

# 2<sup>nd</sup> European Psychologists, Psychiatrists and Mental Health Experts Meeting

November 09, 2021 | Webinar

Volume: 11

## Prevalence of depression, anxiety, and stress among healthcare workers during the COVID-19 pandemic

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The coronavirus disease 2019 (COVID-19) pandemic has caused a significant burden on health care systems worldwide, putting extra pressure on the healthcare workers (HCWs), who played the key role in caring for people with infections at times in settings with little capacity to care for an increased influx of patients. The pressure and psychological stress in HCW have caused immense psychological stress attributed to the long working hours, uncertain pay, lack of personal protective equipment (PPEs), and added fear of disease transmission to self or family. Therefore, this study was designed to evaluate the prevalence of depression, anxiety, and stress among the HCWs during the COVID-19 outbreak. In addition, this investigation compared the prevalence of psychological problems before and after the pandemic. The PERSIAN Cohort Center of Mashhad University of Medical Sciences has been administering the DASS questionnaire to medical staff members since 2018. In the current study, the medical staff included specialists, physicians, nurses, residents, interns, social workers, dietitians, security guards and etc. After the COVID-19 pandemic, the survey was conducted to medical staff again with 172 responses. General information, such as age, gender, marriage status, education, were gathered, and the Depression, Anxiety, and Stress Scale (DASS) were compared. Analysis showed that the prevalence of stress, depression, and anxiety symptoms before and after the pandemic had no significant difference among HCWs in Mashhad University. The result showed that depression intensity was "very severe" before and after the outbreak. This result can probably be due to other factors such as the lower nurse-patient ratio (1:6), lower access to medical equipment in our country, which causes more shifts, and more psychological pressure. Additionally, Iran's complicated economic and social situation has been a considerable factor of emerging psychological problems over the last decade.

### Biography

Sahar Omidvar Tehrani have been a psychiatry resident at Mashhad University of Medical Sciences since 2018. Sahar Omidvar Tehrani have completed my M.D. at the age of 25 from Mashhad University of Medical Sciences. Sahar Omidvar Tehrani is a member of the Psychiatry and Behavioral Sciences Research Center, Mashhad University, interested in psychosexual and psychosomatic fields. Sahar Omidvar Tehrani have published four papers. Also, Sahar Omidvar Tehrani have translated the Psychosomatic Medicine chapter of Kaplan and Sadock's Comprehensive Textbook of Psychiatry to Persian.

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