

# Mental Health Status of Healthcare Workers After COVID-19 Screening

<sup>1</sup>Khalifah NM, <sup>1</sup>Rohidayah AM, <sup>2</sup>Nor Azwani CY, <sup>3</sup>June AT, <sup>4</sup>Amin HH

1 Clinical Research Centre, Hospital Pakar Sultanah Fatimah  
 2 Psychiatry Department, Hospital Pakar Sultanah Fatimah  
 3 Counselling Unit, Hospital Pakar Sultanah Fatimah  
 4 Public Health Unit, Hospital Pakar Sultanah Fatimah

NMRR NO: NMRR-20-1379-55600

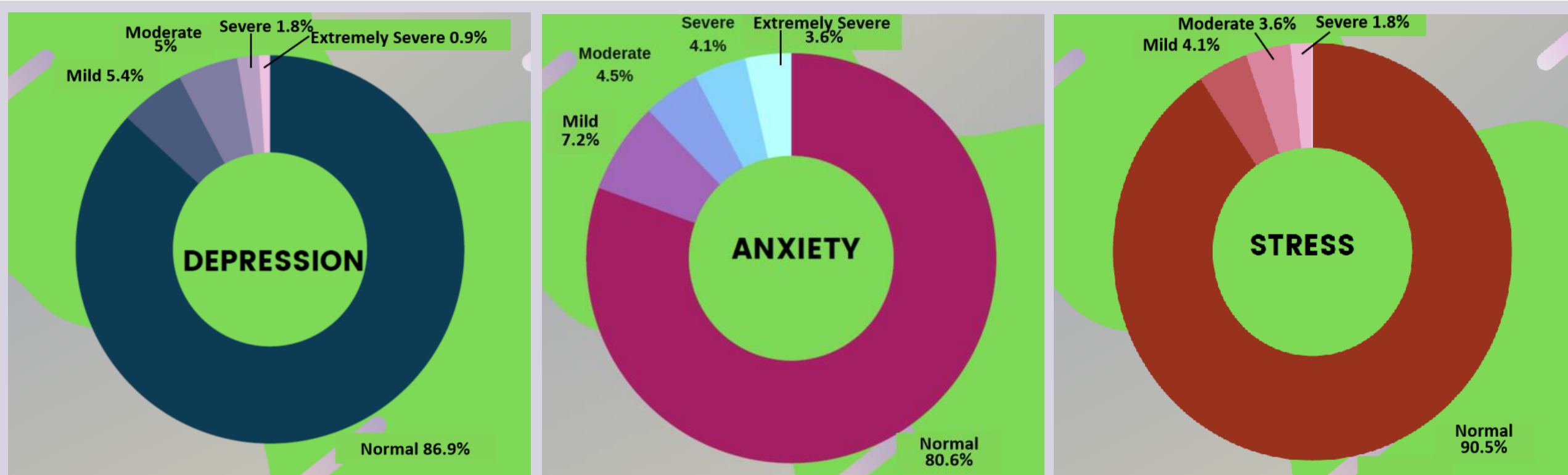
## Introduction

In recent crisis of pandemic COVID-19, HCWs are highly affected due to the increase in mental exhaustion and physical pressure as they are the one who directly engage with COVID-19 patients where they themselves are facing the risk of infection.

## Materials and methods

A retrospective study was conducted on completed DASS 21 questionnaire by HCWs in HPSF after being screened for COVID-19 from period of 22<sup>nd</sup> March and ended on 3<sup>rd</sup> June 2020. All of the HCWs were quarantined. Data were collected from counselling and public health unit for analysis.

