in peer-reviewed journals.	Studies that were not peer-reviewed.
Articles available in English.	Non-English articles.
Studies that provided practical applications or implications for healthcare settings.	Duplicate entries.
Articles published within the specified date ranges (2016-2019 for pre-pandemic, 2020-2024 for post-pandemic).	

A second screening was then conducted to ensure that only the most relevant articles were considered. The criteria for this second stage of screening included:

- Relevance to the specific aspects of mental health and occupational health.
- The inclusion of practical applications or implications for healthcare settings.
- The presence of robust methodologies and comprehensive results.

By focusing on these criteria, the second screening ensured that the articles selected provided substantial and relevant information, thereby contributing meaningfully to the research objectives.

The data gathered from the search was organized using the Mendeley™ bibliographic manager. Additionally, R™ version 3.6.0 was used to manage bibliographic information from the source database, including citation details (e.g., article title, journal, year of publication, authors, DOI) and bibliographical information (e.g., affiliations, correspondence address, abstract, keywords, references, funding, acronym, sponsor, funding text).

Statistical Methods

To investigate the contrast in publication trends in order to determine if the pandemic may have caused a spike in interest for mental health research in public health, a descriptive analysis and a comparative analysis were performed to illustrate results.

Descriptive analysis

A descriptive analysis was conducted to calculate summary statistics, including the mean, median, and standard deviation, for the publication year in the pre-pandemic and post-pandemic datasets. Additionally, frequency tables were created to better visualize and compare the data gathered from this analysis.

Following the descriptive analysis, a Welch Two Sample t-test was performed to compare and contrast the trends in research publications in the four years before the pandemic and the four years after, including 2020, the year in which the pandemic began. This analysis aimed to identify significant differences in publication trends attributable to the impact of the pandemic.

Ethical statement.

Given the nature of this study, no ethical considerations were required. All research activities were conducted in compliance with standard ethical guidelines for literature review and secondary data analysis. There were no conflicts of interest declared by the participants involved in this study, which included one Master's degree student and their academic and professional supervisors. The participants ensured the integrity and objectivity of the research process throughout the organization and execution of the study.

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Results

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The initial search of the literature, compiled from Pubmed-Medline based on the first search query string, yielded a total of 312 results.

. As a result of the addition of filters and manual screening, 161 papers were discarded because they did not mention mental health research, policy changes in occupational health, or any other relevant topics to the search at hand. These exclusions were necessary to maintain the focus and quality of the analysis.

The second screening process further refined the selection, resulting in a total of 151 articles deemed suitable for the final analysis. This stage involved a more detailed evaluation of the abstracts to confirm the relevance of each study. The final set of articles included 62 publications in the pre-pandemic dataset and 89 papers in the post-pandemic dataset.

Pre-pandemic Descriptive Analysis

The descriptive analysis of the pre-pandemic dataset, which includes articles published from 2016 to 2019, yielded a total of 62 articles (two of the articles were officially published in 2020, even though they had create dates set in 2019 which is the reason for them counting towards

pre-pandemic literature). This dataset provided a baseline understanding of the state of research on mental health and occupational health policies before the onset of the pandemic. The publication years ranged from 2016 to 2019, indicating a consistent level of research activity over these years.

The top journals in which these pre-pandemic articles were published include:

