

Mental Health in Healthcare Workers and My Experience

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Introduction

These past two semesters I have been working closely with Professor Dr. Rachel Hoopsick on multiple research projects and I was given the opportunity to work with her on gathering research in regard to healthcare workers and their stress levels. I will be explaining more on my experience during this time



Objective

The purpose of this study was to gather research regarding healthcare workers and adjust that to my busy schedule during the semester.

Methodology

Throughout the semester, I looked up articles and did literature reviews to ensure that the articles followed what Dr. Hoopsick was looking for. I was also assigned to go over the pilot study survey multiple times to ensure the wording is correct and that there are no errors.

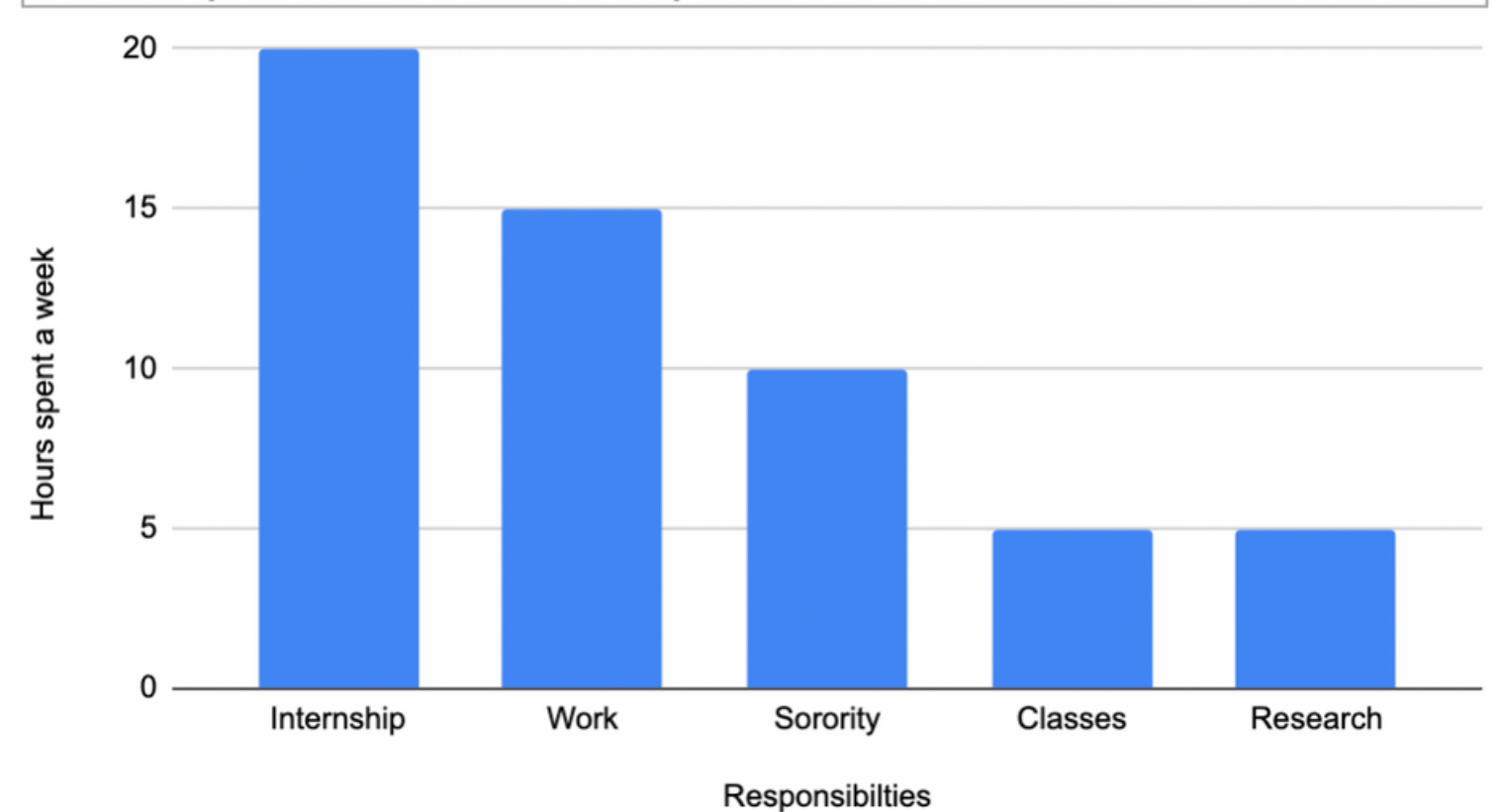
Results

After carefully going over the surveys, I did find multiple errors and took notes. I also took notes when it came to reading literature reviews to ensure that the article has what Dr. Hoopsick was looking for.

Analysis

This graph shows everything that I took part in when it came to the Spring 2022 semester. Spring 2022 was my busiest semester throughout my time here as a student at U of I. What took up the majority of my time was my internship as I was spending roughly 20 hours a week. On top of that, I am also a supervisor at my job and I held two positions for my sorority. I am also in graduate school where my classes were a bit more challenging than usual. I also set time aside for the START program.

Hours spent a week vs. Responsibilities



START

Conclusion

Overall, I am extremely grateful that I was able to work closely with Dr. Hoopsick. This research was done fully remotely, and I do wish that I was able to gain a more hands-on experience in person. This semester did take a toll on my mental health as I was extremely busy throughout the whole week. In the end, I was able to manage and gain new experiences all around.