

INTRODUCTION

The COVID-19 pandemic has placed an unprecedented psychological burden on healthcare professionals worldwide, with significant mental health repercussions. In Pakistan, healthcare workers on the frontline have faced severe challenges, including exposure to high mortality rates, limited resources, and extended work hours. This study aims to quantify the psychological impact, specifically examining the prevalence of anxiety, depression, and post-traumatic stress disorder (PTSD) among healthcare professionals, while identifying contributing factors and recommending interventions.

AIM

This study aims to evaluate the effectiveness of Pakistan's One Health Coordination Mechanism (OHCM), implemented in 2016, in mitigating the challenges associated with Crimean-Congo hemorrhagic fever (CCHF) outbreaks. Specifically, the study assesses the impact of the OHCM on reducing CCHF-related morbidity and mortality through enhanced surveillance, response, and mitigation strategies that integrate human, animal, and environmental health sectors. Additionally, the study identifies the challenges and opportunities for improving the OHCM's effectiveness, particularly in rural areas and across intersectoral data-sharing practices.

METHOD

A cross-sectional, observational study was conducted using validated mental health assessment tools, including the Generalized Anxiety Disorder Scale (GAD-7), Patient Health Questionnaire (PHQ-9), and the PTSD Checklist (PCL-5). Data were collected from a diverse sample of healthcare professionals, including doctors, nurses, and paramedical staff, working in COVID-19 dedicated wards across major cities in Pakistan. In addition to mental health outcomes, demographic data, workplace conditions, and perceived levels of support were assessed.

References

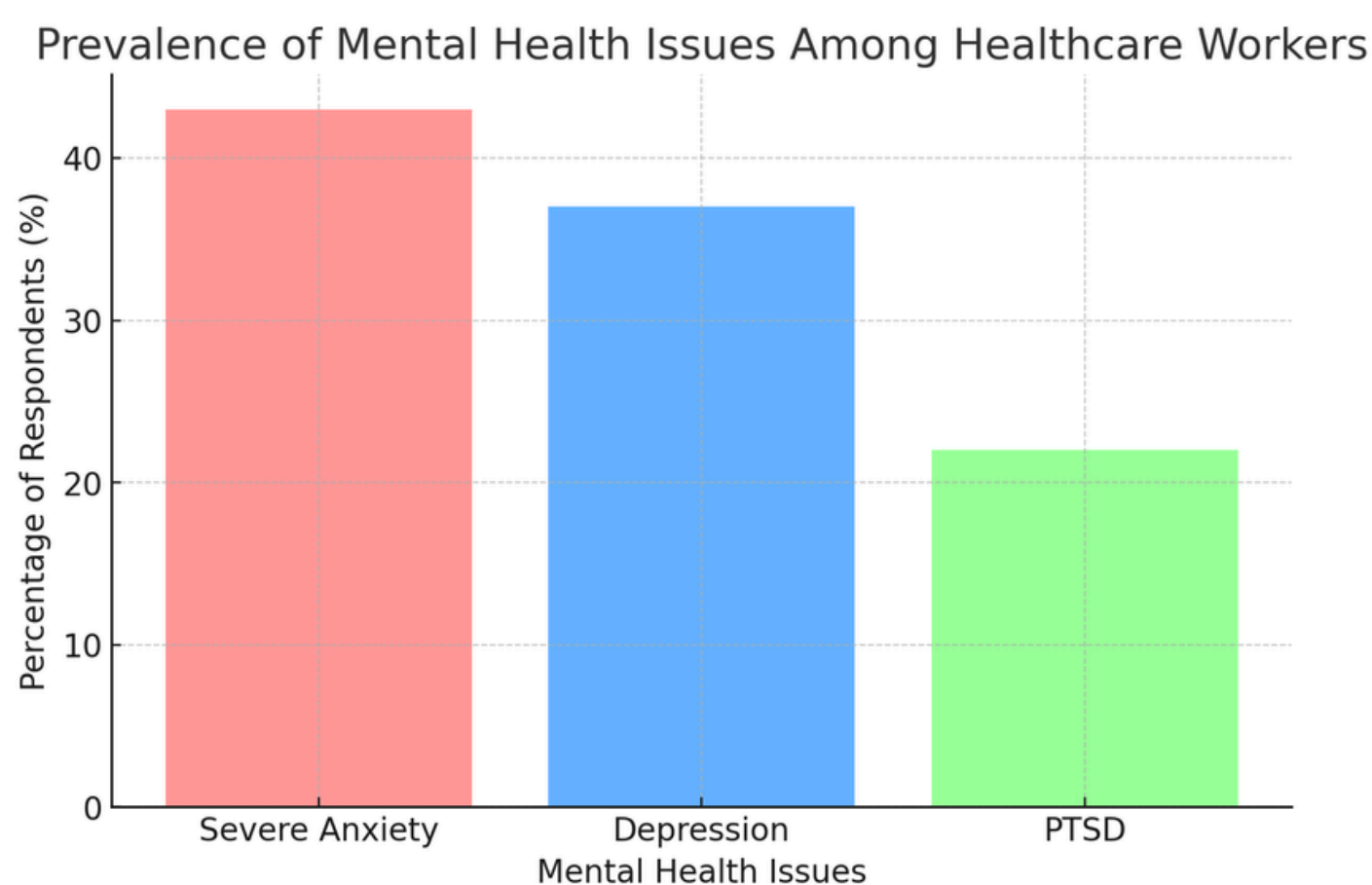
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RESULTS