- **Epidemiol Psychiatr Sci**: 3 articles
- **Am J Health Promot**: 2 articles
- **Health Policy**: 2 articles
- **Int J Environ Res Public Health**: 2 articles
- **Int J Soc Psychiatry**: 2 articles
- **J Occup Environ Med**: 2 articles
- **J Occup Health Psychol**: 2 articles
- **Occup Med (Lond)**: 2 articles
- **Psychiatr Serv**: 2 articles
- **Tijdschr Psychiatr**: 2 articles
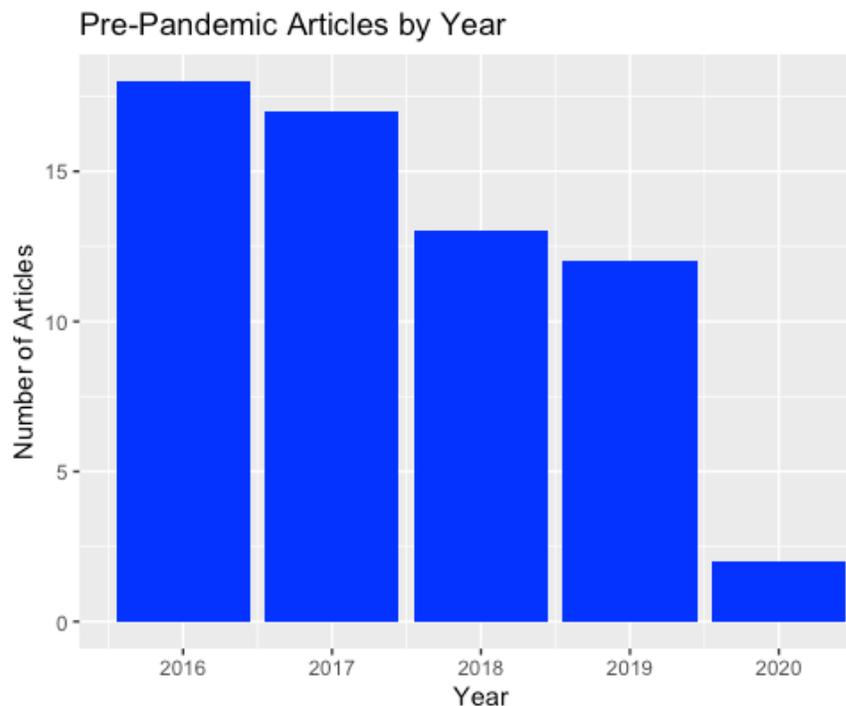
Figure 1: visual representation of pre-pandemic data.

These journals represent a diverse range of research interests within the field, with a notable focus on epidemiology, health promotion, and occupational health psychology.

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Post-Pandemic Analysis

The post-pandemic dataset, covering articles published from 2020 to 2024, included a total of 89 articles. This represents a significant increase in research activity compared to the pre-pandemic period. The articles span from the year 2020, when the pandemic began, through to 2024, highlighting the heightened interest and urgency in addressing mental health and occupational health policies in the context of the pandemic.

The top journals for the post-pandemic articles are as follows:

- **BMC Health Serv Res**: 3 articles
- **Psychiatr Serv**: 3 articles
- **Aten Primaria**: 2 articles
- **Australas Psychiatry**: 2 articles
- **Community Ment Health J**: 2 articles
- **Epidemiol Psychiatr Sci**: 2 articles
- **J Behav Health Serv Res**: 2 articles
- **JAMA Netw Open**: 2 articles
- **Occup Med (Lond)**: 2 articles
- **Public Health Rep**: 2 articles
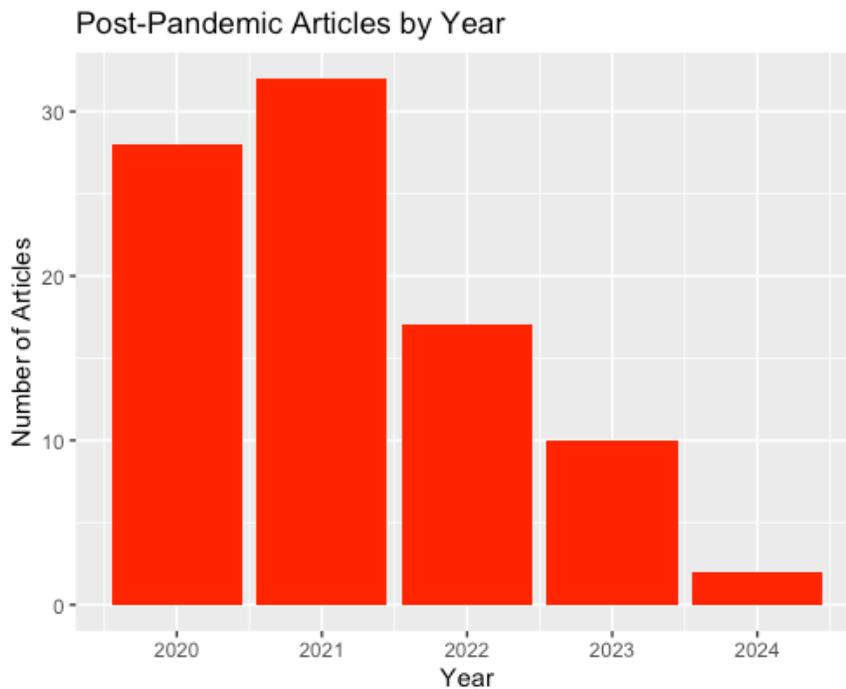
Figure 2: visual representation of post-pandemic articles published by year.

