

The role of psychological flexibility and cognitive fusion in compassion satisfaction and fatigue in health-care professionals.

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Background

During COVID- 19 crisis health-care professionals all over the world were especially vulnerable to suffer from burnout and compassion fatigue. Spain has been one of the countries that were harder hit by the COVID- 19 crisis therefore health-care professionals were exposed to many particularly stressful situations, increasing workload and health risk. Psychological flexibility and cognitive fusion are processes derived from contextual- behavioral approach that are playing an important role in predicting anxiety, depression, stress and burnout.

Aim

To evaluate psychological flexibility (PF), cognitive fusion (CFU) as predictors of compassion satisfaction (CS), compassion fatigue (CF) and burnout (BO) in healthcare professionals during the COVID- 19 health crisis in Spain.

Methods

A total of 320 health professionals participated in online survey during the COVID-19 health crisis in Spain (April 2020). First socio-demographic and occupational variables were studied: age, sex, civil status, studies, area of work, years of experience, location, and others related to Coronavirus situation (hours of work in last week, job state, work load, work danger, work change, work satisfaction, current COVID affection, hospitalization due to COVID-19). Second other variables were studied: psychological flexibility was measured by AAQ-II, Cognitive fusion by CFQ, Professional Quality of Life Questionnaire by ProQoL and Self- Compassion by SCS.

Results

- Multiple regression revealed that psychological flexibility, mindfulness, work satisfaction and job experience between 1-3 years explained 44% of variance in Compassion Satisfaction ($F = 27,224$, $p = .000$; $R^2 = .444$).
- Multiple regression revealed that psychological flexibility, cognitive fusion, Covid affection, job situation, work change and work load due to Covid explained 41,8% of variance in Compassion Fatigue ($F = 27,658$, $p = .000$; $R^2 = .418$).
- Multiple regression revealed that psychological flexibility, cognitive fusion, work satisfaction and work load explained 37% of variance in Burnout ($F = 30,331$, $p = .000$; $R^2 = .370$).

Discussion

Psychological flexibility, cognitive fusion and other sociodemographic variables predict compassion satisfaction, compassion fatigue and burnout in healthcare professionals during COVID- 19 crisis emergency in Spain. Compassion satisfaction, fatigue and burnout in that sample does not differ significantly from a Spanish health- care professionals sample before COVID (Ortega-Galán et al., 2020) or Italian health- care professionals samples during COVID- 19 outbreak (Buselli et al., 2020). The study was conducted in April 2020 therefore it could be hypothesized it was still to early to observe the impact of COVID crisis in Compassion Satisfaction, Compassion Fatigue and Burnout. It would be interesting to compare the results to health-care professionals sample conducted later during COVID- 19 crisis. The importance of sociodemographic and occupational variables has been relevant due to the impact of the COVID- 19 crisis on a job conditions especially among health-care workers. Although it would be interesting to compare the results with other professional groups during COVID- 19 crisis.

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