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Determinants of the relationship between medical social work and psychology practice in health in Arab societies

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ABSTRACT

Health and disease issues have become increasingly prominent in social and psychological sciences, particularly in their application within humanitarian assistance professions. These disciplines collaborate to protect society from diseases and ensure high-quality healthcare for diverse patient groups. This study explores the professional practices of social work and psychology in the health sector across Arab societies, focusing on the collaborative relationship between medical social workers and health psychologists. By reviewing theoretical literature, previous research, and field observations, the study identifies essential mechanisms for enhancing these professionals' preventive and therapeutic roles. These mechanisms include integrated care models, crisis intervention strategies, patient education programs, and collaborative approaches between social workers and psychologists. The study also addresses the challenges these professionals face, such as administrative burdens and the need for further professional development. The findings suggest that a closer integration of medical social work and health psychology leads to significant improvements in patient outcomes and the overall effectiveness of healthcare services in Arab countries. This research highlights the importance of a multidisciplinary approach in healthcare, advocating for stronger collaboration between these fields to enhance the quality of care and support provided to patients.

KEY TERMS: Arab societies, health psychology, medical social work, psychological practice, social practice.

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INTRODUCTION

Healthcare is an investment in people and an indispensable necessity of contemporary life, so all nations strive to offer their citizens the best medical treatment possible, including preventative measures, diagnostic tests, and rehabilitation services. In addition to being a crucial component of the long-term prosperity that both developed and developing nations aim for. Field evidence supports the notion that comprehensive health and medical care can only be achieved through the collaboration of an integrated team that includes various medical specialties and other humanitarian professions. This team recognizes the patient as a human being with diverse needs that should be addressed throughout their medical treatment journey. Among these professions are medical social work and health psychology, which are currently practiced in most Arab countries. Medical social work is a specialized area within the field of social work that focuses on addressing barriers that hinder patients from fully benefiting from medical treatment and providing health education and guidance to prevent the spread of infectious diseases. Health psychology is also one of the branches of psychological science, which began to be practiced in Arab societies in the last quarter of the previous century as an applied science that aims to assist the medical team in assessing the impact of psychological, behavioral, and cultural factors on a patient's mental well-being. Additionally, it seeks to help patients alleviate the intensity of negative emotions and feelings that often accompany illness. This study was conducted in response to the pressing need to discover the factors and aspects that influence the connection between medical social work practice and health psychology in the Arab world. In other words, this study aims to address the following question: What are the determinants and nature of the relationship between the social and psychological practices carried out by both the medical social worker and the medical psychologist as members of the healthcare team when working professionally with sick clients in the Arab countries?

BACKGROUND

The Arab world has significant differences in economic development conditions, healthcare infrastructure, and cultural practices that impact the roles and effectiveness of medical social work and health psychology. For example, Qatar and the United Arab Emirates, among the Gulf countries, show relatively high Gross Domestic Product (GDP) per capita and more developed healthcare systems compared to other Middle East and North Africa (MENA) nations like Egypt or Morocco (World Bank, 2021). Conversely, public health issues such as urbanization rates, literacy levels, and gender roles are subject to serious changes across the region (United Nations Development Programme, 2020). For this reason, medical social work and health psychology strategies within Arabian societies must be uniquely arrived at by considering such demographic and socio-economic factors. This understanding improves the effectiveness of culturally sensitive interventions in health care tailored to specific populations of individual countries. It signifies an important detail in terms of theoretical exploration/practical application in these healthcare fields.

Given how this topic is universalized, many countries globally, including African states, Middle Eastern states, and Latin American states, face similar challenges concerning those faced by several Arab nations, like unequal access to healthcare, economic differences, and socioeconomic policies affecting public health outcomes. For example, tackling infectious diseases proves highly complicated for healthcare professionals in these regions, requiring comprehensive interventions involving social workers and psychologists (World Health Organization, 2021). Moreover, cultural beliefs play a major role in determining the acceptance and efficacy of these interventions in these various societies. Knowledge can be garnered from examining how those regions deal with such problems through innovative social work practices/health psychology intervention. These analyses develop increased insights into worldwide practices while fostering successful strategies exchange/culturally adapted approaches crucial towards advancing the global social work profession (Brascoupe & Waters; van Zyl *et al.*, 2023).

