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1. Introduction

- Depression, anxiety and stress (DAS) are common types of mental disorders that influence individual productivity, sleep behaviour as well as motivation to work.¹
- Workplace spirituality ensures employees to have an inner life and are nourished by meaningful work that takes place in the context of community.²
- This study aimed to determine the prevalence of DAS among pharmacists and pharmacy assistants working in Perlis and the associations with sociodemographic factors and workplace spirituality.

2. Materials & Methods

Study design	Cross-sectional study	Duration	January – March 2019	
Study settings	Public and private healthcare settings in Perlis	Sampling method	Universal sampling	
Study population	Pharmacist and pharmacy assistants	Sample size	n=250	
Inclusion Criteria: <ul style="list-style-type: none"> • Pharmacists or pharmacy assistants working in Perlis 	Exclusion Criteria: <ul style="list-style-type: none"> • Subject diagnosed with depression and/or anxiety 		Study instrument	A validated self-administered questionnaire containing 52 questions.
			Part A	Sociodemographic
			Part B	DASS-21 ³
			Part C	Workplace Spirituality ⁴

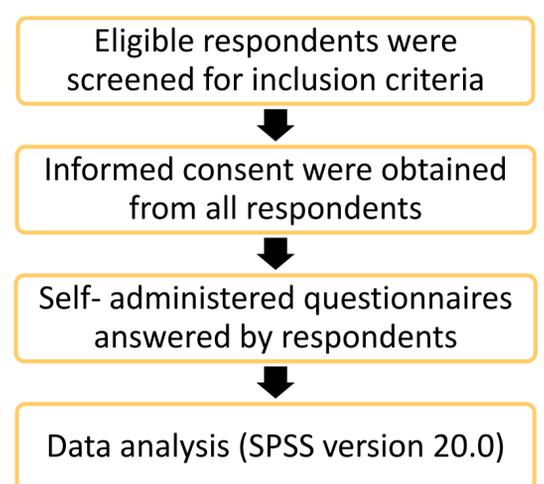


Figure 1: Flow of study

3. Results

- Response rate = 95.2%; total respondents, n=238.

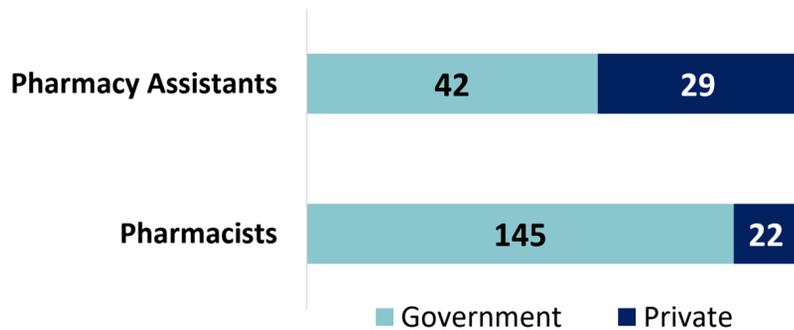


Figure 2: Distribution of pharmacists and pharmacy assistants in government and private settings

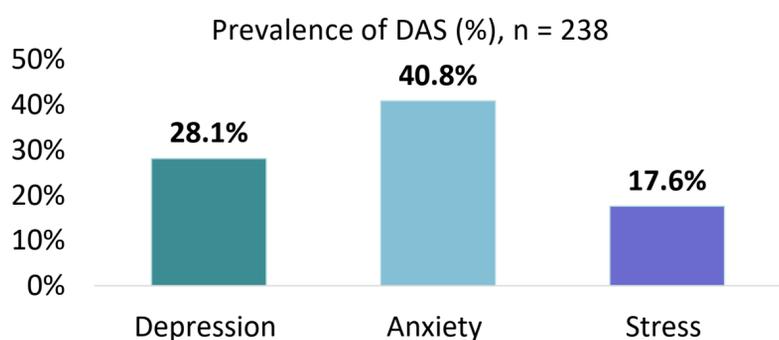


Figure 3: The prevalence of DAS among pharmacists and pharmacy assistants working in Perlis

Table 1: Factors significantly associated with DAS

Variable	Depression	Anxiety	Stress
Factors significantly associated with the outcome variable (p<0.05)*	<ul style="list-style-type: none"> • Age (p=0.041) • Working experience (p=0.030) • Occupation (p=0.003) • Sleep time (p=0.020) 	<ul style="list-style-type: none"> • Age (p=0.025) • Working experience (p=0.021) • Race (p=0.027) • Occupation (p=0.034) 	<ul style="list-style-type: none"> • Age (p=0.034) • Working experience (p=0.031) • Working hours (p=0.042)

*One-way ANOVA

4. Discussion & Conclusion

- Mental illness is a major concern in healthcare industries.
- Poor mental health conditions may lead to reduced job performance and resulting in low-quality patient care.⁵
- The result of this study showed that the prevalence of depression and anxiety among pharmacists and pharmacy assistants are concerning.
- Depressive symptoms were common among pharmacist and pharmacist assistants with a prevalence rate of 28.1%, compared to only 4.3 % of the general adult population in Perlis.⁶
- Age and working experience were significantly associated with depression, anxiety and stress (p<0.05).
- Workplace spirituality was reported to be associated with psychological well-being and inversely influencing stress.⁷ However, it was not significantly associated with depression, anxiety and stress in this study.
- Early recognition and effective interventions such as providing appropriate mental health support to the healthcare workers at their workplace is essential.
- Further studies with advanced analysis could be performed for more conclusive outcomes.

5. Acknowledgements

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6. References

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