

# Moral distress and wellbeing of healthcare workers during the COVID-19 pandemic



## Help us to understand the emotional impacts of the COVID-19 pandemic on Australian healthcare workers.

The Moral Distress and Wellbeing in Healthcare Workers study aims to increase understanding of the impacts of COVID-19 on healthcare workers. This understanding is essential to guide efforts to reduce mental health risks and provide support to affected workers

### Who is eligible to participate?

We are seeking participants who:

- are aged 18 years or older
- currently work in one of the following occupations/roles within the healthcare sector in a paid or voluntary capacity:
  - Doctor
  - Nurse
  - Paramedic
  - Pathology
  - Allied Health
  - Personal Care Worker
  - Pharmacist
  - Administration
  - Human Resources
  - Security
  - Cleaning
  - Volunteer
  - Other
- have previously worked as a healthcare worker, at some point between the start of the COVID-19 pandemic and now
- are employed in Australia (currently or at some point during the COVID-19 pandemic).

### What is involved?

Participation involves completing an anonymous online survey that will take 25-35 minutes. The survey will ask questions about exposure to work-related events which have impacted your moral values (e.g., the impact on your identity, relationships, beliefs, and behaviour), and various aspects of your mental health (e.g., symptoms of depression, anxiety, PTSD, and general wellbeing).

### How can I participate?

Please visit <https://is.gd/MoralInjuryOutcomesHCW> to begin the survey. For more information, contact the study researcher team at [phoenix-research@unimelb.edu.au](mailto:phoenix-research@unimelb.edu.au)

This study has been granted ethical approval by the University of Melbourne Human Research Ethics Committee (protocol number 2021-20355-13622-5).