Few studies have looked into the connection between medical social work and health psychology, as is the case with the present one. The significance of this study is its potential to enhance our understanding of how medical social work and health psychology intersect in Arab societies. It seeks to explain what causes this relationship in order to provide policymakers, practitioners, and future researchers with useful knowledge. Such perceptions could improve the efficacy of healthcare interventions, thereby leading to improved patient outcomes in such states. This comprehension would enable a more culturally competent approach in these areas, hence improving population health among citizens of Arabic countries.

METHODOLOGY

Personal experience

This article relied on the authors' experiences and research in this important field of professional practice and field evidence. The personal experiences of the authors played a significant role in this study. The experiences that have been recounted were obtained through direct involvement in the field and nearness to medical social workers as well as psychologists in different Arab health institutions. The authors, therefore, used multiple methods to collect data for them to have a holistic view of professional practices in medical social work and health psychology. This was done through regular field visits in hospitals and other health facilities where they closely observed interactions between social workers and patients or psychologists with patients. In addition to these observations, the authors held informal interviews and discussions with professionals in the field. These discussions gave insights into academic supervision of social work students' field practice covering its practices including challenges and successes. Furthermore, authors took part in diverse activities like workshops, seminars, as well as conferences on subjects related to medical social work and health psychology. Their research in the medical field, which specifically focused on the professional performance of social workers, required a long-term presence in medical institutions, allowing them to work closely with both medical and psychological social workers.

Studies selected

In this context, references are also made to cited studies as examples of medical social work and health psychology in the Arab world (Al-Azmi, 2022; Yali, 2018; Al-Omari et al., 2023; Barani and Jaballah, 2023; Al-Harbi, 2022; Shahin, 2019; Dalila et al., 2017; Karima, 2016; Al-Ghubashi, 2022; Hanaa, 2021). The studies referenced in this article were selected based on a set of criteria to ensure the availability of the most accurate and comprehensive information on medical social work and health psychology practices in Arab societies. The selection criterion used for studies included in the research were carefully selected to ensure a comprehensive analysis of medical social work and health psychology practices in Arab countries. The choice of these studies was guided by their direct relevance to the topic especially towards examining how these practices affect healthcare in this area. Emphasis was also laid on quality of research by picking those published in peer-reviewed as well as reputable scientific journals to ensure reliability of findings. Geographical diversity was also taken into account through selecting articles from different Arab countries so that there is a wider view of issues under consideration. In addition, recent and influential studies that dealt with present matters, difficulties and trends were given priority during selection. Furthermore, practical applicability was key since those offering suggestions that can be implemented towards enhancing professional healthcare services were promoted. By following these inclusion criteria, it is ensured that selected papers provide valuable inputs and deep knowledge that can further improve the effectiveness and roles played by medical social workers and health psychologists within Arab health care facilities.

Table 1: Example of Key Findings from Leading Arab Studies in Medical Social Work and Health Psychology

<i>Article number /content source</i>	<i>Author, year, title, Journal name</i>	<i>Summary of key points</i>
1.	Al-Azmi, N.S.M. (2022). The role of medical social work in mental health hospitals (an applied study on the mental health hospital in Buraidah). <i>Arab Journal of Arts and Human Studies</i> , 12(6), 425-474.	Medical social workers play a crucial role in assessing the psychological well-being of patients from a social standpoint, mitigating the adverse impacts of mental illness, bolstering the morale of patients' families, and imparting pertinent information about the illness.
2.	Yali, N. b. A. R. A. (2018). Evaluating the reality of the general practice of social service in the medical field: An evaluation study applied to female and male social workers in hospitals and primary health care centers in the city of Mecca. <i>Journal of Social Work</i> , 7(59), 185-261.	A key competency in medical social work is adeptly assessing situations, establishing initial and targeted approaches, concluding interventions effectively, and setting intervention goals. Administrative demands on social workers in medical settings must be minimized to enhance efficiency.

