

Ethical Issues Faced by Psychologists in Medical Settings and Ways to Deal with Them

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Received: 10-May-2023

Revised: 18-June-2023

Accepted: 10-July-2023

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Abstract

Psychologists are faced with many ethical challenges that are very different from any other profession in the medical field. Ethics is one of the most important things in any profession to maintain quality and deliver the best results. The purpose of this article is to investigate the ethical issues that are faced by psychologists in the medical field along with the steps that they can take to deal with these ethical issues. The research has used secondary sources to gather the required information and provide a concise idea of the entire subject matter. There are various ethical issues such as informed consent, confidentiality, conflict of interest, misconceptions, and vulnerability among others. This research has discussed various methods to deal with the ethical challenges that are commonly faced by psychologists. There is still a need for further discussion on the subject and the challenges are something that needs to be researched in the future.

Keywords: Psychologists, Ethical Issues, Medical Field

1. Introduction

Psychological services are getting most of the attention while being integrated in adults and pediatric primary care. These services are required for primary, acute, and chronic care in health settings. Optimal patient care is required with interdisciplinary teamwork that occurs with particular ethical challenges, which are not found for the typical health services. Interdependency practitioners have mainly encountered patients with heavy emotional distress, which create huge challenges within the main purview of medical services. Practicing medical psychology is required for important intellectual skills, which are, expected as more knowledge and sensitive cultural appearance of that psychologist (Ungar & Theron, 2020). This is ideally acquired with a major healthcare system with the best services.

There are many psychological interventions, which are the unethical, and this perhaps cannot maintain treatment for the patients perfectly. In the viewpoint of Rubic *et al.* (2022), there are many challenges faced by psychologists with performing main medical practices such as informed consent, confidentiality, conflict of interest, misconceptions, and vulnerability within the other team. These challenges created huge breakdowns in major psychological practices. Professional bodies are developed for a better effect on the maintenance of ethical aspects for psychological development, which completely maintain valid characteristics among confirmation of main results. Psychological research has highlighted various issues with the help of proper study from the British Psychological Society (BPS) and American Psychological Association (APA) (AMERICAN PSYCHOLOGICAL ASSOCIATION, 2023). This has been highlighted as major challenges faced by

psychologists during common medical practices. These challenges mainly can have various serious implications for the condition of the patients.

These challenges need to be properly dealt with creating a strong norm with perfect alignment and there should be rigid rules for such treatment, which may require the best result for improving outcomes. As mentioned by Martínez-López *et al.* (2022), confidentiality is the main code for psychological treatment, which has been understood by the people in which it is revealed as the highest form of communication with doctors. Patients should be aware about the overall internal privacy and setting. “Health Insurance Portability and Accountability Act (HIPAA)” has high tech major connectivity with health records and better personal information (Peter *et al.* 2022). The HIPAA confidentiality rule is designed for developing a minimum level of protection while creating better explanations about the privacy and policies for proper handling. Hence, considering the implications of the ethical issues, this article will discuss the ethical challenges faced by psychologist and ways of dealing with them.

2. Aim of the Article

The main aim of this study is *to evaluate the major challenges as faced by the psychologist and a way to mitigate these kinds of issues for medical practices.*

3. Method

Secondary sources of data have been referred regarding the main issues faced by psychologists. The secondary data helps to gather large amount of data with the perfect justification according to the stepwise manner and that creates a perfect understanding among the readers. In the viewpoint of Li, Higgins, & Deeks (2019), gathering secondary data or information based on secondary sources is mainly done from authentic books, peer-reviewed journals, magazines, and many articles. These sources are the prime interests in having better clarification about the study. This can depict perfection in major study by conducting in-depth study. On the other hand, there is a high chance of maintaining a major ethical discussion of the study with perfect insights. The reliability and validity of the study has been maintained with the following inclusion and exclusion table:

Table 1: Inclusion and Exclusion Criteria table

Inclusion criteria	Exclusion criteria
The study should be conducted with the help of a qualitative method, which may create an active chance of clarifying major topics.	The study should not be conducted with the help of a quantitative method, which may not perform an active clarification for major topics.
This study should be conducted with the help of gathering secondary information from the most authentic sites, which helps to justify a major statement.	This study should not be conducted with the help in gathering primary information from most selected participants, which may not be reliable for evaluating the main study.
Gathering of information should be related to the ethical issues that are faced by psychologists in the medical field from authentic sources.	The gathering of information should not be based on the issues that are faced by others medical sections in the medical field from unethical sources.
All the collected information is mainly sourced from peer-reviewed journals, which are published after 2019.	Not all the collected information should be sourced from peer-reviewed journals, which are published before 2019.

4. Findings

4.1 The main role of psychologists in mental health care

A psychologist can treat and assess major diseases with the help of behavioral discounting which is related to mental health. As mentioned by Riggs *et al.* (2019), diagnosing, assess treating mental health is the major role of the psychological department. Psychology helps to improve the mental health of a patient, which also helps to prevent bad effective mental health for accelerating the quality of life. All psychologists especially create an effective chance to remove all the negativity in the mind. People are mainly getting more anxious and depressed in the recent way of life. The stress and depression among people which is sign of poor mental are giving rise to other health conditions. The psychologist have to play a great role to relive all the stress from the mind through counseling and improve the quality of life.

The diagnostics interventions of a psychologist are based on important primary care, which creates an intervention and service prevention for the issue based on psychological problems. From the perspective of Knapp & Wong (2020), illness prevention, and behavioral health promotion mainly create better effects within psychological treatment. These removals are the major function of primary care. Further, poor mental health refers to an issue that a human has faced mentally which is depression, and anxiety. As mentioned by Lewis *et al.* (2022), post-traumatic stress, disorders, eating disorders, neuro-developmental disorders, and bipolar disorder are the other issues of mental health. These creations share the main attraction of receiving huge mental stress which is caused due to huge pressure on life and in the workplace, sometimes the stress also reveals within the achieving the main goal of life.

The management of this stress should be placed under the perfect knowledge and development of psychologists. As mentioned by Slosower *et al.* (2020), depression is the main psychological disorder that can be maintained with the help of perfect counseling. All the aspects of this disorder are mainly handled with the help of the perfect ability of psychologists. On the other hand, therapists and psychologists mainly failed to care for better action to fulfill the main disorder of any person. The psychological disorder may affect the life of the main victim and in this way; a patient may attempt any negative action. In this concern, mental health disorders should be taken with certain care. The ethical maintenance of any patient's life should be the prior concern among all psychologists.

4.2 Ethical issues faced by a psychologist

Medical health practitioners who failed to maintain the main boundary have faced ethical issues. The main ethical issues that are faced by the therapist are mainly caused due the client's actions. The main practitioner should not develop a relationship with a client and sometimes this may be a blur and contempt within the therapist when professional boundaries cannot be maintained. On the other hand, the psychologist may have many changes at the start of the treatment process, which can maintain active behavior, which can be related to the main therapy. Psychologists are made to fail to meet major circumstances of medical practices. Confidentiality may sometimes not create a better effect on psychological therapy, which creates high advancement that effectively makes perfect touch in the medical field.

Professional confidence psychology has occurred with less effective evidence that may confirm a huge amount of negative effects on treatment. As per Thambireddy *et al.* (2021), over-confidence action on psychological treatment cannot maintain better action in the treatment processes where a patient may get less attraction during the treatment process. The main therapist should maintain confidentiality for the personal information of patients, as this is the proper way to treat a patient. These therapists should maintain major work with maintaining a standard of professionalism in which personal and professional backgrounds should be separated. Professional confidence among some psychologists cannot be fulfilled in some cases, as there is no proper system in certain treatment processes. In addition, the application and huge strategic maintenance in the treatment processing can be managed by major diagnoses.