To facilitate a clear visual comparison of the pre-pandemic and post-pandemic analyses, the combined bar graph below illustrates the distribution and trends in relevant studies over the specified periods. This graph provides a visual representation of the number of articles published each year, allowing for easy examination of research trends and the impact of the pandemic on mental health and occupational health literature:
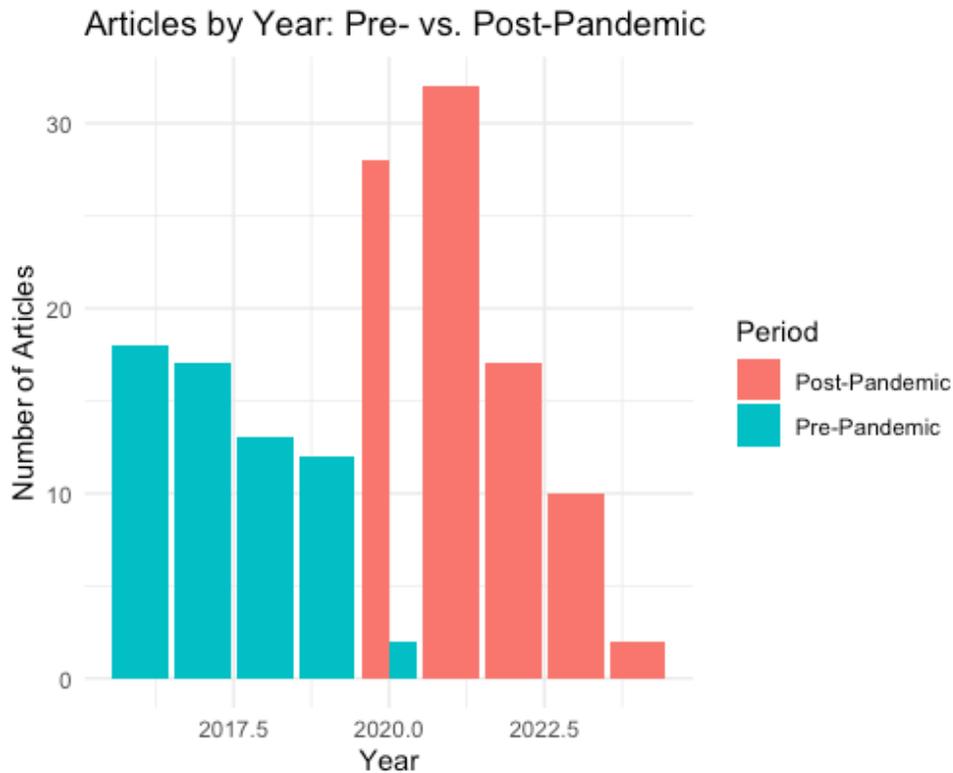
Figure 3: visual representation of comparison between pre- and post- pandemic data.

This distribution of publications indicates a broader engagement with mental health and occupational health topics in various contexts, reflecting the multifaceted impact of the pandemic.

Comparative Analysis of Pre- and Post-Pandemic Trends

A Welch Two Sample t-test was performed to compare the number of research publications in the four years before the pandemic and the four years after its onset. The results of the t-test are as follows: the t-value was -0.8658 (95% CI -20.69, 9.89) with 5.96 degrees of freedom, and the p-value was 0.42.. The estimates were a mean of 12.4 for the pre-pandemic period and a mean of 17.8 for the post-pandemic period.

