TITLE: Prevalence and Measurement of Anxiety and Depression in Nurses during COVID Pandemic in Nepal

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ABSTRACT

Background

Anxiety and depression are under reported, under diagnosed mental illness in health worker in Nepal especially during COVID pandemic. The study was carried out as an observational study on nurses in Nepal. In this study we attempted to assess the incidence and impact of depression and anxiety in nurses who are working upfront in different hospitals during this crisis.

Objective

The purpose of the study is to assess the prevalence of anxiety and depression among nurses in Nepal during COVID pandemic who are working in various hospitals.

Method

A cross-sectional non-probability purposive sampling with observational analysis was carried out and the sample was collected from nurses working in different hospitals. Prevalence of anxiety and depression was assessed using a structured and validated questionnaire. Anxiety was assessed with the Hamilton Anxiety Scale (HAM-A), General Anxiety Disorder Questionnaires (GAD) with a cut-off score for various levels of anxiety while Hamilton Depression Rating Scale (HAM-D)was used to assess depression.

Result

The analysis of these different scales revealed that disabling anxiety prevailed at highest (43.6%) in nursing staff according to HAM-A scale. Moderate anxiety also seemed to be higher (>20%) in GAD questionnaire.

Conclusion

This is the first study carried out in Nepal that investigates the mental health of nurses who are working in the frontline in this COVID pandemic situation. The study revealed that our nurses who have given their life in the line are suffering from serious mental health problems.

Biography

I am Ayush Chandra, currently a final year MBBS student at Tianjin Medical University, China. I am also a founder secretary of the Multiple Sclerosis Society Nepal, the only organization working for neuro-immunological disease in Nepal. He is a junior associate member at the International Headache Society and also a member of the International Parkinson and

Movement Disorder Society. I also hold a post of provincial co-ordinator in the World Nepalese Students' Association, China, and as an active member of the International student association Tianjin medical university. I have published multiple research articles in many international scientific journals and also have been frequently writing for national journals, magazines, online news portals, blogs, newspapers, etc. My research interest is in the field related to Neurology, mental health Drug abuse, Traditional Chinese Medicine. I have been actively participating in advocating for medical professionals in pre-pandemic and post-pandemic. My present researches focus on creating a database for Multiple Sclerosis disease in Nepal as this neuro-immunological disease is very unknown and under-diagnosed.

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