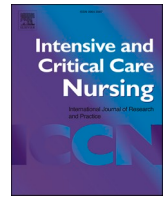




Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information website.

Elsevier hereby grants permission to make all its COVID-19-related research that is available on the COVID-19 resource centre - including this research content - immediately available in PubMed Central and other publicly funded repositories, such as the WHO COVID database with rights for unrestricted research re-use and analyses in any form or by any means with acknowledgement of the original source. These permissions are granted for free by Elsevier for as long as the COVID-19 resource centre remains active.



## Response from the Author

## Moral distress, emotional impact and coping in intensive care unit staff during the COVID-19 outbreak



Dear Editor,

Thank you for offering the opportunity to respond to the suggestions mentioned in the Letter to the Editor (Ito Y, ICCN-D-22-00250 in publication).

Coping styles have a multifactorial explanatory component and there are numerous individual variables that the bibliography collects as determinants in their choice in relation to mental health problems. As the authors of the letter point out, sociodemographic variables such as gender is one of them, along with many others known from traditional explanatory models of the subject since the 70s–80s, such as attributive styles (Abramson et al., 1978), cognitive schemes (Beck, 1976, 1983), personality traits (Costa and McCrae, 1989).

In the research work carried out by our team, only those variables that were part of the specific objectives of the study were selected, and as indicated in the text “to determine the variables that could be considered predictors of mental health problems in the sample, Multiple linear regression analysis was used, considering anxiety and depression as dependent variables and those with which they had a significant relationship as independent variables”. In other words, a prior analysis of significance was carried out as a methodological criterion for the selection of variables to include in the regression model that would explain anxiety and depression in the specific study sample. In this analysis, the sociodemographic variables were evaluated, and the gender, age, marital status and years of profession mentioned by the authors of the letter were not significant in this sample, a methodological reason why they were not included in the subsequent multivariate analysis.

In any case, the Letter to the Editor points to a current problem. It will be interesting that future research in health professionals addresses sociodemographic variables in relation to occupational and mental health problems as an objective of study, especially after the pandemic. This is especially relevant because these are variables that do not always offer homogeneous results between different studies (Danet, 2021), because it is a highly feminized profession, subject to high levels of stress and that requires active coping styles for its management and control. This individual vision must always be accompanied by the necessary primary prevention of the organizational and task factors involved, key in understanding the different psychosocial risks in the health field and their consequences on mental health, which the COVID-19 pandemic has caused considerably increased.

## Declaration of Competing Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

## References

- Abramson, L.Y., Seligman, M.E.P., Teasdale, J.D., 1978. Learned helplessness in humans: critique and reformulation. *J. Abnorm. Psychol.* 87, 49–74.
- Beck, A., 1976. *Cognitive Therapy and Emotional Disorders*. International University Press, New York.
- Beck, A., Shaw, B.E., Emery, G., 1983. *Terapia cognitiva de la depresión*. Descleé de Brouwer, Bilbao.
- Costa, P.T., McCrae, R.R., 1989. Personality, stress and coping: Some lessons from a decade of research. In: Markides, K.S., Cooper, C.L. (Eds.), *Aging, Stress, Social Support and Health*. Wiley, Nueva York, pp. 267–283.
- Danet, A., 2021. Impacto psicológico de la COVID-19 en profesionales sanitarios de primera línea en el ámbito occidental. Una revisión sistemática. *Medicina Clínica (Barcelona)* 156 (9), 449–458.
- Ito Y., ICCN-D-22-00250 in publication Letter to the Editor Moral distress, emotional impact and coping in intensive care unit staff during the outbreak of COVID-19 (update once in publication).

Marta Romero-García

*School of Nursing, University of Barcelona (Barcelona), Spain  
Fundamental Care and Medical-Surgical Nursing Department, Spain  
IDIBELL, Institute of Biomedical Research, Spain  
International Research Project for the Humanization of Health Care,  
Proyecto HU-CI, Spain*

Pilar Delgado-Hito

*School of Nursing, University of Barcelona (Barcelona), Spain  
Fundamental Care and Medical-Surgical Nursing Department, Spain  
IDIBELL, Institute of Biomedical Research, Spain  
International Research Project for the Humanization of Health Care,  
Proyecto HU-CI, Spain*

Macarena Gálvez-Herrer

*International Research Project for the Humanization of Health Care,  
Proyecto HU-CI, Spain  
Stress and Health Research Team, Autonomous University of Madrid  
(Madrid), Spain*

Llúcia Benito-Aracil

*School of Nursing, University of Barcelona (Barcelona), Spain  
Fundamental Care and Medical-Surgical Nursing Department, Spain  
IDIBELL, Institute of Biomedical Research, Spain*

DOI of original article: <https://doi.org/10.1016/j.iccn.2022.103301>.

<https://doi.org/10.1016/j.iccn.2022.103305>

Available online 4 August 2022

0964-3397/© 2022 Elsevier Ltd. All rights reserved.

*International Research Project for the Humanization of Health Care,  
Proyecto HU-CI, Spain  
E-mail address: [lbenito@ub.edu](mailto:lbenito@ub.edu).*

*Gabriel Heras-La Calle  
International Research Project for the Humanization of Health Care,  
Proyecto HU-CI, Spain  
Universidad Francisco de Vitoria, Madrid, Spain*