3.	Al-Omari, A. A., Abed, I., Al-Ghamdi, W. S., Al-Hamoudi, N. N. (2023). Obstacles to the professional practice of medical social service: A comparative study between government and private hospitals in Jeddah Governorate. <i>College of Social Work Journal for Social Studies and Research</i> , 32(1), 1-15.	Medical social workers face numerous challenges, particularly from hospital administration, the medical team, and patients. A major obstacle is that hospital administrators often do not recognize the unique roles of social workers, burdening them with administrative tasks that limit their ability to serve patients and their families effectively.
4.	Barani, A. J., and Jaballah, I.F. (2023). A proposed vision for activating the professional role of the social worker in medical institutions, "a study applied to employees of the Tobruk Medical Center. <i>Al-Qartas Journal of Humanities and Applied Sciences</i> , 2(23), 384-410.	Providing medical social workers with timely financial and material resources is crucial while reducing their administrative load. Also, it is necessary to increase the number of social worker staff members in healthcare facilities and refine their interaction with medical personnel.
5.	Al-Harbi, I. S.S. (2022). Crisis Intervention as a Therapeutic Model in Medical Social Work. <i>Journal of the College of Social Work for Social Studies and Research</i> , 28(2), 600-623.	As far as field research goes, there is a consensus on the crisis intervention model as an important treatment for medical social workers. This means that it is one of the best practices in providing mental health care services during traumatic events such as severe illnesses.
6.	Shahin, M.M. (2019). The Relationship between Job Satisfaction and Professional Performance of Medical Social worker. <i>Journal of Studies in Social Work and Humanities</i> , V. 46, 242-273.	A study shows moderate job satisfaction among medical social workers but low performance in individual cases. It suggests that higher job satisfaction is linked to better overall professional performance.
7.	Dalila Z., and Shaker Amiruddin B. (2017). Health psychology: models, concepts, and applications. <i>Journal of Studies in Health Psychology</i> , 2(1), 8-23.	Health psychology came about to understand how psychological, sociological, or cognitive aspects influence disease onset, progression, and outcomes. It also looks at how these factors can either hasten or retard disease occurrence, help minimize complications, and forecast psychosocial risk indicators leading to diseases facilitating prevention.
8.	Karima, C. B. (2016). The Role of Psychologist in Health Psychology in The Care of Chronic Organic Patient. <i>Journal of Studies in Health Psychology</i> , 1, 40 - 59	A health psychologist is crucial in treating patients with chronic or life-threatening diseases, offering holistic support by addressing psychological, social, and spiritual aspects. They also support patient families and provide care to the medical team, helping them manage the challenges of patient care.
9.	Al-Ghubashi, S. F. (2022). The Roles Of The Clinical Psychologist In The Fields Of Public Health. <i>Journal of Arab Studies in Psychology</i> , 21(1), 13-24.	Clinical psychologists are major players in health promotion, assessment, diagnosis, and treatment of diseases. They use psychological-behavioral methods to prevent diseases, detect risk factors early using standardized instruments, and offer personalized interventions to mitigate psychological symptoms accompanying illnesses.
10.	Hanaa, B. (2021). Organizational Psychological Practice In Professional Institutions: Reality And Prospects. <i>Journal of the Work Education Society</i> , 6(2), 116-132.	Despite how significant they could be, the roles of psychologists can still be ambiguous or go ignored. This ability may be hampered by external elements that may result in frustrations and pressures from supporting clients effectively. Meeting these challenges is important for their own well-being and professional competence.

FINDINGS FROM FIELD OBSERVATIONS

Field observations revealed several critical insights into the operational dynamics of medical social workers and psychologists within Arab health institutions. The interactions between social workers, psychologists, and patients were dynamic, showcasing both collaborative successes and areas of tension within multidisciplinary teams. Instances of overlapping roles between medical social workers and psychologists were noted, leading to confusion and inefficiencies in patient care, highlighting the need for clearer role definitions within healthcare teams. Additionally, resource limitations, including insufficient staffing and material support, were prevalent across many institutions, significantly hindering the ability of social workers and psychologists to perform their duties effectively. The level of patient engagement varied widely, with some patients actively participating in their care, while others were more passive; this variation often correlated with the communication skills and approaches of the involved professionals. Cultural factors also played a significant role, requiring social workers and psychologists to navigate cultural sensitivities carefully to provide effective care. Challenges in multidisciplinary collaboration were observed, with administrative barriers and differing professional priorities complicating the delivery of holistic care. Finally, the observations underscored the need for ongoing professional development and training, particularly in areas such as crisis intervention and patient education, to enhance the effectiveness of social workers and psychologists in these settings. These findings offer a foundation for further analysis and targeted improvements in the fields of medical social work and health psychology.

