

عنوان مقاله:

Evaluation of anxiety and depression levels due to COVID-۱۹ pandemic stress on operating room personnel on the eve of the first anniversary of the pandemic

محل انتشار:

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خلاصه مقاله:

**Introduction:** The outbreak of the novel coronavirus disease ۲۰۱۹ has caused tremendous physical and psychological pressure on healthcare workers, particularly those working in departments that provide care for patients with coronavirus disease ۲۰۱۹ (COVID-۱۹). This research aimed to assess the anxiety and depression levels among healthcare professionals working in operating theaters (anesthetic technicians and nurses) during the COVID-۱۹ outbreak. **Methods:** This is a cross-sectional and multi-center study was conducted from May to June ۲۰۲۱. The study population included ۲۱۹ operating room personnel. Data were collected using the Hospital Anxiety and Depression Scale (HADS), Emotional functioning and global quality of life (EORTC QLQ-C۳۰), and demographic characteristics. Statistical analysis was performed using the SPSS V. ۱۹.۰ independent-samples t-test, and Chi-square test. The p-value less than ۰.۰۵ is considered a significant level. **Results:** The findings of this study showed that the frequency of female participants was ۱۳۳ (۵۴.۲%) and the participant's age was  $۳۲.۱۵ \pm ۸.۵۴$ . Also, the score range of anxiety (۱۲.۰-۲۲.۰) and depression (۱۲.۰-۲۴.۰) and mean  $\pm$  SD score of anxiety and depression among ۸۳ anesthesia nurses and ۱۱۶ surgical technicians are respectively  $۱۷.۰۷ \pm ۲.۰۹$  and  $۱۸.۰۴ \pm ۲.۳۷$ , based on the HADS questionnaire. Also, according to the EORTC QLQ-C۳۰ questionnaire, it is observed that there was no statistically significant difference between anesthesia nurses and operating room surgery technicians in the average score of anxiety ( $۱۷.۰۴ \pm ۲.۰۵$  vs.  $۱۷.۱۲ \pm ۲.۰۹$ ,  $P = ۰.۷۸$ ) and depression ( $۱۷.۸۷ \pm ۲.۳۱$  vs.  $۱۸.۱۱ \pm ۲.۴۳$ ,  $P = ۰.۴۹$ ). Moreover, According to our results, the level of anxiety and depression in our healthcare professionals working in operating theaters is so high (HADS scores  $\geq ۱۱$ ) that is considered to be a significant "case" of psychological morbidity. **Conclusion:** As a result, it can said that providing healthcare professionals with psychological support has a main role against depression and anxiety during pandemics, and it could help healthcare workers to manage the current situation. Therefore, psychological intervention and efficient resource consumption are desirable to relieve the special psychological effects of the pandemic. It is crucial to increase the observation and detection of early cases of depressive and anxiety symptoms to prevent disastrous events. View

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کلمات کلیدی:

COVID-۱۹, Operating Rooms, Anxiety, Depression

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