Table 1: Mean Number of Publications

Period	Mean Number of Publications
Pre-Pandemic	12.4
Post-Pandemic	17.8

Table 2: t-Test Results

Metric	Value
t-value	-0.8658
95% CI Lower	-20.69
95% CI Upper	9.89
Degrees of Freedom	5.96
p-value	0.42

Frequency

A frequency count analysis was conducted to identify the top journals publishing articles in the pre- and post-pandemic datasets. This analysis found that "BMC Health Services Research" (published by BioMed Central in the United Kingdom) and "Psychiatric Services" (published by the American Psychiatric Association in the United States) were the top journals in the post-pandemic dataset, each publishing three articles. Below is a visual representation of the frequency of published journals:

Journal Name	Number of Articles
Epidemiol Psychiatr Sci	3
Psychiatr Serv	3
BMC Health Serv Res	3
Tijdschr Psychiatr	2
Occup Med (Lond)	2
Am J Health Promot	2
Health Policy	2
Int J Environ Res Public Health	2
Int J Soc Psychiatry	2
J Occup Environ Med	2
J Occup Health Psychol	2

Aten Primaria	2
Australas Psychiatry	2
Community Ment Health J	2
J Behav Health Serv Res	2
JAMA Netw Open	2
Public Health Rep	2

Discussion

The results of this study highlight a significant shift in the landscape of mental health and occupational health research following the onset of the COVID-19 pandemic. The increase in the number of articles published post-pandemic, although not statistically significant according to the Welch Two Sample t-test, indicates a growing interest and urgency in addressing these critical issues. The t-test results indicate that there is no statistically significant difference in the mean number of publications between the pre-pandemic and post-pandemic periods (p-value = 0.4201). The confidence interval includes zero, further suggesting that the difference in means is not significant. Despite the observed increase in the number of publications post-pandemic, the variability and overlap in the data do not support a definitive conclusion about the impact of the pandemic on publication trends.

Key Results and Existing Literature

The descriptive analysis revealed an increase from 62 pre-pandemic articles to 89 post-pandemic articles. This increase, although not statistically significant, aligns with global trends observed in academic research during the pandemic. The heightened focus on mental health can be attributed to the widespread recognition of the pandemic's impact on mental well-being. Studies have shown that the pandemic exacerbated mental health issues, including anxiety, depression, and stress, due to factors such as lockdowns, social isolation, and economic uncertainty (Rajkumar, 2020). This aligns with the hypothesis that there has been an increased focus on researching and integrating mental health into occupational health policies following the COVID-19 pandemic.

The frequency count analysis identified "BMC Health Services Research" and "Psychiatric Services" as the top journals in the post-pandemic dataset. "BMC Health Services Research," published by BioMed Central in the United Kingdom, focuses on health service-related research, highlighting the critical need for effective health services during and after the

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pandemic. Similarly, "Psychiatric Services," published by the American Psychiatric Association in the United States, underscores the importance of mental health services, particularly in the wake of the pandemic. These findings support the hypothesis regarding the higher volume of research publications in the United States and Europe.

Global Policy Responses

The increase in research activity is also reflected in global policy responses. Many countries have implemented new policies and initiatives to address the mental health crisis triggered by the pandemic. For instance, the World Health Organization (WHO) launched a comprehensive mental health action plan, emphasizing the integration of mental health services into primary care and community settings (World Health Organization, 2021). Similarly, in the United States, the American Rescue Plan Act included substantial funding for mental health services, aiming to expand access and improve mental health infrastructure (Substance Abuse and Mental Health Services Administration, 2021).

Broader Engagement and Multidisciplinary Approaches

The broader engagement with mental health and occupational health topics, as indicated by the diverse range of journals publishing post-pandemic articles, reflects a multidisciplinary approach to addressing these issues. Journals such as "Australasian Psychiatry," "Community Mental Health Journal," and "JAMA Network Open" show that research is not confined to traditional mental health journals but spans across various fields, including public health, epidemiology, and behavioral health.

