

COMPARISON OF ANXIETY LEVELS AMONG HEALTHCARE WORKERS WITH BECK ANXIETY INVENTORY DURING COVID-19 PANDEMIC

Mustafa Ferudun Çelikmen¹, Barış Murat Ayyacı², Şükrü Eralp Güner¹, and dogac niyazi ozucelik³

¹Yeditepe University

²Okmeydani Training and Research Hospital

³Istanbul Üniversitesi Sağlık Bilimleri Fakültesi

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Abstract

Aim: The aim of this study is to investigate the anxiety levels of healthcare workers (HCWs) in hospitals in Istanbul, which is one of the cities most affected by the COVID-19 pandemic. **Methods:** The study was conducted online with 177 HCWs (127 doctors, 31 nurses, 15 paramedics, 4 health technicians) due to the pandemic. Beck Anxiety Inventory (BAI) was used for anxiety levels. **Results:** The anxiety levels of HCWs were found as 48% “minimal”, 23.7% “mild”, 17.5% “moderate”, 10.7% “severe”. The mean BAI score of other HCWs is from doctors (15.94 ± 12.776 vs 9.53 ± 8.868), the mean BAI score of women is from men (14.07 ± 10.899 vs 7.61 ± 8.681), for those who have no children, the mean BAI score is from those with a child (13.77 ± 11.713 vs 9.66 ± 9.260), and the mean BAI score of those who were over 65 years old or had a relative with chronic disease at home was higher than the others (14.11 ± 9.752 vs 10.44 ± 9.752) ($p < 0.05$). The mean BAI score of those who did not examine COVID-19 patients were higher than the examiners (11.47 ± 10.693 vs 1.23 ± 10.394), and the mean BAI score of night shift workers (12.42 ± 11.063 vs 9.515 ± 9.255) than the others ($p > 0.05$). **Conclusion:** Healthcare workers actively working during the COVID-19 pandemic have high levels of anxiety. Working conditions of health workers should be improved and psychosocial support activities for them should be implemented continuously.

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