The misconception is the major challenge that is faced by psychologists in treating many patients. As mentioned by Braga *et al.* (2022), misunderstanding creates huge discrimination in the diagnostic issues of patients. The application and maintenance of proper patient care may face a huge amount of treatment perfection. Failing to understating the major disorder of a particular patient may not perform perfect action on treatment. This may result in a huge negative effect on the patients in which these psychologists are not actively related to or confess to the misconduct. In this concern, all the adverse effects have fallen over that victim and that psychologist may not be attracted to the further patient.

Conflict of interest is also faced by the counselor and psychologist in whom a less effective connection is required between the therapist and the patient. From the viewpoint of Rangachari & Woods (2020), an inappropriate relationship between patients and psychologists on limited sharing of information may create this conflict of interest. This may result in a huge impact on maintaining professional development. Many patients have not been permitted to confess all the incidents during the counseling process to a psychologist, which creates an obstacle on proper treatment. On the other hand, the proper action and maintenance of perfect action on confessing all issues of personal life may be facilitated in the treatment process. Psychologists sometimes cannot perform better actions without getting effective information about the patient's condition and this may create a negative impact on the processes of that psychologist. Sincerely, psychologists may not be able to predict the main problem or disorder of that patient. This needs to be managed better by performing an activeness creation among main execution.

Next, vulnerability is stated that the emotional exposure has been maintained with a certain degree of uncertainty. From the viewpoint of Notaras & van den Buuse (2020), the vulnerability action is willing to assess emotional risks that come from common fear. Many psychologists get vulnerable in major occupations and this has resulted in distress on the self-career, which cannot proceed better within the major treatment process. Psychologists manage many stresses and anxiety along with removing all the negativity among the patients, which may sometimes create huge negative effects on the mental health of psychologists.

In the emergency condition many workers of health care may face many issues on conduction on time task for having some time limitation. These people are getting distressed with fulfilling the duty for the whole day. As mentioned by Williams *et al.* (2020), the world health organization (WHO) has highlighted a report in which many people are observed that the condition of healthcare workers at the time of the pandemic has gotten huge stress while creating significant effects on the medical staff. This seeks high-priority counseling for removing occupational injuries. Occupational injuries can form huge discrimination that has a high effect on the maintenance of the moral code of main ethics. This ethical displacement requires better counseling, which could not be maintained at the time of the pandemic and the application.

Informed consent is used in the psychology due to assurance of developing awareness about vital factors to patients, clients, and participants. As mentioned by Rahman *et al.* (2021), there are four core areas of informed consent, which are vital for medical science: points should give consent, which has much capacity, consent must freely be given, there should be sufficient treatment procedure, and this must be informed in further. In many psychological department in hospital may face some challenges such as failed to have better capacity on managing consent. Sometimes informed consent cannot be maintained due to delay of main confirmation. Failed to aware patients in fulfilling major purpose of the medical setting, may mishap on recovery of particular patient. Common inconsistency may decline on the treatment processes at the time of protocol description is linked to those of information.

The treatment among the patients during the tough time may be maintained with the social online sites and those therapists have used to save all information by online profile. This has resulted in a huge impact on personal information and this may be traced by major activity due to a lack of perfect capacity. There are four ethical principles of psychological research, which are “nonmaleficence,” “justice” and “autonomy” and “beneficence” (Varkey. 2021). In this concern, all the ethical principles should be maintained by those of psychological staff and psychologists within these ethical principles, medical setting may fall under false position. This may

resulted as less attraction towards the psychological treatment. Many fake organizations with the name of a renewed psychological department have created huge frauds to get more money.