Limitations

This study has several limitations that should be considered. The reliance on a single database (PubMed) may have excluded relevant studies from other sources. Additionally, the observed increase in research activity may not be solely attributable to the pandemic but could also be influenced by other factors such as increased overall awareness of mental health issues and advancements in research methodologies. Furthermore, the time constraints and the small team (comprising myself and my advisors) limited the scope and depth of the analysis. These factors may have impacted the comprehensiveness and generalizability of the findings.

<div align="center">**Conclusion**</div>

Relevance for Public Health

The findings of this study underscore the importance of continued focus on mental health and occupational health policies in the wake of the pandemic. The increased research activity and policy responses highlight the critical need for integrating mental health services into occupational health frameworks. This integration is vital for addressing the long-term mental health impacts of the pandemic on the workforce.

Recommendations

Based on the findings, several recommendations can be made for public health and future research:

- Enhance Integration of Mental Health Services
    - Policymakers should continue to integrate mental health services into occupational health policies, ensuring that mental health support is accessible in the workplace.
- Promote Multidisciplinary Research
    - Encourage multidisciplinary research to address the complex interplay between mental health and occupational health, leveraging insights from various fields.
- Support Longitudinal Studies
    - Fund longitudinal studies to evaluate the long-term impacts of the pandemic on mental health and the effectiveness of policy interventions.
- Expand Data Sources
    - Future research should utilize multiple databases and data sources to capture a comprehensive view of the research landscape.

Implications

The COVID-19 pandemic has highlighted the critical importance of mental health and occupational health, leading to increased research activity and significant policy responses. While the Welch Two Sample t-test did not show a statistically significant difference in publication means, the observed increase and the focus of leading journals underscore the heightened interest and ongoing relevance of these topics.

Conclusion

In conclusion, the pandemic has brought mental health to the forefront of public health discussions, prompting a surge in related research and policy initiatives. Despite the lack of statistical significance in the difference of publication means, the overall trend indicates a growing recognition of the importance of mental health in occupational settings. Future research should continue to explore the long-term effects of the pandemic and evaluate the effectiveness of mental health interventions and policies globally. The insights gained from this study can guide policymakers and researchers in developing more comprehensive and integrated approaches to mental health and occupational health in the future.

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List of Appendices

Appendix A: Search Strategy in pubmed

- General occupational health and mental health interventions
  1. Terms related to occupational health policies and safety:

     "occupational health"[mh] OR "occupational health policies"[tiab] OR "occupational safety"[tiab] OR "workplace safety"[tiab] OR "workplace health"[tiab] OR "occupational health"[tiab] OR "health policy"[mh] OR "health policies"[tiab] OR "occupational policies"[tiab]

  2. Terms related to mental health interventions and services:

     mental health[mh] OR "mental health interventions"[mh] OR "mental health services"[mh] OR "mental wellness"[tiab] OR "mental health"[tiab] OR "mental well-being"[tiab] OR "psychological health"[tiab] OR "mental health support"[tiab]

  3. Terms specifically targeting pre-pandemic and post-pandemic periods:

     social work[mh] OR "social workers"[mh] OR "healthcare workers"[mh] OR "health professionals"[mh] OR "social care"[tiab] OR "health care"[tiab] OR "social worker"[tiab] OR "healthcare worker"[tiab] OR "health professional"[tiab]

  4. Terms related to literature reviews and systematic reviews:

     pandemic[mh] OR "COVID-19"[mh] OR "pandemic periods"[tiab] OR "pre-pandemic"[tiab] OR "post-pandemic"[tiab] OR "pandemic impact"[tiab] OR "COVID-19 pandemic"[tiab]

- Focus on pre and post pandemic literature evolution
  1. Terms related to occupational health policies and safety:

     occupational health[mh] OR "occupational health policies"[tiab] OR "workplace health"[tiab] OR "occupational safety"[mh] OR "occupational guidelines"[tiab] OR "workplace interventions"[tiab] OR "occupational interventions"[tiab]

  2. Terms related to mental health interventions and services:

     mental health[mh] OR "mental health interventions"[mh] OR "mental wellness"[tiab] OR "psychological support"[tiab] OR "mental well-being"[tiab] OR "psychological well-being"[tiab] OR "mental health services"[tiab] OR "psychological health"[tiab]