DISCUSSION

Social and psychological practices in Arab health institutions

Social practices, represented by the social work profession, began in Arab health institutions in the 1950s, while psychological approaches commenced in the early 20th century. These practices first emerged in Egypt and later spread to other Arab countries. Initially, the focus was on medical social work to address the spread of diseases and support patients with financial assistance. Over the last twenty years, medical social work has grown significantly across various Arab countries, becoming a crucial field with distinct professional processes and therapeutic models. Health social workers now play a vital role in treatment teams, assisting both doctors and patients, especially in managing chronic illnesses. However, the practice faces numerous challenges, including difficulties in professional skill development and an insufficient supervisory support system. A study by Albrithen & Yalli (2013) highlighted these obstacles in Saudi Arabia, identifying them as key factors hindering the effectiveness of social workers. Concerning psychological practices in Arab health institutions, this practice began in Egypt, Syria, Iraq, and Lebanon. These practices, in their early beginnings, were a response from those countries to the developments that appeared in the last decades of the twentieth century in the field of medical and health research, which generally emphasized the importance and necessity of understanding the psychological and behavioral factors affecting health and illness, or in other words, which emphasized the interest in practicing health psychology in hospitals and medical and health institutions.

In the Arab world, health psychologists have traditionally relied on the psychoanalytic model, which still influences their practice. Many Arab countries grant licenses for psychotherapy across various fields, including health and medical sectors. However, health psychologists in Arab health institutions encounter numerous challenges. Jamal and Amrouni (2015) highlighted several obstacles in Algerian health institutions, such as inadequate academic training, limited financial resources, and difficulties in professional relationships with medical and administrative teams within hospitals. Despite the many challenges facing medical social work and health psychology in Arab countries, these fields have progressed from traditional methods focused on quick treatment to contemporary approaches emphasizing enhancing patients' social and psychological harmony with their living conditions.

Complementary relationship and aspects of convergence

Medical social work overlaps significantly with health psychology, although they are also different. Each aims to improve the lives of individuals, families, and communities, but in varying ways (Zittel *et al.*, 2002; Brannon *et al.*, 2018). Medical social work is a specialized practice that concentrates on the psychosocial aspects of diseases and medical care. This involves working with patients, their physicians, and nurses to address some emotional, social, and practical issues related to illnesses and treatment. Medical social workers usually work in hospitals, clinics, or other healthcare facilities, collaborating closely with doctors, nurses, and other healthcare providers (Dziegielewski, 2003; Wenrich *et al.*, 2003; Isaksson *et al.*, 2017). Conversely, health psychology is part of psychological studies on how mental attributes can affect physical conditions, including sickness. It tackles the relationship between body and mind using psychological techniques to enhance wellness and treat diseases. The

locations where health psychologists might work include hospitals, research organizations, or private clinics (Cohen & Herbert, 1996; Bogucki *et al.*, 2022). However, unlike Health Psychology, which emphasizes wellness promotion differently. For example, medical social work holistically considers emotions and environmental implications for a person's well-being. They also link them up with services offered in the system, like navigation tools (Alaszewski *et al.*, 2019; Snoubar, 2021). On the other hand, stressors like stress can affect someone's well-being through certain physiological mechanisms, causing damage to human cells or organs: health psychologists use their knowledge about human behavior to understand them. They can also develop interventions and strategies to improve one's well-being (Baum & Posluszny, 1999; Leventhal *et al.*, 2008). Medical social work and health psychology often intersect, complementing each other by addressing the psychosocial aspects of illness for a holistic healthcare approach. They enhance patient outcomes (Healy, 2022; Wahass, 2005; Dixon, 2019). However, further studies are needed to examine their connection.

Regardless, the analysis of the content of theoretical writings and previous scientific studies, as well as the field observations made available to researchers regarding the reality of social and psychological practices in Arab health institutions, indicate in their general overall the existence of a complementary relationship and aspects of convergence and convergence between both the profession of medical social work and health psychology and this can be explained as follows:

The inevitable necessity and legitimacy of existence

Medical social work and health psychology in healthcare institutions are essential for various reasons, underscoring their importance in all societies, including Arab societies (Karima, 2016; Shaker, 2017; Shahin, 2019; Al-Ghubashi, 2022; Barani and Jaballah, 2023). These professionals play a critical role in enhancing patients' well-being by addressing the psychosocial aspects of healthcare beyond traditional medical treatment. Below are the most important of these considerations:

Reduction of psychological distress

When patients go through medical treatment, they have to deal with their illness, fear, and the hospital environment; those things may result in psychological distress. These concerns can be addressed by a medical psychologist who provides therapeutic interventions to reduce anxiety and promote mental well-being (Fava & Tomba, 2009). A medical psychologist serves as a reminder for the patient so that he/she can cope effectively with his/her situation, building resilience and fostering hope (Belrose *et al.*, 2019). This will have positive impacts on the physical recovery.

