



Prevalence and worsening of anxiety disorders in health professionals in the Covid 19 pandemic

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ABSTRACT

The COVID-19 pandemic has brought significant challenges to healthcare workers around the world, putting them on the front lines of fighting the disease.

Keywords: COVID-19, Fighting the disease, Health professionals.

1 INTRODUCTION

The COVID-19 pandemic has brought significant challenges to healthcare workers around the world, putting them on the front lines of fighting the disease. This study aims to examine the prevalence and worsening of anxiety disorders among these professionals, recognizing the importance of understanding the psychological impacts of the pandemic on the mental health of those at the forefront of care.

2 METHODOLOGY

To conduct this systematic review, we searched several databases, including PubMed, Scopus, and Web of Science, to identify studies that investigated the prevalence and worsening of anxiety disorders in healthcare workers during the COVID-19 pandemic. The cut-off date for inclusion of studies was September



2023. Inclusion criteria included epidemiological studies, clinical research, and public health reports related to the topic.

3 DISCUSSION

Analysis of the selected studies reveals that healthcare workers faced elevated levels of anxiety during the COVID-19 pandemic. Contributing factors include direct exposure to the disease, a lack of adequate protective equipment, long working hours, and the fear of infecting their families. In addition, the uncertainty and emotional pressure associated with coping with the pandemic also had a significant impact on the mental health of these professionals.

Pre-existing anxiety disorders may have been aggravated by the pandemic situation, while other healthcare workers who had no history of mental disorders developed anxious symptoms. The feeling of helplessness in the face of the severity of the pandemic, coupled with continued exposure to critically ill patients, contributed to this scenario.

4 RESULTS

The results of this systematic review indicate that the prevalence and worsening of anxiety disorders among healthcare workers during the COVID-19 pandemic were substantial. Several studies point to significantly elevated rates of anxiety, ranging from 30% to 60% among healthcare workers, depending on the context and region.

5 CONCLUSION

This review underscores the importance of recognizing and addressing the psychological impacts of the COVID-19 pandemic on health workers. Constant exposure to the virus, lack of adequate resources, and emotional pressure have all contributed to elevated levels of anxiety in this group.

To mitigate these effects, it is crucial to implement mental health support strategies, including access to counseling services and stress management programs. Additionally, raising awareness about the importance of mental health and combating the stigma associated with asking for help are essential.