

COVID-19 & Depression Among Healthcare Workers

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BACKGROUND

Based on previous studies:

- Prevalence rate of depression among 33,062 healthcare workers throughout the pandemic was 22.8%
- Increases to 50% of sleep disturbances
- 22.5% prevalence rate for anxiety among participants across the nation

OBJECTIVE

Our goal is to determine whether higher exposure to COVID-19 related deaths in patients associated with higher depressive symptoms in healthcare workers.

METHODS

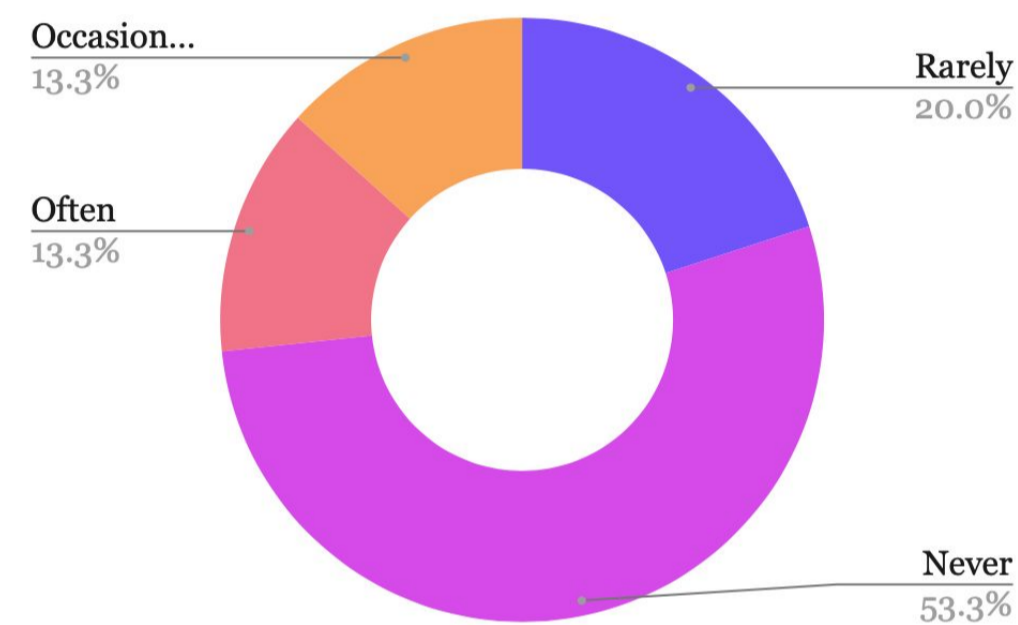
Our survey consisted of:

- Demographic questions, such as age and ethnic background
- Role and time working in the healthcare field
- Exposure to COVID-19 hospitalizations and deaths
- Questions on depressive symptoms based on a likert scale and PHQ-9 questionnaires

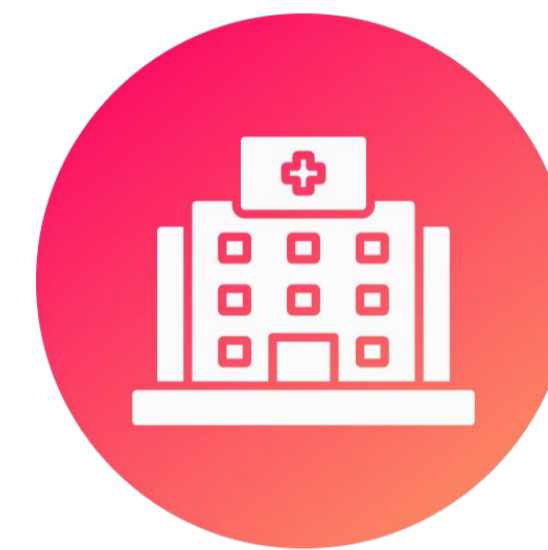
Our recruitment strategy consisted of sharing our survey through a google form to healthcare facilities and clinics. Data analysis was based on a Spearman Rho's test.