Rehabilitation of social functioning

In addition to being physically affected, an individual's ability to perform daily activities is also hampered by illness. Therefore, there is a need for medical psychologists to help people recover or even improve their social lives (Stanton *et al.*, 2007). Overcoming barriers such as fear, stress, or trauma associated with diseases would require the help of medical psychologists and social workers as well. Moreover, medical social workers provide this broader context and support for this process within families and communities.

Education of patients plus family involvement

Doctors are often under time constraints mainly because they focus on diagnosing our ailments so that they can prescribe treatments for us. However, patient education and family communication are vital components for successful recovery. This gap is filled by medical social workers and psychologists who explain what caused it, treatment plans, preventive measures, etc (Snoubar, 2021). while working closely with patients' families to enlighten them on how best they could offer support throughout the treatment period.

Solitude versus recreational programs

During lengthy hospitalization periods, cases where patients experience isolation and loneliness become common. In order to meet these emotional needs, many times, several programs have been designed, which are usually coordinated by the health system's social worker(s) (National Academies of Sciences, Engineering, and Medicine, 2020; Fan *et al.*, 2020). Such programs could include socially interactive events that allow patients to connect with others, thereby reducing isolationism within the hospital setting. The therapeutic programs Al-Meligy & Zayed (2012) developed, in particular, often emphasize personal growth and self-care. These activities not only reduce loneliness but also contribute to the mental and emotional well-being of patients. In conclusion, the integration of medical psychologists and medical social workers into the healthcare team is essential for a

comprehensive and patient-centered approach. Their expertise in addressing psychological and social aspects complements the medical treatment doctors provide, ultimately contributing to improved patient outcomes and overall quality of care.

Unity of values and moral principles

All members of the professional work team in hospitals and health centers - the doctor, nurse, social worker, and psychologist - are expected to adhere to the values and principles of their professional practice to achieve the goals of positive change required, whether in the patient's personality or in the environmental conditions in which he lives. Therein, to ensure the success of treatment plans.

On the other hand, one of the reasons for the necessity of this commitment is that the customer is either a sick person or a person at risk, and in all cases, he is suffering from a crisis and needs professional treatment with distinguished performance that helps him obtain the service easily and quickly (Abdel Rahman, 2014).

Those who consider the theoretical basis on which medical social work and health psychology are based will find a great convergence in the values and ethical principles on which each is established. Examples include but are not limited to each of them primarily considering providing services to different categories of patients without discrimination. Belief in the patient's right to make his own decisions, respect his privacy, and feel his individuality.

Unity of professional concepts and processes

The medical social work profession and health psychology have many theories and therapeutic models that guide their professional practice with sick clients, specifically borrowing theories and therapeutic models that have emerged within psychiatry, mental health, and clinical psychology (Dalila and Shaker, 2017; Al-Harbi, 2022). Hence, the concepts, professional processes, stages, and techniques used by medical social work and health psychology are unified and similar because they are concepts borrowed essentially from the medical professions and sciences mentioned above.

Integration of professional roles

Hospitals and health centers aim to provide healthcare, ensure safety, and prevent diseases and disabilities for individuals and families. When patients face social or psychological issues alongside medical treatment, addressing these aspects becomes vital for their recovery. This integration often involves combining the roles of psychologists and social workers, especially in situations blending social and psychological elements (Snoubar, 2021).

Integrating professional roles in hospitals and health centers is crucial for comprehensive healthcare. For patients' well-being and recuperation to be complete, addressing the social and psychological aspects other than medical treatment is important. This amalgamation entails mainly psychologists working alongside social workers for a holistic approach (Al-Harbi, 2022). Key aspects of this integration include improving communication between medical teams and patients, encouraging participation in support groups, ensuring continuity in the provision of healthcare services, and engaging community organizations for ongoing support. Through effectively combining these roles, healthcare providers will be able to better cater to the different needs of individuals as well as families, consequently leading to enhanced health outcomes.

