



Impact of COVID-19 on Mental Health of Healthcare Workers: An Observational Study

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INTRODUCTION

Covid pandemic started in March-2020 caused a lot of unrest not only among people but also HCWs. The whole process of preparedness of infrastructure and manpower including, the changing policies, social distancing, isolation, quarantine and different working scenario created a lot of burden on their workers in an already hectic department

AIM

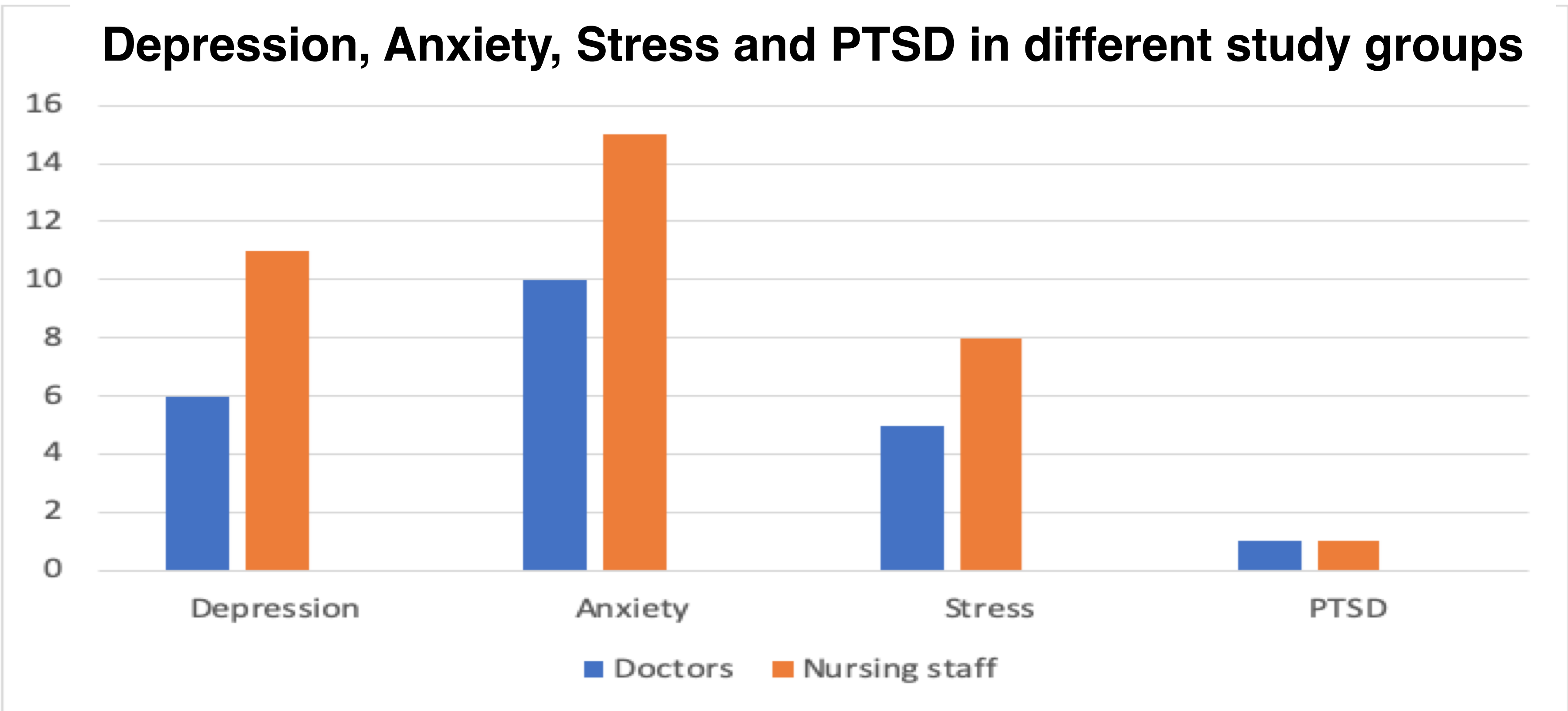
To study incidence & severity of depression, anxiety & PTSD among health care workers in gynae department and to assess its association with background variables and also the quality of life

METHODS

Cross sectional study. 100 HCWs participated. DASS-42, IES-R scale and WHO-QOL-BREF score were used to measure depression, anxiety, stress, PTSD and QoL

RESULTS

39% doctors, 45% nursing staff and 16% supportive staff. Incidence of Depression, among three groups was 15.4%, 24.4% and 0% respectively, anxiety 25.6%, 33.3% and 0.0% and stress 12.8%, 17.8% and 0.0% respectively
When DASS-42 & IES-R score significantly correlated with type of family (.016), duration of exposure (.014) and presence of psychiatric illness in the family (.003)



Overall severity of Depression, Anxiety, Stress in all study groups

Severity of condition	DASS D	DASS A	DASS S	IES R
Mild	8 (8.0%)	1 (1.0%)	6 (6.0%)	0
Moderate	4 (4.0%)	6 (6.0%)	4 (4.0%)	0
Severe	3 (3.0%)	3 (3.0%)	3 (3.0%)	0
Ext severe	2 (2.0%)	4 (4.0%)	1 (1.0%)	2
None	83 (83.0%)	86 (86.0%)	87 (87.0%)	0
Total	100	100	100	100

Psychological well-being on the basis of Gender

Variables	Female (92)	Male (8)	p-value
Depression	17	0	.496
Anxiety	25	0	.145
Stress	13	0	.329
PTSD	2	0	.718

On comparing the QoL, the emotional domain was significantly affected among doctors (.002) and significantly correlated with presence of psychological and medical illness in the family (.002, .022). Female participants had a higher mean value for all the scores, but due to a minimal proportion of males, the difference was not statistically significant.

CONCLUSION

Occupational and environmental factors at the workplace play a key role in mental health outcomes, and Covid-19 has made a significant impact on the mental health of HCWs. Adequate planning and timely provision of information, PPE kits along with regular training of staff significantly contributed in reducing the mental stress at our institute.
To protect and improve the psychological well-being of the HCWs, we can start screening programmes and explore the various psychotherapeutic interventions and the provision of support mechanisms for HCWs.

REFERENCES

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