

Italian health care workers' mental health suffering during COVID-19

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(HealthDay)—Health care workers (HCWs) in Italy who treated

COVID-19 patients self-report substantial mental health symptoms, according to a research letter published online May 28 in *JAMA Network Open*.

Rodolfo Rossi, M.D., from University of Rome Tor Vergata, and colleagues evaluated mental health outcomes among HCWs in Italy. The [online survey](#) was conducted between March 27 and 31, 2020, and was distributed via social networks using a snowball technique and sponsored social network advertisements. The analysis included 1,379 responses.

The researchers found that 49.38 percent of respondents reported posttraumatic stress symptoms (PTSS); 24.73 percent reported symptoms of depression; 19.80 percent reported symptoms of anxiety; 8.27 percent reported insomnia; and 21.90 percent reported high perceived stress. Younger age and female sex were associated with all [mental health outcomes](#) except insomnia (e.g., anxiety for standardized age: odds ratio [OR], 0.60; perceived stress for standardized age: OR, 0.63; PTSS among women: OR, 2.31; depression among women: OR, 2.03). Associations were noted between having a deceased colleague and PTSS (OR, 2.60), symptoms of depression (OR, 2.07), and insomnia (OR, 2.94).

"These results are in line with previous reports from China, confirming a substantial proportion of mental health issues, particularly among young women and frontline HCWs," the authors write.

More information: [Abstract/Full Text](#)

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