

Psychological Distress, Coping and Post-Discharge Experience of COVID-19 Survivors: Basis for the Development of Therapy

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ABSTRACT

This study focused on the presence of psychological distress and coping during hospitalization and post-discharge experience of COVID-19 Survivors. Participants are all residents of San Pablo City, Laguna with mild to moderate COVID-19 symptoms. The study used snowball sampling or chain-referral to select the participants. The method used was a case study by Yin (2004) involving coding, with-in case, and cross-case analysis in the analysis of data. Due to the threat of virus transmission, data were obtained through a series of virtual interviews. Informed consent was obtained before the actual virtual interview. Through the narrative qualitative approach, the psychological distress, and coping during hospitalization are identified. Further, post-discharge experiences are being discussed and elaborated on. The result of the study showed that manifestation of psychological distress in the form of symptoms of anxiety, symptoms depression, denial, intolerance of uncertainty, and maladaptive thoughts are common among survivors during their confinement. To manage the presence of psychological distress, different coping strategies were used by the participant such as faith and spiritual connection, emotional connection, connection with other family members, positive reframing, restoring physical strength, social support, and cellphone engagement. However, despite these coping strategies psychological consequences emerged as one of the aftermath challenges faced by the survivors. Psychological consequences manifest through different forms of mental health concerns. As a result, a proposed Therapy was developed to help and respond to COVID-19 survivors' emerging mental health difficulties.

Keywords: Psychological Distress, Coping, Post-discharge Experience, COVID-19 Survivors