

The 11th International, Invention, Innovation & Design 2022

INDES²⁰₂₂

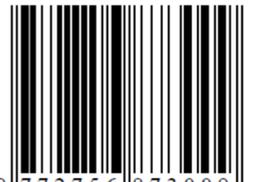
Ushering in the Age of Endemic

**THE 11TH INTERNATIONAL INNOVATION,
INVENTION & DESIGN COMPETITION
INDES 2022**

EXTENDED ABSTRACTS BOOK



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HAS COVID-19 PUSHED US TO THE BRINK OF A TRIPLE CRISIS? INSIGHTS FROM THE WELLNESS-RESILIENCE PRIORITIZATION MATRIX

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ABSTRACT

The COVID-19 pandemic has badly wounded many areas of people's lives, distressed the lives of families with millions of deaths, harmed the labor market with overwhelming consequences of massive layoff, on top of the loneliness extended from social isolation. All these have evidently marked effect on people's mental health. Therefore, mental health crisis is believed to be another health-related catastrophe hiding in plain sight. In view of this, Wellness-Resilience Prioritization Matrix (WRPM) has been developed to provide a much-needed understanding of the linkage between mental health and mental illness condition under the presence of household effects for better priority setting for mental health interventions. WRPM is an improved version of the traditional illness-wellness continuum model reckoned by Keyes (2002). The original two-dimensional illness-wellness interaction framework is innovated into a four-dimensional model to account for household dynamics, such as family structure and household income. The attractiveness of this model rests with its simplicity in summarizing the two correlated but differentiated latent elements into a graphic interpretation of illness-wellness relationship with additional insights from the household effects. All findings discovered from WRPM ultimately directed into a similar conclusion, that is the impact of COVID-19 towards mental health is indeed sizeable as individual, regardless they are living under single or coupled household structure are equally painful mentally during the hard time of pandemic crisis. WRPM is useful to inform policymakers and health practitioners on how to enrich available programs and initiatives to promote mental health and well-being in the community. Besides, WRPM helps the Wellness and Mental Health Service Providers to design an alternative form of professional care appropriate for individual's social and cultural values which can be established according to the illness-wellness situation.

Keywords: Mental Health, Illness-Wellness Continuum Model, COVID-19

1. INTRODUCTION

Thanks to the notable progress in the vaccine rollout, we have finally arrived at the endemic stage where the COVID-19 outbreak has gradually subsided in many parts of the world. As the deadly virus swiftly sweeps across the globe, what it ultimately brings is more than just a health crisis. Since the onset of the pandemic, the gloomy economy has compounded the public health emergency into a crisis upon a crisis, potentially provoking a triple crisis. Many believed that mental health crisis could be one of the health-related hazards hiding in plain sight. As we are struggling from one crisis after another along with the lingering effects of COVID-19, will we see a wave of psychological fallout that signals the onset of a hidden crisis? The pandemic has badly wounded many areas of people's lives, distressed the lives of families with millions of deaths, harmed the labor market with overwhelming consequences of massive layoffs, on top of the loneliness extended from social isolation. All these have evidently marked effect on

people's mental health. Therefore, mental health crisis is believed to be another health-related catastrophe hiding in plain sight. In view of this, a Wellness-Resilience Prioritization Matrix (WRPM) has been developed to offer insightful connection between mental health and mental illness under the presence of household effects for better priority setting for mental health interventions.

2. METHODOLOGY

To provide a renewed insights on how mental health and mental illness condition in Malaysia interacts, we revised Keyes's theoretical idea of illness (severity of mental illness) - wellness (subjective well-being) to draws a connection between the two paradigms under the presence of household dynamics. WRPM is an improved version of the traditional illness-wellness continuum model reckoned by Keyes (2002). The original two-dimensional illness-wellness interaction framework is innovated into a four-dimensional model to account for household dynamics, such as family structure and household income. The improved model is divided into four quadrants where the horizontal-axis reflects severity of mental illness and vertical-axis reflects mental health condition, while the inter-layer portrays how illness-wellness synthesize and outer-layer offers inferences as well as coping strategies relevant to insights from household effects. The attractiveness of the model rests with its simplicity to summarize the two correlated but differentiated latent continua into a visual illustration of illness-wellness relationship under some critical household dynamics.

3. FINDINGS

The enhanced four-dimensional WRPM suggested that the impact of COVID-19 towards mental health is indeed sizeable as individuals, regardless of whether they are living under single or coupled household structure, are equally painful mentally during the hard time of pandemic crisis. Besides, mental health is found to be a prevailing concern affecting many individuals and households even though the virus has largely subsided, and economic activity has gradually resumed in the new normal setting.

4. CONCLUSION

WRPM informs policymakers and health practitioners on how to enrich available programs and initiatives to promote mental health and well-being in the community. Besides, it helps the wellness and mental health service providers to design an alternative form of professional care appropriate for individual's social and cultural values which can be established according to the illness-wellness situation. WRPM also benefits the NGOs related to mental health as it helps to design social support towards the mentally ill individual or family living in poor mental health condition.

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