

Government, industry and public responses to the Coronavirus crisis are changing rapidly. APA presents an information hub specifically for psychology practice resources in response to COVID-19. Here you will find the latest advocacy updates, reimbursement and licensing/regulatory guidance and other information to help navigate this public health emergency.

### **Applied Psychology**

#### Four Pieces of Ethical Advice for Practitioners during COVID-19

- **Lean In:** Standard 2.02, “Providing Services in Emergencies,” allows psychologists to provide services for individuals for whom other services aren’t available through the duration of such emergencies, even if they have not obtained the necessary training. The Ethics Committee supports those psychologists working in good faith to meet the needs of patients, clients, supervisees and students.
- **Get Training and Support:** Standard 2.03, “Maintaining Competence.” Expand your network by connecting with colleagues who can provide peer consultation and supervision to support your efforts.
- **Consider Referrals:** Psychologists should assess each client’s needs in light of their own professional capacities and refer to others who can provide needed services in line with Standard 10.10(c), “Terminating Therapy.”
- **Take Care of Yourself:** Practicing accurate self-assessment, leaning on colleagues when needed, and taking time to unplug from the news and practice to recharge helps to prevent burnout and is entirely consistent with 2.06, “Personal Problems and Conflicts.”

#### Psychologists Advice to Newly Remote Workers

- **Minimize Distractions**
  - Choose a workspace that is separated from household noises and activity
  - Create news- and information-free times to disconnect from the crisis and recharge, for instance by reading a book or taking a walk outside
  - For those juggling work and childcare responsibilities, communicate those challenges to colleagues and supervisors, carving out times when distractions are minimal — such as early mornings or late evenings — to do your most important work, and coordinating with a spouse or partner on childcare duties when possible
- **Set Goals and Boundaries**
  - Set daily goals for tasks you wish to accomplish or project milestones to reach,
  - Making public commitments to others about what you will accomplish that day helps hold you accountable
  - Aim to stick to the same schedule each day and if possible, stop checking messages and email when your workday ends
- **Make a Communication Plan**
  - If you’re having trouble executing tasks because of the new work arrangement, let your manager know
  - Create a plan for the frequency and mode of communication between colleagues
- **Seek Social Connection**

## American Psychological Association (APA) Resources for Psychologists during COVID-19

- Stay connected to other co-workers, managers and customers is paramount to successful telecommuting
- Managers; provide opportunities for informal conversation during phone or video conferences so employees can continue to build healthy and supportive coworker relationship
- A company may also create a designated online messaging space for coronavirus-related and other chatter, including news and office updates, personal stories and requests for supplies or guidance

### Self-care Advice for Health Care Providers during COVID-19

The following are concrete strategies to help health care providers manage stress

- Anxious or worried—Share your feelings with colleagues, clinical team members, family or friends
- Pace yourself—Monitor sleep, fatigue, irritability, and difficulty focusing.
- Breathe—Try mindful breathing, throughout the day, in the car, and prior to patient care.
- Maintain good health habits—Maximize healthy eating, limit substance use, get more sleep and exercise both in and outdoors.
- Exercise, Exercise, Exercise—Hiking, biking, running, throwing a Frisbee or ball, yoga—all are great for stress reduction.
- Connect, connect and connect again—Reach out to family, colleagues, and community groups. Call, Facetime or Skype to reduce isolation, create meaningful contacts and increase emotional support.
- Take breaks at work and at home—10 minute walks, plan downtime, listen to a podcast, play a game with family and integrate mindfulness techniques to refuel physically and emotionally.
- Promote teamwork—Ask family to assist with childcare
- Maintain structure at home—Establish consistent schedules and a workspace
- Flexibility is essential—Practice outside the box. It's ok to ask for support!

How to Protect Your Patients and Your Practice is a fact sheet created by public health officials to monitor the spread of the coronavirus. Download it here:

<https://www.apaservices.org/practice/news/covid19-psychology-services-protection>

Grief and COVID-19: Saying Goodbye in the Age of Physical Distancing is an information brief for mental health providers to support their patients while they deal with the loss of a loved one. Review the brief here:

<https://www.apa.org/topics/covid-19/grief-distance>

### **Telehealth Resources for Psychologists**

Language for practitioners to use in their Informed Consent for Telehealth Services

- Multiple states require documentation for informed consent. This resource discusses how to create a form for individual practitioners, including required or essential fields for compliance
- Some additional information must be noted in regards to confidentiality issues, required equipment or technology and contingency plans
- Available at: <https://www.apa.org/practice/informed-consent-checklist>

An Office and Technology Checklist for setting up a space in which to perform Telepsychology

- This resource provides a checklist to determine which members of your caseload may be appropriate for telepsychology services, including cognitive abilities, comfort with technology and patient safety
- This also provides a review of needed office technology and office set up to ensure privacy.
- Once a telepsychology session is occurring consent must be secured, as well as confirming the patient's identify and location. Contingency plans should also be in place should technological difficulties occur
- Available at: <https://www.apa.org/practice/programs/telepsychological-services-checklist>

### Resources for Students

FAQ fact sheet for PSYCAS, the centralized application service for graduate psychology.