  3. Terms specifically targeting pre-pandemic and post-pandemic periods:

     pre-pandemic[tiab] OR post-pandemic[tiab] OR "COVID-19 pandemic"[tiab] OR "pandemic response"[tiab] OR "pandemic impact"[tiab] OR "pandemic period"[tiab] OR "pre-pandemic period"[tiab] OR "post-pandemic period"[tiab]

4. Terms related to literature reviews and systematic reviews:

   literature review[mh] OR "systematic review"[tiab] OR "literature analysis"[tiab] OR "scoping review"[tiab] OR "bibliometric analysis"[tiab] OR "review of literature"[tiab]

5. Terms related to social workers and healthcare workers:

   social work[mh] OR "social workers"[mh] OR "healthcare workers"[mh] OR "social care professionals"[tiab] OR "health care professionals"[tiab] OR "social worker"[tiab] OR "healthcare worker"[tiab]

Abstract in French

Impact de la pandémie de COVID-19 sur la recherche en santé mentale et les politiques de santé au travail : Une analyse comparative des tendances de la recherche avant et après la pandémie dans le travail social et les soins de santé

Introduction: La santé mentale au travail a longtemps été une priorité cruciale, en particulier dans des professions telles que le travail social qui sont intrinsèquement exigeantes. Les travailleurs sociaux sont confrontés à des charges de travail élevées, à l'épuisement émotionnel et à de nombreuses autres situations stressantes, nécessitant une résilience significative. La pandémie de COVID-19 a encore renforcé l'urgence d'intégrer la santé mentale dans les politiques de santé au travail, compte tenu de son impact profond sur la santé mondiale et le bien-être des travailleurs. Cette étude émet l'hypothèse qu'il y a eu une focalisation accrue sur la recherche en santé mentale et l'intégration des politiques après la pandémie, avec les États-Unis et l'Europe en tête des publications de recherche.

Méthodologie: Cette recherche a impliqué une revue systématique de la littérature utilisant PubMed-Medline pour identifier les études pertinentes sur la santé mentale et les politiques de santé au travail publiées entre 2016 et 2024. Le jeu de données a été divisé en périodes pré-pandémique (2016-2019) et post-pandémique (2020-2024). Une stratégie de recherche complète a été employée, suivie d'un filtrage minutieux et d'un examen manuel des titres et des résumés. L'analyse finale comprenait 151 articles, dont 62 dans le jeu de données pré-pandémique et 89 dans le jeu de données post-pandémique. Un test t de Welch à deux échantillons a été effectué pour comparer les tendances de publication, et une analyse de fréquence a identifié les principales revues dans chaque période.

Résultats: La recherche initiale a donné 312 résultats, qui ont été affinés à 151 articles après application de filtres et examen manuel. La période pré-pandémique comptait 62 articles, tandis que la période post-pandémique en comptait 89. Le test t de Welch à deux échantillons n'a indiqué aucune différence statistiquement significative dans le nombre moyen de publications entre les deux périodes (valeur p = 0,4201). Cependant, une augmentation notable de l'activité de recherche a été observée après la pandémie. L'analyse de fréquence a identifié "BMC Health Services Research" et "Psychiatric Services" comme les principales revues du jeu de données post-pandémique, chacune publiant trois articles. Ces résultats suggèrent une focalisation croissante sur la recherche en santé mentale et santé au travail, particulièrement aux États-Unis et en Europe.

Conclusions: L'étude met en évidence une augmentation de la focalisation de la recherche sur les politiques de santé mentale et de santé au travail après la pandémie de COVID-19. Malgré

l'absence de signification statistique dans les tendances de publication, l'augmentation observée de l'activité de recherche post-pandémique souligne la prise de conscience accrue et l'urgence de traiter ces questions critiques. Les rôles de leadership des États-Unis et de l'Europe dans ce domaine de recherche sont évidents, soulignant la nécessité d'études multidisciplinaires et longitudinales continues pour informer le développement des politiques et améliorer le soutien en santé mentale au travail.