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Investigating the relationship between remote work and mental health in the post-Covid-19 era

Romina Arabi1, Roya Nikjou2*

¹Midwifery student Department of Midwifery, School of Nursing and Midwifery, Ardabil University of Medical Sciences, Ardabil, Iran

²Department of Midwifery, School of Midwifery Nursing, Ardabil University of Medical Sciences, Iran

Abstract

Introduction: Introduction: The 2019 coronavirus disease (CoViD-19) caused by a new strain of the SARS-CoV-2 coronavirus has become a pandemic in 2019. On January 30, 2020, the World Health Organization declared the outbreak of COVID-19 a public health emergency. An international concern, the virus has already had a direct impact on the physical health of millions of people, including lung and heart problems, and is also a global threat to mental health, such as anxiety, depression and chronic stress. For many people, Covid-19 is a very distressing experience. Covid-19 has caused negative changes in people's mental health, among which negative things include isolation and shyness, staying away from people and excessive obsession with cleanliness. Many studies have shown a positive relationship between remote work and maintaining mental health during and after Covid-19. The purpose of this study is to investigate the relationship between remote work and mental health in the post-Covid-19 era.

Methods and Materials: In this systematic review, online databases (Medline, EMBASE, Scopus, Web of Science, Cochrane Library, CINAHL, CIVILICA, and Google Scholar search engine) were searched with the keywords remote work, mental health, Covid-19 without time limit until 2023.

Results: Quarantine and quarantine are states of isolation that are psychologically distressing and unpleasant for anyone experiencing them. People who are at risk of mental health problems are more vulnerable than others, especially to the adverse effects of isolation, including the closure of all centers, due to disruption of physical activity and social interaction. And on the other hand, working remotely is more pleasant for them because there is no need to communicate with people in the community. These people described the experience and impact of remote work as positive and related to a sense of relaxation and higher performance.

Conclusion: The (COVID-19) pandemic has caused a rapid shift to full-time remote work for many people. Covid-19 has accelerated the shift away from traditional office work, so that even companies that don't maintain full-time telecommuting policies after the pandemic ends are unlikely to fully return to work. And according to the changes that have been made in the mental health of some people, a percentage of people prefer remote work to maintain their mental health. Telecommuting may be a useful intervention to help reduce the stress of isolated individuals. Remote work can play an important role in mental health promotion strategies. Prospective randomized controlled studies are needed to evaluate the relationship between telecommuting and mental health in the post-Covid-19 era.

Keywords: remote work, mental health, Covid-19