

ABSTRACT

Introduction

Direct and indirect effects of disasters cause to psychological consequences in affected population. COVID 19, a biological disaster, is an ongoing pandemic causing tremendous psychological morbidity worldwide. Therefore, it is crucial to identify mental health outcomes of frontline nursing officers for their psychological well-being.

Objectives

To assess the prevalence of mental health outcomes and associated factors among nursing officers of the National Institute of Infectious Diseases during COVID 19 pandemic.

Methods

A descriptive cross-sectional study was carried out in the National Institute of Infectious Diseases. Total number of nurses (130) in the National Institute of Infectious Diseases was recruited for this study. A self administered questionnaire, consisting of socio demographic factors, associated factors and validated and translated K-10 and PSSR-17 questionnaires to assess the prevalence of depressive disorder and post-traumatic stress disorder (PTSD) respectively were used. Statistical data was analyzed using the SPSS software.

Results

In this study population, majority were females (n=99, 83.2%), age between 20-30 years (n=54, 45.4%), married (n=81, 68.1%) and Sinhalese (n=113, 95.0%). The prevalence of mild to severe depressive disorder was 40.3% (n=48) and mild to severe PTSD was 72.3% (n=86). There was 37.8% (n=45) of both depression and PTSD and either depression or PTSD was 72.3% (n=86) of study population. The

prevalence of depression and PTSD was more among male, age between 20-30 years and single individuals.

Depression was significantly associated with years of work experience, longer working hours than usual, refusal by neighborhood, fear of infecting loved ones, unsuccessful cure for critically ill patients and infection control training. PTSD was significantly associated with years of work experience, longer working hours than usual, refusal by relations, fear of being quarantined and unsuccessful cure for critically ill patients.

Conclusions and Recommendations

There were relatively higher levels of depression and PTSD among nursing officers in the National Institute of Infectious Diseases during COVID 19 pandemic. Psychological interventions should be implemented according to the associated factors for psychological well-being of nurses. Further studies on mental health outcomes of frontline health care workers are recommended.

Keywords

COVID 19, Nurses, Mental health, Depression, Post Traumatic Stress Disorder, Associated factors.