Figure 1: Psychological Impact of COVID-19 screening on HCWs in HPSF



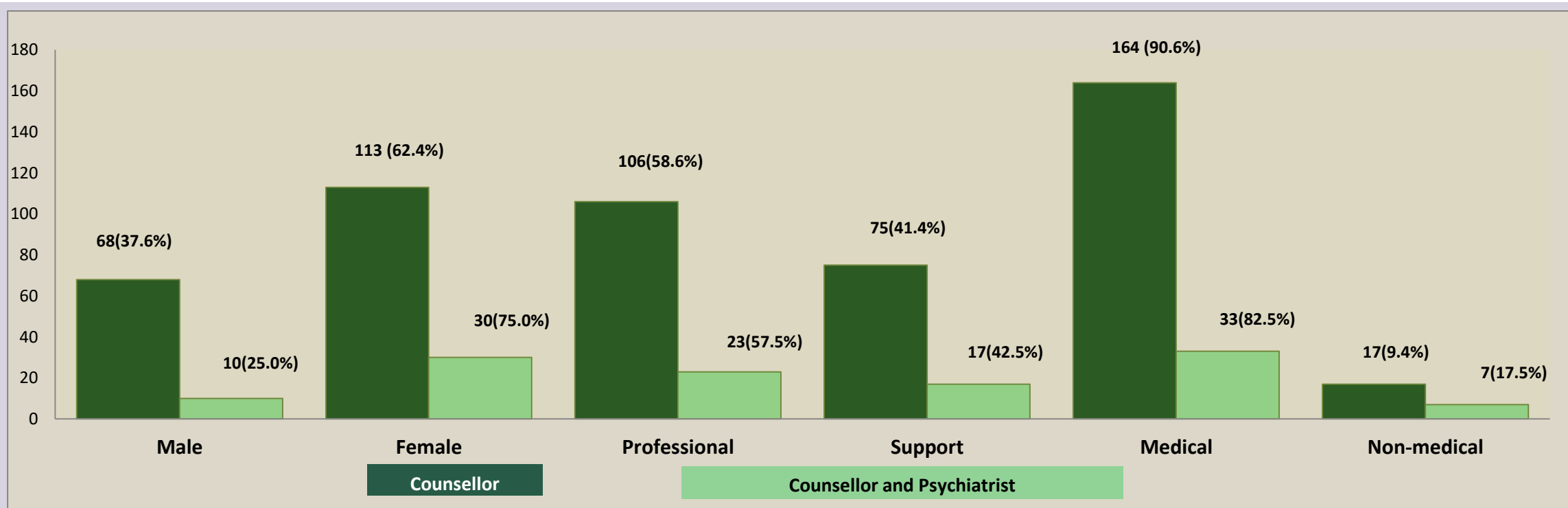
## Results

221 HCWs completed the DASS 21 questionnaire with male 78 (35.3%) and female 143 (64.7%), 129 (58.4%) from professional group and 92 (41.6%) from support group, and 197 (89.1%) from medical line and 24 (10.9%) from non-medical line. Figure 1 shows above 80% of HCWs had normal mental health status. Table 4 reveals significant association between mental health status and department with p value (0.047) and (0.022) for depression and anxiety respectively. No significant association found between mental health with gender and designation. Majority of HCWs from professional group especially in medical line need counsellor (90.6%) and psychiatrist (82.5%) consultation as shown in graph 1.

Table 1: Association between demographic data and mental health status of HCWs

Variables		Gender		p-value	Designation		p-value	Department		p-value
		Male	Female		Professional	Support		Medical	Non-Medical	
Depression	Normal	71(37.0%)	121(63.0%)	0.502	111(57.8%)	81(42.2%)	0.558	172(89.6%)	20(10.4%)	0.047
	Mild	2(16.7%)	10(83.3%)		8(66.7%)	4(33.3%)		12(100.0%)	0(0.0%)	
	Moderate	4(36.4%)	7(63.6%)		5(45.5%)	6(54.4%)		7(63.6%)	4(36.4%)	
	Severe	1(25.0%)	3(75.0%)		3(75.0%)	1(25.0%)		4(100.0%)	0(0.0%)	
	Extremely Severe	0(0.0%)	2(100.0%)		2(100.0%)	0(0.0%)		2(100.0%)	0(0.0%)	
Anxiety	Normal	68(38.2%)	110(61.8%)	0.152	107(60.1%)	71(39.9%)	0.660	162(91.0%)	16(9.0%)	0.022
	Mild	2(12.5%)	14(87.5%)		9(56.3%)	7(43.8%)		15(93.8%)	1(6.3%)	
	Moderate	4(40.0%)	6(60.0%)		4(40.0%)	6(60.0%)		6(60.0%)	4(40.0%)	
	Severe	1(11.1%)	8(88.9%)		4(44.4%)	5(55.6%)		8(88.9%)	1(11.1%)	
	Extremely Severe	3(37.5%)	5(62.5%)		5(62.5%)	3(37.5%)		6(75.0%)	2(25.0%)	
Stress	Normal	73(36.5%)	127(63.5%)	0.451	119(59.8%)	81(40.5%)	0.438	183(91.5%)	17(8.5%)	0.060
	Mild	1(11.1%)	8(88.9%)		4(44.4%)	5(55.6%)		6(66.7%)	3(33.3%)	
	Moderate	3(37.5%)	5(62.5%)		3(37.5%)	5(62.5%)		5(62.5%)	3(37.5%)	
	Severe	1(25.0%)	3(75.0%)		3(75.0%)	1(25.0%)		3(75.0%)	1(25.0%)	
	Extremely Severe	0(0.0%)	0(0.0%)		0(0.0%)	0(0.0%)		0(0.0%)	0(0.0%)	

Graph 1: Treatment given across demographic data



## Discussion/conclusion

This study discovered no significant impact of mental health status among HCWs after COVID 19 screening in HPSF. One of the possible reason is the questionnaire was completed at early stage of quarantine. HCWs from professional group especially in medical line are more mentally affected as they are the frontliner handling the pandemic. HCWs particularly from medical line needs more mental health support. However, in comparison with study conducted by Liang et al,2020 there were no significant difference between departments of the subjects regarding state of depression and anxiety. This study revealed female HCWs sought further mental health support as evidenced by Lai J,2020 being a woman with professional title was associated with high state of depression, anxiety and distress. Nevertheless, no conclusion can be made on impact of mental health on gender as this study involved more female HCWs compared to male. Lai et al,2020 and Cai et al,2020 found that nurses compared to doctors and other professional suffered depression, anxiety and stress more as this study discovered professional group need extra mental health support compared to others. More study required to address this issue and hopefully it will become eye opener to the high level management.

We would like to acknowledge the Director Ministry of Health for the permission to present this poster