

Depression, anxiety and stress among nurses during COVID-19 in Hospital Pakar Sultanah Fatimah

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ABSTRACT

Introduction: The ongoing COVID-19 epidemic has impacted negatively on the physical, emotional, and psychological well-being of frontline healthcare workers in hospitals. This study is to determine the prevalence of depression, anxiety, and stress among nurses working in HPSF, as well as the risk factors that lead to these conditions. **Methods:** A cross-sectional study was conducted among 254 nurses using a self-administered questionnaire and stratified random sampling were used. The Depression Anxiety Stress Scale (DASS-21) and demographic questions were used to assess the presence of psychological problems and their related variables. Data was analysed using IBM SPSS version 26. **Results:** The prevalence of mild to extremely severe depression, anxiety and stress was 11.8%, 24.8% and 5.9%, respectively. Meanwhile, Mann Whitney U test showed that depression ($U= 4506.000, p=0.525$), anxiety ($U= 4767.500, p=0.970$) and stress ($U= 4523.000, p=0.557$) were not significantly different among nurses who had experience attending to COVID-19 patients (frontline) and did not have experience nursing with COVID-19 patients (second line). **Conclusion:** While mental distress outcome is low in this hospital, it does exist, and hospital management should consider training all nurses, including other health workers, keeping continued public awareness of COVID-19, and providing financial and mental support for frontline staff in order to address and manage risk factors of mental problems.