

Anxiety and Depression in Family Members of Critically Ill Covid-19 Inpatients: Brief Psychological Interventions via Telephone, an Exploratory Study [Response to Letter]

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Dear editor

We greatly appreciate the letter sent by Ahmad Syaekhu regarding Anxiety and Depression in Family Members of Critically Ill Covid-19 Inpatients: Brief Psychological Interventions by Telephone, an Exploratory Study.¹ Indeed, the study was conducted in family members of COVID patients who were admitted to the intensive care unit, as this population was at higher risk and likelihood of mortality,² so the stressful effects could be more severe. As mentioned in the Letter to the Editor, the results can be applied only to this population, so studies in different populations in which the patients are not necessarily in intensive care units will be useful.

On the other hand, we fully agree that the next steps should include studies in which there is a control group that does not receive any intervention and it can be determined to what degree these types of brief interventions are beneficial in reducing emotional and stress symptoms. Likewise, studies that evaluate outcome variables over time and verify whether the effects of these interventions are maintained would be very valuable. In addition, the study of other variables involved, such as biomedical parameters, will help to demonstrate the importance and impact that addressing emotional symptoms can have on the quality of life and well-being of these at-risk populations. Undoubtedly, the results of the study are a starting point for further research to shed more light on this important issue.

As also mentioned in the letter, other types of interventions and/or modalities can complement the psychological interventions mentioned in our study. Psychological intervention with MBSR (Mindfulness-Based Stress Reduction) is a promising possibility that has already provided some evidence of its usefulness in this population.³ Similarly, designing online or app-based interventions may be effective in reaching a larger number of people who require it.⁴ To conclude, we thank again the valuable comments based on the results of our work.

Disclosure

The authors report no conflicts of interest in this communication.

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