The Mental Health Impact On Healthcare Workers During Covid-19 Pandemic in Albania

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Abstract

Background: Covid-19 pandemic affected all the groups in our society, but one of the most affected group were the healthcare workers.

Aim: The aim of our study is to determine the mental health of Albanian healthcare workers in Tirana during COVID-19 pandemic.

Study design: This is a cross-sectional study carried out among healthcare workers living and working in Tirana, Albania.

Methods: This cross-sectional study was carried out among healthcare workers in Tirana, Albania between September 1st and October 2nd, 2021, using General Health Questionnaire-12. The GHQ-12 is a screening questionnaire used to data collection. The data was collected via Google survey. The four-point Likert scale was adopted, with items ranging 0-3, with the score ranging from 0 to 36. The mean score of the GHQ-12 was 16,5 (p=3,01), higher than the cutoff point;12. When the participants scored more than 12, they were considered as cases. The data was analayzed using SPSS 25.

Results: Total 450 healthcare workers participated to the study. Most of the participants (84,2%) were female. Of the 450 participants 63.3% worked at the government institution. Based on the cutoff point most of the partcipantes (96.9%) were cases.

Conclusion: The COVID-19 negativelly affected all the healthcare workers in our study. The

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findings show that most of the participans (96.9%) were cases.

Keywords: Albania, COVID-19 pandemic, GHQ-12, Healthcare workers, Mental Health