Common barriers

In previous research done on social work and psychology, especially in Arab societies, there have been many relevant studies that were designed to explore the challenges faced in the introduction of Social Workers or Psychologists within hospitals and medical/health institutions (Karima, 2016; Shahin, 2019; Hanaa, 2021; Al-Azmi, 2022; Al-Omari et al., 2023; Barani and Jaballah, 2023). Common issues include inadequate vocational training, a shortage of professionals, and a lack of official recognition of their importance. Hospitals often provide insufficient resources and burden these professionals with excessive administrative tasks. Addressing these challenges requires improving training programs, increasing workforce numbers, recognizing their roles, providing necessary resources, and optimizing their positions in healthcare settings. Social workers and psychologists can significantly enhance patient care in medical environments by focusing on these areas.

Common interests in scientific research/implications

Consequently, health psychologists and medical social workers must conduct various research concerning general health problems and diseases. The medical issues mostly concern prevention techniques and the best approaches

or activities to enhance individuals' physical and mental health. Psychological researchers in this area are more inclined to do medical work. This type of research is also concerned with helping people in society cope with pain and how individuals and families understand the nature of diseases, especially chronic, epidemic, and infectious diseases, and ways to prevent them.

RECOMMENDATIONS AND PROPOSALS

To elevate the status and effectiveness of medical social work and health psychology in Arab societies, several recommendations are essential. Firstly, these specializations should be integrated into all healthcare institutions, not just major ones, fostering comprehensive care teams. Secondly, a clear and precise description of medical social workers and psychologists' roles and tasks within medical settings should be established to ensure effective collaboration. Thirdly, social workers and psychologists should be actively involved with government agencies in planning and modifying social care policies and enhancing patient service delivery. Lastly, a professional development plan is crucial, keeping these professionals updated with the latest advancements and training them in contemporary theories and models.

Case study

Ahmed, a 33-year-old manual laborer, faced domestic conflicts related to family management, financial issues, and emotional detachment from his wife. These pressures, coupled with parenting, led him to occasional drug use. After a workplace accident resulted in his leg amputation, his drug use escalated, and he fell into a deep depression, feeling isolated and unsupported by loved ones and coworkers.

Obstacles surmounted

The obstacles that Ahmed overcame after the accident was severe disability strained marital relationships or separations, huge medical bills, potential loss of income, and emotional disconnection with household members.

Medical social worker interventions

To enable Ahmed to recover from his predicament rapidly, medical social workers have to assess his needs and refer him to disability support services together with financial aid programs. The family as a whole needs to undergo counseling so that they can adjust accordingly. For instance, whereby one can enroll Ahmed in an addiction treatment program tailored for individuals with disabilities, which can be helpful at this point. This also includes linking him up with local support groups for people who have undergone amputations and addictions, which would improve his psychological status.

Health psychologist interventions

Health psychologists should do comprehensive psycho-diagnostic assessments to address trauma and coping strategies. His trauma could be processed if Ahmed was introduced into Trauma-focused Cognitive Behavioral Therapy (CBT). As far as anxiety and depression are concerned, mindfulness-based stress reduction techniques will suffice or will do. In addition, behavioral interventions like motivational interviewing and relapse prevention will go a long way toward helping Ahmed get better, as well as preventing relapse.

Multiple interventions at once

A holistic approach, integrating medical, social, and psychological interventions, is crucial. Regular evaluations, marital therapy to improve communication, and training in adaptive techniques for physical limitations should be incorporated. Follow-up appointments are essential to review treatment outcomes and adjust plans as needed. Collaboration among medical professionals, social workers, and health psychologists is vital for Ahmed's recovery, ensuring a comprehensive support system. With time and professional support, Ahmed can overcome his challenges and look forward to a brighter future.

CONCLUSION

Through this discussion, we may reveal alternative approaches that health psychologists and medical social workers in Arab countries face when dealing with such cases. Moreover, this could facilitate potential collaboration between medical social workers and health psychologists resulting in a broader understanding of healthcare plans. This integration is necessary for complete patient care that addresses the needs of both physical and psychological aspects to improve the overall health outcomes as well as the quality of life for patients. In future studies, researchers are encouraged to identify successful models that have been used elsewhere and modify them according to the cultural and systemic peculiarities of Arab medical institutions.

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