

Introduction: COVID-19, caused by the most recently discovered corona virus SARS-CoV-2 (Severe Acute Respiratory Syndrome Corona Virus 2), has already reached pandemic scale worldwide. And it is expected for health care workers to feel stressed and worried during these times due to their exposure to infected individuals.

Objectives: This study aims to identify the relationship between the demographic profile and health-related traits of EAMC employees, and their perceived stressors that aggravate psychologic distress experienced during the COVID-19 pandemic.

Methods: In this cross-sectional study of 390 health care workers, we use two brief mental health screening tools, namely Patient Health Questionnaire-9 (PHQ-9), a validated tool for depression, and Generalized Anxiety Disorder Scale-7 (GAD-7) a validated tool for anxiety.

Results: Factors such as marital status, occupation and employment status appear to have association with the development of depressive and anxiety symptoms. Perceived stressors during the COVID-19 pandemic include long working hours, inconsistent administrative policies, exposure to Covid-19 positive individuals, inadequate time off from work and increasing number of patients but without commensurate additional work force. For our sample population, 31.8% did not have depressive symptoms, 35.6% had mild, 21% moderate, 9.7% moderately severe and 1.8% had severe depressive symptoms. While for anxiety, 57.7% had no to minimal symptoms, 26.9% mild, 9.7% moderate and 5.6% had severe anxiety symptoms.

Conclusions: It is therefore concluded that the Covid-19 pandemic indeed caused significant anxiety and depressive symptoms among health care workers. Measures to increase the work force should be put in place to decrease work burden and employee fatigue.

Disclosure: No significant relationships.

Keywords: Anxiety; Covid-19; Health Care Worker; Depression

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Post-traumatic stress symptoms and professional quality of life among healthcare professionals working in COVID departments

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Introduction: The COVID pandemic had a heavy impact on the mental health of people in general and healthcare professionals in particular.

Objectives: Our study aimed to examine the prevalence of post-traumatic stress symptoms among healthcare professionals working in COVID departments, and assess their professional quality of life.

Methods: Our sample consisted of 23 healthcare professionals who are working in the COVID departments of the Hospitals of Sfax. We collected their sociodemographic data, their medical history and COVID-related details. Their mental health was assessed by the Impact of Event scale (IES-R) and the professional quality of life scale (ProQOL-5)

Results: The sex ratio in our study was 17:6, with a mean age of 31.79 years. They carried out 5.43 nightshifts per month, 57 hours of work per week including 27.38 hours of direct contact with COVID positive patients. A rate of 21.74% of the patients had a high IES-R score, indicating severe post traumatic stress symptoms. As for the subscales of the professional quality of life score, 21.73% of the participants had a low compassion satisfaction score, 65.21% of the participants had a moderate one and 13% had a high one. A rate of 91.3% of the participants had a moderate burnout score, the mean was 29.39. The secondary traumatization score was low in 26% of the cases, moderate in 60.86%, high in 13% and the mean was 27.91.

Conclusions: COVID healthcare professionals are at a relatively high risk of developing burnout and post-traumatic stress symptoms.

Disclosure: No significant relationships.

Keywords: post-traumatic stress; Professional quality of Life; Healthcare professionals; Covid-19

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Personal believes - Barriers to vaccination against Covid_19

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Introduction: The ongoing global pandemic of Covid_19 had a huge pressure to accelerate the development process of Covid_19 vaccine. This acceleration of the vaccine appearance raised many concerns regarding the effectiveness and the adequate safety of the vaccine among general population.

Objectives: The aim of the study is to determine the reasons behind vaccine refusal among general population.

Methods: Online questionnaire with the subjects' agreement; The study included 61 participants aged between 18 and 40 years old. The study was effectuated in October 2021.

Results: Most of the participants (n=60, 98.36%) declared that they knew some persons who have refused the Covid_19 vaccine. Moreover, a number of 29 participants (48.33%) declared that vaccine refusal among the people who refused the vaccine was due to personal believes.

Conclusions: The success of the vaccination programs mainly depends on the proportion of the population that receive the vaccine. It is crucial to implement new strategies to increase the acceptability of Covid_19 vaccine.

Disclosure: No significant relationships.

Keywords: pandemic; Immunization; mental health; Vaccine refusal