

Impact of working during COVID19 on the mental health of health care workers in a hospital in Sharjah, UAE.

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Background and aims

Health care workers have work stress during the pandemic of COVID-19 as they are working with a continuous shift of 24 hours and more. A cross-sectional study reported that the COVID19 infection had impacted healthcare providers' sleep quality, which is a major reason behind increasing anxiety levels. This study estimated the proportion of health care workers with impact of Covid 19 on mental health in a hospital in Sharjah UAE and the associated factors.

Materials and Methods

This was a cross-sectional study among health care workers in a hospital in Sharjah, UAE. All healthcare workers in the study setting were included. A self-administered questionnaire was used to collect the data. The impact of COVID19 on Mental health was assessed using the standardized Depression, Anxiety, and Stress scale (DASS-21). This study was approved by the ethics committee of Gulf Medical University and the Ministry of Health, UAE. Chi-square test, simple and multiple binary logistic regression were used to analyse the data. The variables with a level of significance ($p \leq 0.05$) were considered statistically significant.

Results

A total of 1419 participants were enrolled in this study. Among the respondents, 41% had depression, 56.3% with Anxiety and 9.3% with stress. The factors associated with depression after adjustment were older age (OR=3.1), bachelor or more (OR=7.7 and 4.7). Concerning occupation, nurses, paramedical and other staff were with less depression compared to doctors. For those with hypertension, the likelihood of depression was 1.9 times higher. For anxiety, education (OR=2.8 for bachelor education and 4.4 for education >bachelor). Concerning stress, after adjusting the effect of each variable, the statistically significant variables were duration of service and number of family members affected with Covid19.

Conclusion

This study concluded that 40% had depression, 56.3% had Anxiety, and 9.3% of respondents were stressed. The factors associated with depression were age, education, occupation and hypertension. Factors associated with anxiety were education and stress, duration of service and number of family members affected with COVID-19.