

## Frequency of COVID 19 pandemic fear and anxiety among healthcare professionals in Rawalpindi, Pakistan. A cross sectional study.

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**Objective:** The aim of this study is to analyze anxiety and the fear among the healthcare personals in Paksiatn.

**Introduction:** Like the other nations, Pakistan is also badly affected by this recent pandemic. There is a heavy pressure on the healthcare professionals including on psychology and mental health of the professionals. Due to not following the COVID 19 SOPs, illiteracy, limited healthcare recourses and old customs, majority of population in Pakistan is increasing the chance of spreading COVID 19 infection and increasing stress on healthcare professionals. As a result anxiety and stress is common.

**Methods:** It was a cross sectional study by using self made questionnaire. It was validated and consists of 8 questions about anxiety and fear. A total of 202 participants were included in study, data was gathered and treated by SPSS 20.

**Results:** About 74.5%(150/202) health care professional were experiencing high level of fear and anxiety and 09% were having moderate to low level of fear and anxiety.

**Conclusion:** The conclusion of this study was, in current pandemic, there is a high level of anxiety and fear among health care professionals in Pakistan

### Biography

Zahoor Elahi did his research on Frequency of COVID 19 pandemic fear and anxiety among healthcare professionals in Rawalpindi, Pakistan. A cross sectional study.