<https://www.apa.org/education/grad/psycas-faqs-covid-19>

COVID-19 Student FAQ's at the following link: <https://www.apa.org/education/covid-questions>

- APA 2020 Conference has not been cancelled. It is scheduled to occur August 6-9 in Washington, D.C.
- Tips for successful online learning at the following link:  
<https://careerwise.minnstate.edu/education/successonline.html>
- Graduate Student Treating Clients- APA advises graduate students to ensure that their liability coverage provider and jurisdiction approve of the option to provide telehealth

APA is offering the following resources to students:

- APA Publication Manual- Providing free temporary access to the *Publication Manual of the APA* (6<sup>th</sup> and 7<sup>th</sup> editions). This will be available for free to instructors and students at participating nonprofit academic institutions affected by campus closures until May 25, 2020.
- Academic Writer Tutorials- Free access to 13 Academic Writer tutorials and quick guides  
<https://apastyle.apa.org/instructional-aids/tutorials-webinars>

## Resources for Researchers

### Funding Opportunities

Funding agencies are issuing calls for grant proposals from psychologists and other behavioral and social science researchers to study how people are responding to the most alarming public health and economic crisis the world has experienced in the past 75 years.

Hundreds of millions of dollars have already been deployed to medical researchers to learn about the novel coronavirus, bolster public health systems, and develop treatments and vaccines. Now, as millions of people around the world are experiencing the stress and loneliness of self-isolation, job loss and even the death of loved ones, funders are looking ahead to the immediate and long-term impacts the pandemic will have on mental health. The COVID-19 crisis is also providing researchers with an unprecedented opportunity to explore psychological and social phenomena such as quarantine and forced telework on a mass scale.

Funding opportunities include:

- The National Science Foundation
  - Soliciting pandemic-related research proposals to be funded up to \$200,000 for a maximum duration of one year through its Rapid Response Research grant program. Grant submission is still open
- The National Institute of Mental Health and the National Institute of Aging
  - Announced administrative supplements or revisions to existing grants to investigate, among other things, how COVID-19-related changes in the social, economic, institutional and policy environments differentially impact the health and welfare of people across the life course and in vulnerable social groups. Applications will be accepted on a rolling basis through May 1
- The Agency for Healthcare Research and Quality (AHRQ)
  - Will soon be releasing two time-limited Funding Opportunity Announcements (FOAs). The first will come out in April for teams that already have AHRQ grants to add information about how they are responding to COVID-19. The second will come out in May and will request new applications about how health systems are responding to COVID-19
- The American Psychological Foundation
  - Will fund two grants of up to \$20,000 each to fund pilot projects, additions to existing studies, and/or literature reviews that will help psychologists to work with individuals, families and groups who are struggling to cope during these challenging times. Applications are due May
- The National Institute of Drug Abuse
  - Funding COVID-19 research on risks and outcomes for individuals with substance use disorders. Grant submission is closed for these grants
- Advice on Conducting Research during the COVID-19 Pandemic
  - COVID-19 is not just altering everyday life; it is also upending psychological research. As universities and colleges across the country go virtual, researchers are scrambling to protect their human participants and animal subjects, their scholarship, and their careers

To Mitigate the Impact, the following Advice is recommended

- Prepare to work remotely
  - Make sure you have a laptop, charger, webcam, contact information for team members and access to any electronic materials you will need
- If you do not yet know how to use Skype, Zoom and Hangouts, now's the time to learn
  - Work with your organization to ensure that you are using proper encryption and other security protocols when you are analyzing and storing data off-site
  - Consider having calls to your study project line forwarded to a project staff person's cellphone
- Check in with your program officer
  - It is possible that federal agencies and other funders may extend deadlines. But since it is not clear when the pandemic will be over, it is important to think creatively about how to sustain your research over at least the next three to five months. Then reach out to your program officer and share how the crisis is affecting your work and how you plan to keep making progress
- Modify your research and analysis
  - Researchers who rely on undergraduates as research participants and many other researchers who rely on face-to-face interaction to collect data will have to hit pause or go online
  - If you are shifting to remote data collection and storage, keep in mind that changing methodologies means modifying your institutional review board approval and doing another round of consents
- Protect your human participants and animal subjects
  - There are risks for participants traveling to and being in labs as well as risks to the personnel keeping labs open.
  - While standard precautions protect both animals and researchers, veterinary staff will remain on the job even if the university shuts down
- Cross-train staff
  - You want to reduce the likelihood of institutional knowledge being locked up with one person. By training other staff to do data management, for example, another team member can step in if someone gets sick
- Maintain communication with your team
  - Frequent communication is key to not only keeping the research going but also safeguarding your team's mental health
- Do the things that you never have time for
  - Take an online course, build that skill you were always saying you were going to do. It's also a good time to write grant proposals
- Support Junior Colleagues
  - Students, trainees and early career researchers are most vulnerable right now. Do what you can to help ensure they can continue progressing toward their goals and be flexible about deadlines
  - Reach out to junior colleagues and offer data sets they can work with or opportunities to collaborate with you.
  - If you are an early career researcher yourself, document how the crisis is affecting your research and talk to your chair about how you can protect your chances of tenure.
- Keep Things in Perspective

