

## A STUDY TO ASSESS THE LEVEL OF PSYCHOLOGICAL DISTRESS OF DEPRESSION, ANXIETY AND STRESS AND INSOMNIA EXPERIENCED BY NURSING OFFICERS WORKING IN COVID WARD AT BHUBANESWAR

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### ABSTRACT

The disease has a variety of symptoms ranging from mild symptoms to pneumonia, severe shortness of breath, septic shock, and even failure in various organs of the body. No specific treatment has yet been discovered for this disease, and only some antiviral drugs or analgesics and antipyretics are used to alleviate its symptoms. The prevalence of COVID-19 disease is a major public health problem worldwide. On March 11, 2020, the World Health Organization declared the disease a pandemic. Although the world has witnessed many infectious diseases in the past, the outbreak of COVID-19 disease as a new infectious disease has severely challenged the health systems of many countries. A mixed method study was conducted in selected hospitals of Bhubaneswar, Odisha, to assess the impact of Covid among 200 nursing officer's working in Covid wards. Questionnaire which includes demographic profile, DASS-21 and insomnia severity index were used for risk assessment like psychological distress of depression, anxiety, stress and insomnia, Interview guide used to assess experience of nursing officers while working in the Covid Ward. Majority of the nursing officers 56 (28%) had mild, Majority of the nursing officers 76 (38%) had moderate level anxiety, Majority of the nursing officers 100 (50%) had moderate level of stress, Majority of the nursing officers 80 (40%) had Sub threshold insomnia.

**KEYWORDS:** insomnia, psychological distress, depression, anxiety and stress.

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**INTRODUCTION**

The disease has had a high incidence rate in different countries of the world. Reports from the Worldometer database show that for instance, up to September 27, 2020, the total number of confirmed COVID-19 cases was 33, 58,557 persons with a total of 998,747 deaths, and 24,411,621 treated patients in the world, According to the official statistics of the Ministry of Health and Medical Education of Iran, until September 27, 2020, the number of patients with COVID-19 had reached 443, 86 persons and a total of 25,394 people had lost their lives [Rhonda Collins 2020].

Nurses often face huge psychological pressure as a result of overwhelming workload, long hours, shift duties, and working in a high-risk environment. Nurses are the frontline healthcare professionals who work across acute care hospitals, long-term care agencies, nursing homes, schools, communities, and government healthcare agencies. The multiple roles and functions played by nurses are particularly important during this COVID-19 pandemic by providing health education, screening services, and support for the general public and individuals in high-risk categories [Linda Chihurumnanya Odikpo et al 2021].

In December 2019 a novel human virus (COVID-19) was identified in Wuhan, China (Wu et al. 2019). On the 11<sup>th</sup> of March 2020 the World Health Organization (WHO) declared the outbreak a Pandemic (WHO, 2020) due to the rapid spread of this deadly virus to most countries worldwide. Its deadly effect was evident on older population and people with underlying morbid conditions or low immunity, and the subsequent effect on frontline healthcare providers was clearly evident [Shasha Cui Nantong].

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**OBJECTIVE**

- 1. TO ASSESS THE LEVEL OF PSYCHOLOGICAL DISTRESS OF DEPRESSION, ANXIETY AND STRESS AND INSOMNIA EXPERIENCED BY NURSING OFFICERS WORKING IN COVID WARD**

**REVIEW OF LITERATURE**

Hidde, et al (2020), conducted a nationwide cross-sectional survey study among Dutch intensive care nurses to determine the impact of the first COVID-19 surge (March through June 2020) on mental well-being and associated risk factors among intensive care unit nurses, in September 2020. The researchers intended to measure prevalence rates of symptoms of anxiety, depression, posttraumatic stress disorder, and need for recovery (NFR), objectified by the HADS-A, HADS- D, IES-6, and NFR questionnaires, respectively. The result revealed that the symptoms of anxiety, depression, and post-traumatic stress disorder were reported by 27.0%, 18.6% and 22.2% of the 726 respondents, respectively. The study concluded that the first COVID-19 surge had a high impact on the mental well-being of intensive care nurses.

SuHong, et al (2020), conducted a cross-sectional study to assess the immediate psychological impact on frontline nurses in China. A structured self-administered questionnaire consisting of 4 parts was employed to conduct the survey for 4,692 nurses between February 8 to 14, 2020. Symptoms of depression, anxiety, somatic disorders, and suicidal ideation were evaluated. The study reveals that 9.4% (n = 442) of nurses were considered to have depressive symptoms, 8.1% (n = 379) represented anxiety, and 42.7% (n = 2,005) had somatic symptoms. About 6.5% (n = 306) of respondents had suicidal ideation. The study concluded that the overall mental health of frontline nurses was generally poor during the COVID-19 outbreak.

**METHODOLOGY**

A mixed method study was conducted in selected hospitals of Bhubaneswar, Odisha, to assess the impact of Covid among 200 nursing officers working in Covid wards. The questionnaire which includes demographic profile, DASS-21 and insomnia severity index were used for risk assessment like psychological distress of depression, anxiety, stress and insomnia, Interview guide used to assess the experience of nursing officers while working in the Covid Ward.

## RESULTS

## ASSESSMENT OF THE LEVEL OF PSYCHOLOGICAL DISTRESS OF DEPRESSION, ANXIETY AND STRESS AND INSOMNIA EXPERIENCED BY NURSING OFFICERS WORKING IN COVID WARD

Table 1: Frequency and percentage wise distribution of level of depression experienced by nursing officers working in COVID ward

Level of depression	Frequency	Percentage
Normal (0-9)	5	2.5
Mild (10-13)	56	28
Moderate (14-20)	54	27
Severe (21-27)	5	2.5
Extremely Severe (28+)	0	0

Table 2: Frequency and percentage wise distribution of level of anxiety experienced by nursing officers working in COVID ward

Level of Anxiety	Frequency	Percentage
Normal (0-7)	44	22
Mild (8-9)	30	15
Moderate (10-14)	76	38
Severe (15-19)	50	25
Extremely Severe (20+)	0	0

Table 3: Frequency and percentage wise distribution of level of stress experienced by nursing officers working in COVID ward.

Level of Stress	Frequency	Percentage
Normal (0-7)	40	20
Mild (8-9)	40	20
Moderate (10-14)	100	50
Severe (15-19)	20	10
Extremely Severe (20+)	0	0

Table 4: Frequency and percentage wise distribution of level of insomnia experienced by nursing officers working in COVID ward.

Level of insomnia	Frequency	Percentage
No clinically significant insomnia (0-7)	0	0
Sub threshold insomnia (8-14)	80	40
Clinical insomnia (moderate severity) (10-14)	70	35
Clinical insomnia (severe) (22-28)	50	25

Majority of the nursing officers 56 (28%) had mild, Majority of the nursing officers 76 (38%) had moderate level anxiety, Majority of the nursing officers 100 (50%) had moderate level of stress, Majority of the nursing officers 80 (40%) had Sub threshold insomnia.

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