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## Study of anxiety and depression in health care workers during pandemic in nepal

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**Background:** Anxiety and depression are under reported, underdiagnosed mental illness in health workers in Nepal especially during pandemic. The study was carried out as an observational study on frontliners in Nepal. In this study we attempted to assess the incidence and impact of depression and anxiety in nurses, doctors, health assistants, and other health care staffs 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 frontliners 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 frontliners 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 frontliners 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 health care workers who are working in the frontline in this COVID pandemic situation. The study revealed that our frontliners who have given their life in the line are suffering from serious mental health problems.

## Biography

Ayush Chandra, MBBS currently at Tianjin Medical University, China. He is also a founder secretary of the Multiple Sclerosis Society Nepal, the only organization working for neuroimmunological 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. He holds a post of provincial coordinator in the World Nepalese Students' Association, China, and as an active member of the International student association Tianjin medical university. He has published multiple research articles in many international scientific journals and also has been frequently writing for national journals, magazines, online news portals, blogs, newspapers, etc. Dr. Ayush Chandra research interest is in the field related to Neurology, Drug abuse, Traditional Chinese Medicine. He is active in advocating for medical professionals. His present researches focus on creating a database for Multiple Sclerosis disease in Nepal as this disease is very unknown and under-diagnosed.

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