4.3 Ways to mitigate major ethical issues faced by the psychologist

The ethical issue should be maintained with the perfect application of strategy in which the people can get a huge amount of profitable guidelines. The psychological process mainly maintained dealing with some ethical maintenance in the culture of major action. In the viewpoint of Alnazly *et al.* (2021), the action usage of concrete quasi-legal processes and action may assist in removing all psychological development. Psychologists should develop better action with standard practices, which competent for affected patients. On the other hand, many psychologists cannot maintain the major ethics of medical practices. All the ethical guidelines in medical practices can form better action on committing reliable development among the major developments. Further, the steps that can be taken by psychologists in the way of addressing the issues are-

- Psychologists need to maintain professional boundaries and completely avoid relationships that could impair their judgment.
- They should be also trying to maintain the right balance with the disclosure of confidential information to protect the patients' rights. The records must be stored safely with the proper idea of the state and federal law.
- Psychologists may also have a clear idea of the people that they were hired to help and the role that they hold in the entire process.
- Documentation of everything is very important to make sure that they have proof or account of all activities since it is the best ally for the psychologists when they face certain charges.
- They should only use evidence to provide their judgment pertaining to a particular manner rather than being biased in certain situations.

5. Discussion

The major role of a psychologist is to treat the patient who is suffering from depression, anxiety, and many mental disorders. The proper treatment process cannot be guaranteed due to a lack of proper strategy among psychologists. Behavioral health disciplines are directed to psychology, which is the main key to bio-psychological practices. This practice is regarded with perfect maintenance in psychological treatment. The intervention of a major therapist is mainly based on the development of personal strength and the perfect identification of supportive statements, which can maintain better action on treatment processing. Post-traumatic stress disorders, eating disorders, neuro-developmental disorders, and bipolar disorder are the other issues of mental health and these are perfectly treated by psychologists.

Many healthcare workers along with these psychologists are stressed at the time of the pandemic situation and this condition cannot maintain perfect strategy. Moreover, many fake calls and fake psychological services have attacked many patients, which lead to less fruitful action on major psychological development. Fulfilling the main disorder of any person, many therapists and psychologists are failing to care for better action. Many patients attempt any negative action on creating a psychological disorder that may affect the life of the main victim. Consequently, mental health disorders are the prime concern taken with a certain care. In addition, the ethical maintenance of medical services is the major important aspect that may create huge popularity among psychologists and this may well manage the quality of lives of people.

6. Conclusions

Overall study has mentioned better action on displaying major issues regarding ethical issues faced by psychologists in the field medical sector. The mitigation of issue is also been mentioned which can form a better degree of performance. Informed consent is the method in the healthcare services that actively educate a patient

about the alternatives, benefits, and risks within the major processes intervention. Patients should be effectively competent with voluntary participation, which undergoes ethical intervention. In this concern, religious influences also create a breakdown for psychological treatment. This study can be performed with a better action on the depiction of challenges faced by many health workers at the time of the pandemic situation. The major issues can be mitigated with the following recommendations:

- Guidelines of psychologist admitted for immediate patients care with perfection on treatment. The guidelines should be obeyed by the psychologist which may conform about perfect requirement of removal of main issues. Nurses and staff should maintain the hospital policy and norms, which may fulfill all needs of these mental patients.
- Assure all the patients of the advantages of psychological counseling and this may confirm a better effect on psychological practices. Those activities are done with maintaining ethics of the medical field.
- Bringing more attention of those individuals patients on one psychologist is the most important to resolve all the issues. There should be appropriate appearance and informal resolution is appeared confidentiality of treating all mental patients.
- Code of ethics should be referred by the hospital authority, which helps to act perfect task on psychological treatment. This code is used by the psychologist on managing entire medical setting.

7. Acknowledgments

I want to express my special thanks to my friends and family who supported me in the way of conducting a study on “ETHICAL ISSUES FACED BY PSYCHOLOGISTS IN MEDICAL SETTINGS AND WAYS TO DEAL WITH THEM.” I also desire to extend my gratitude to my senior and research fellow who have guided me throughout this article.

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