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Contributing factors of Mental Health Issues among Women Healthcare Providers and Future Strategies : A Literature Review

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ABSTRACT

Background:

The increasing number of women in healthcare workforce, coupled with their traditional homemaking roles and additional career demands, has heightened their mental health burden. This study seeks to identify the factors impacting the mental health of female healthcare providers and the associated effects, with the aim of improving their quality of life.

Contents :

Health professionals provide preventive, curative, rehabilitative, and promotional health services related to diagnosing and treating diseases. Women in Malaysia have seen a growing presence in this field, increasing from 37% in 1970 to 55.2% in 2019. Mental health issues among healthcare workers vary widely, with depression ranging from 8% to 95%, anxiety from 3% to 97%, and distress from 3% to 76%. Female healthcare workers are particularly more vulnerable to multiple stressors such as workplace bullying, limited advancement of career opportunities, psychological abuse, sexual harassment, long working hours, and difficulties taking leave. Pregnancy and breastfeeding add further challenges. Key issues include lack of family time (51.9%), childcare problems (13.0%), insufficient personal time (11.9%), and work-related stress (11.2%), all of which negatively affect family life, social functioning, work productivity, and cognitive performance.

Outcomes:

Evidence-based management guidelines recommended biopsychosocial oriented intervention to include lifestyle modifications, pharmacological management, cognitive-behavioral therapy and strong support from families and workplace to promote better mental health care among female healthcare workers.

Keywords: Healthcare; Mental illness; Women; Malaysia

Biodata:

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