RESULTS

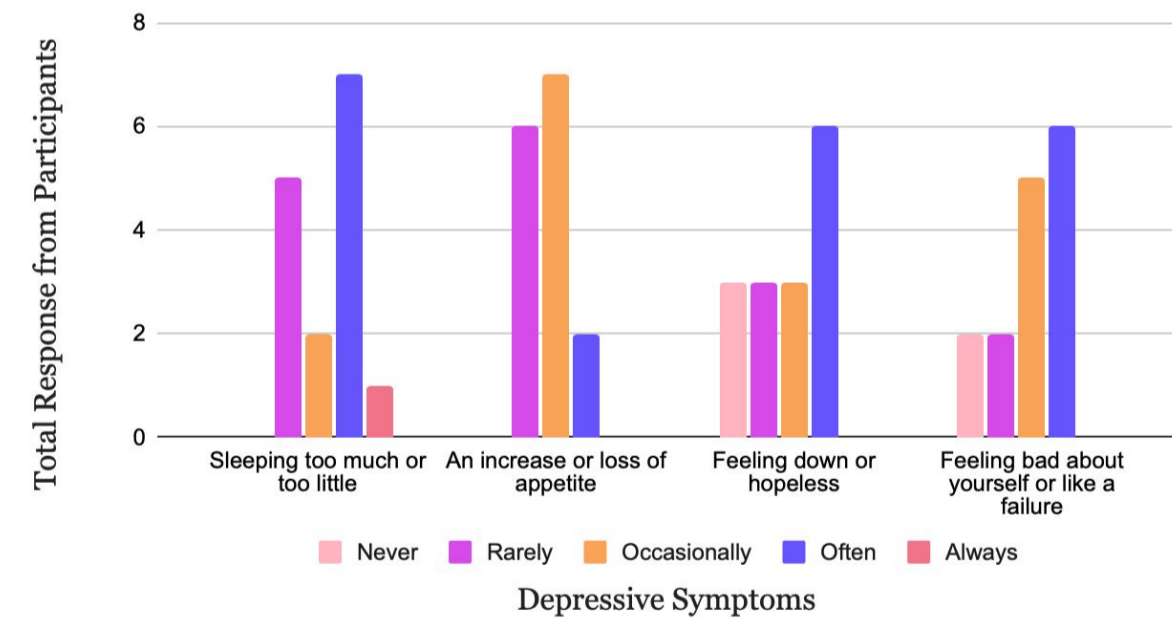
During the COVID-19 pandemic, how often did you experience a COVID related death for a patient you cared for?



Participants who worked in emergency departments, rehabilitation centers, and nursing homes encountered COVID-19 related patient deaths more frequently than other departments.