## American Psychological Association (APA) Resources for Psychologists during COVID-19

- It is important to remember that you are not the only one in this situation and that normal research activities will eventually resume
- Free Access to COVID-19 Related Psychological Research Published in APA Journal
- APA Publishing is grateful for community's leadership and is committed to providing resources needed to carry out work
- A free collection includes relevant psychological research published across the APA Journals portfolio representative of the below topics will be updated on an ongoing basis:
  - Most Recent Articles on COVID-19
  - Psychological Impact of a Pandemic: Coping Behavior, Anxiety, and PTSD
  - Hardiness
  - Health Behavior
  - Health Disparities
  - Health Care Personnel and Other Responders
  - Mental Health and Economic Stress
  - Rehabilitation Psychology in Critical Care
  - Remote Practices: Telehealth and Telework

### Resources for Educators

#### APA Electronic Resources Available for Distance Learning

- Free access to a variety of books and other academic materials offered during shut-down period: <https://www.apa.org/education/distance-learning>
- Offers allowing instructors to use PsycLearn: Research Methods content with their students at no cost for the remainder of this semester. Interested educators should contact their APA Partnership Manager or email. <https://digitallearning.apa.org/psyc-learn>
- Watch the webinar on-demand to hear about best practices when teaching online and “how PsycLearn can help” instructor’s transition to online learning during the COVID-19 changes. To register: <https://event.on24.com/eventRegistration>
- APA’s distribution partners VitalSource and RedShelf are working to ensure that those affected continue to have access to a wide range of course content, including over 160 APA book titles and the Publication Manual of the American Psychological Association. Along with other participating publishers, VitalSource and RedShelf, APA is offering digital content free of charge through May 25, 2020.

#### COVID-19 Education FAQ’s

- Address issues impacting grad students, postdocs, interns and faculty with supervision responsibilities <https://www.apa.org/education/covid-questions>

#### Conducting and Managing Scientific Research

Get answers for research related questions when campuses are closed, including research facilities such as National Institute of Health (NIH) guidance and flexibility, National Science Foundation (NSF) proposals and awards and other federal agencies (NASA, DARPA).

- Status of APA 2020 on August 6-9, 2020 in Washington, D.C. and other conferences, and guidance for poster presentations when conference is canceled
- Submissions for Technology, Mind, and Society (TMS)



### Resources-General Public

APA has provided the following information filled with resources for the general public to assist in managing this global pandemic from their Federal Partners. These downloads can be accessed by copy/pasting the name of the resource below into your browser or downloaded from the APA website at <https://www.apa.org/topics/covid-19>

Centers for Disease Control and Prevention (CDC)

- [Coronavirus: Information for Health Care Professionals](#)
- [Pandemic Preparedness Resources](#)
- [When and How to Wash Your Hands](#)
- [Preventing COVID19 Spread in Communities, Schools and Workplaces](#)
- [Nonpharmaceutical Interventions \(NPIs\)](#)

Institute for Disaster Mental Health

- [COVID-19: Coping as the Pandemic Continues](#)
- [COVID-19: Managing Relationships Under Stay-at-Home Orders](#)
- [COVID-19: Managing Stress in this Anxious Time](#)

Red Cross

- [Coronavirus Safety and Readiness Tips for You](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

World Health Organization (WHO)

- [Briefing Note on Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak-Version 1.0](#)
- [Coping with the Stress During the 2019-n-CoV Outbreak](#)

### Additional Resources

These resources created by APA can also be downloaded from the APA website:

Behavioral and Public Health

Self-Care

Education, Training and Distance Learning

Stigma, Equity and Xenophobia

Parenting and Caregiving

Stress Anxiety and Grief

Physical Distancing and Isolation

Telementalhealth/Telepsychology

PTSD and Trauma

Work and Telework