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Perceived Stress and risk of infection among Covid-19 frontline Healthcare workers

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Introduction: Working at Covid-19 frontline may threaten physical and mental health healthcare workers (HCWs). Assessing perceived Stress in HCWs is important to prevent serious mental illness

Objectives: Assess the association between perceived stress and risk perception among healthcare workers working in the Covid-19 unit.

Methods: We conducted a cross-sectional study among healthcare workers working in a COVID-19 unit between March and July 2021 through a self-administered questionnaire. The Perceived Stress Scale (PSS-10) was used to assess perceived stress. The perceived risk of getting infected was assessed by a 5-item Likert Scale. The perceived risk of family members' infection was evaluated by a Scale from 0 to 10.

Results: A total of 85 participants were included. The mean age was 31±6 years. About 87% of participants lived with their families. Seventy-six per cent of HCWs rated their health status greater than or equal to 8/10. A percentage of 18,8% of HCWs have been infected with the Covid-19. Our population consisted of 44,7% technicians and 24,7% nurses, and 80% of the participants reported direct contact with COVID-19 confirmed patients. The level of the perceived risk of getting infected was high to very high in 95% of the HCWs. The mean score of the perceived risk of family members contracting the virus was 5.7 and 27,1% rated it greater than or equal to 8. The PSS-10 showed moderate and high perceived stress in 82,3% and 7,1% of participants, respectively. Only 10,6% of HCWs presented low-stress perception.

Conclusions: Frontline healthcare providers have high perceived stress and are at risk of mental health disorders

Disclosure: No significant relationships.

Keywords: Covid-19; healthcare workers; Perceived stress

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Social medias in increasing anxiety around COVID-19 in Morocco

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Introduction: Discovered in December 2019, COVID has affected the entire planet, through direct exposure to its virus; SARS-COV-2, or indirectly through the media. Indeed, on January 20, 2020, the World Health Organization declared COVID-19 to be "a public health emergency of international concern." Along with other public health crises and other collective trauma (terrorism, H1N1 epidemic or SARS-COV), exposure to publicized information on this virus generates psychiatric disorders, in particular anxiety and absence of well-being.

Objectives: To link exposure to information about this pandemic through social media and anxiety and lack of well-being.

Methods: Use of a questionnaire consisting of three sections, individual status and conditions, the French versions of the GAD-7 scale for anxiety (Generalized anxiety scale of 7items) and the WHO-5 (five well-being index). This questionnaire is dedicated to the general population who have not been in direct contact with the virus, but through the media.

Results: We were able to collect 209 participants, they were essentially females with a mean age of 28yo, 17,7% had psychiatric history of anxiety and depression, the median use of social medias was 5.7 hours per day. And they were essentially getting their information about the pandemic from Instagram, Facebook, the Moroccan ministry of health's website and electronic newspapers. 31,1% of our participants had anxiety which was above a Chinese study, and had a poor well-being.

Conclusions: the use of social media to get information about the pandemic had an impact on well-being and anxiety..

Disclosure: No significant relationships.

Keywords: well-being; Covid-19; social media; Anxiety

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High Resolution Covid Program. Purposely a case.

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Introduction: The covid pandemic has become a unique phenomenon in world history with great impact on mental health.

Objectives: A great growth of anxious depressive pathology in relation to the Covid situation has appeared with the need to increase the psychiatric approach in the general population

Methods: A 58-year-old woman with no personal medical story of interest is referred to the high-resolution Covid program due to severe depressive symptoms: intense apathy, abulia, anhedonia, weight loss, insomnia and important social distancing after the beginning of the confinement due to the Covid Pandemic. 4 psychotherapy sessions are performed, with a maximum duration of 45 minutes. It is necessary to add antidepressant medication with sertraline up to 100mg to improve psychotherapeutic work.

Results: A complete recovery of symptoms is achieved even their severity with normalization of daily life.