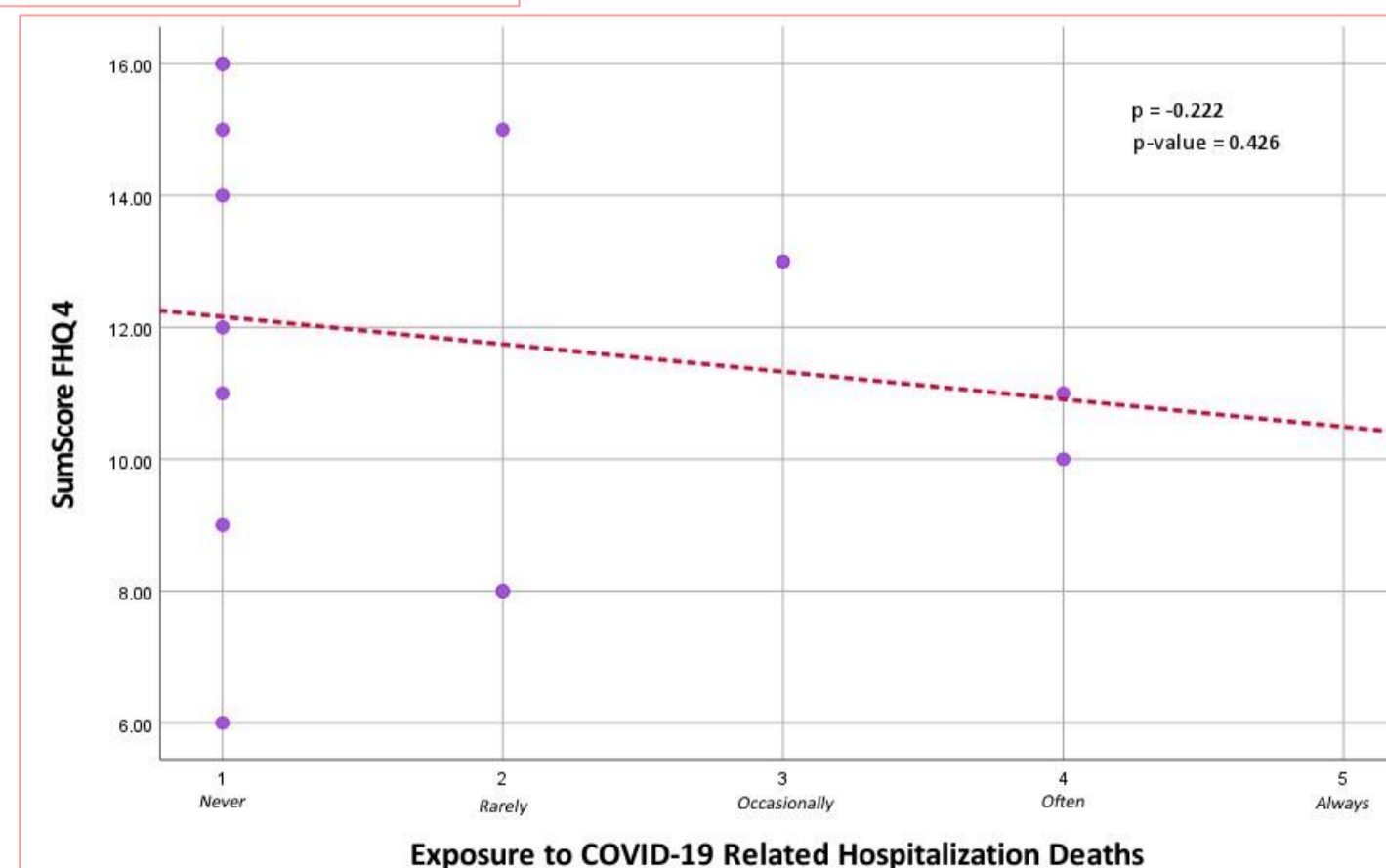


During the COVID-19 pandemic, how often have you been bothered by the following?



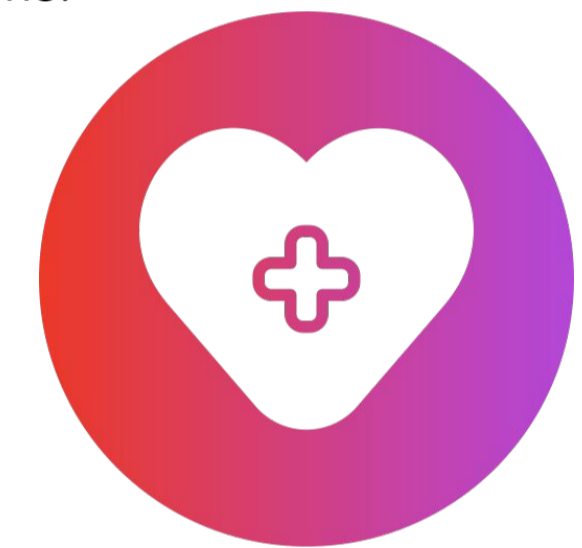
Many participants experienced recall bias when it came to reporting how they felt throughout the pandemic.

One of the contributors as to why our data was not found significant was due to our study being retrospective.



CONCLUSION

The study failed to support the hypothesis that higher exposure to COVID-19 related hospitalization deaths among healthcare workers in San Diego is associated with increased depressive symptoms.



IMPLICATIONS

- Future research may address effects of different experiences and stressors affecting healthcare workers.
- Future research can use a longitudinal study design and collect data from a greater sample size of a diverse range of health care workers