The findings indicate a high prevalence of mental health issues among healthcare workers:

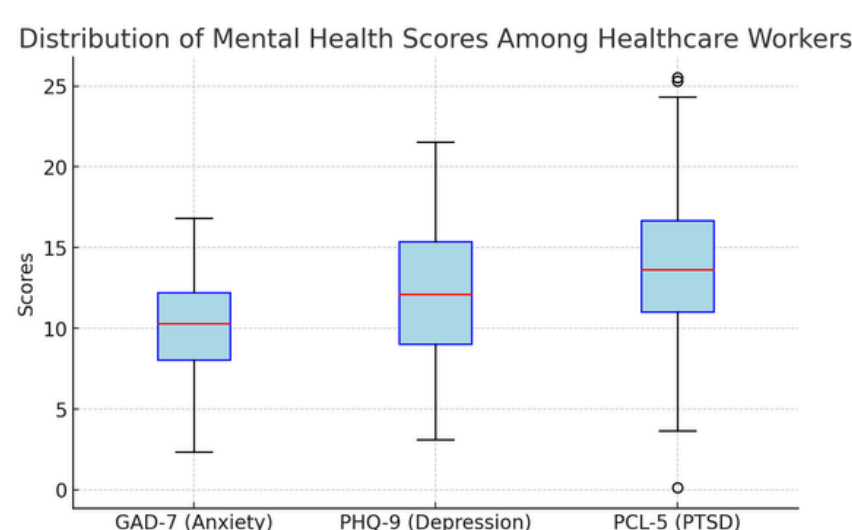
- Severe Anxiety: 43% of respondents exhibited symptoms of severe anxiety.
- Depression: 37% of participants reported moderate to severe depression.
- PTSD: 22% displayed clinically significant symptoms of PTSD, particularly those involved in prolonged exposure to COVID-19 wards and high mortality settings.

Female healthcare workers reported significantly higher levels of anxiety ($p < 0.05$) and depression compared to male counterparts. Key stressors contributing to psychological distress included fear of personal infection (75%), inadequate access to personal protective equipment (PPE) (68%), and overwhelming patient loads (80%). Furthermore, 63% of healthcare workers reported a lack of mental health support from their institutions, and 54% cited social stigma as a source of additional psychological burden.



The prevalence of severe anxiety, depression and PTSD among healthcare workers

METHOD



CONCLUSION

The study highlights the profound psychological toll of the COVID-19 pandemic on healthcare professionals in Pakistan. Mental health outcomes such as anxiety, depression, and PTSD are alarmingly prevalent, with female healthcare workers and those in high-risk wards disproportionately affected. The lack of institutional mental health support and social stigmatization further exacerbate these challenges. There is an urgent need for comprehensive mental health interventions, including psychological counseling, peer support networks, stress management programs, and workplace improvements such as reduced workloads and consistent

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