

# PREDICTORS OF ANXIETY AND DEPRESSION IN OPERATING ROOM NURSES DURING THE COVID-19 PANDEMIC: A MULTI-CENTER CROSS-SECTIONAL STUDY

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## INTRODUCTION

Operating rooms (OR) are among the important and high-risky areas that require rapid change, where confirmed and potential Covid-19 patients are operated during the pandemic period. The risk of transmission is increased due to the closed and narrow working area. The surgical staff experience anxiety due to the sudden outbreak of the pandemic, its rapid spread and lack of information about exposure to and treatment for the disease. The increase in time spent for patients, the lack of materials and personal protective equipment, the shortage of human resources, equipment preparation, increased work intensity with additional precautions, and the obligation to distance themselves from loved ones negatively affect the emotional state of OR nurses who work intensively.

## AIM

Since the precautions, conditions, and rules taken in each country are different due to the pandemic, this study aimed to reveal the differences between countries and to determine the predictor factors that affect the anxiety and depression levels of operating room nurses.



## RESULTS

The anxiety levels of 63% of the operating room nurse participants and the depression levels of 42.1% were above the cut-off point.

## METHODS

1. The descriptive and cross-sectional study, data was collected with a google form between February 2021-February 2022.
2. The data were collected from members of the Perioperative Nurses Association willing to participate in the study.
3. (America, Türkiye, Australia, England, India, and Israel).)

A total of **1127 operating room nurses** participated in the study, 462 from the USA, 255 from Türkiye, 230 from Australia, 79 from England, 53 from India and 30 from Israel.

- ✓ **The Personal Information Form:** It was created by the researchers by examining the literature; it consists of 9 personal questions, including age, profession, education level, working time, and number of children.
- ✓ **The Practice and Attitude Survey of Operating Room Nurses towards the Covid-19 Outbreak:** It was created by the researchers by examining the literature, and it contains a total of 16 questions.
- ✓ **Hospital Anxiety and Depression Scale (HADS):** This was developed in England in 1983 by Zigmond and Snaith [9]. The scale consists of 14 items, 7 of which investigate depression and 7, anxiety symptoms. The aim of the scale is not to make a diagnosis, but to determine the risk group via a brief screening anxiety and depression. It is valid and reliable for the study countries

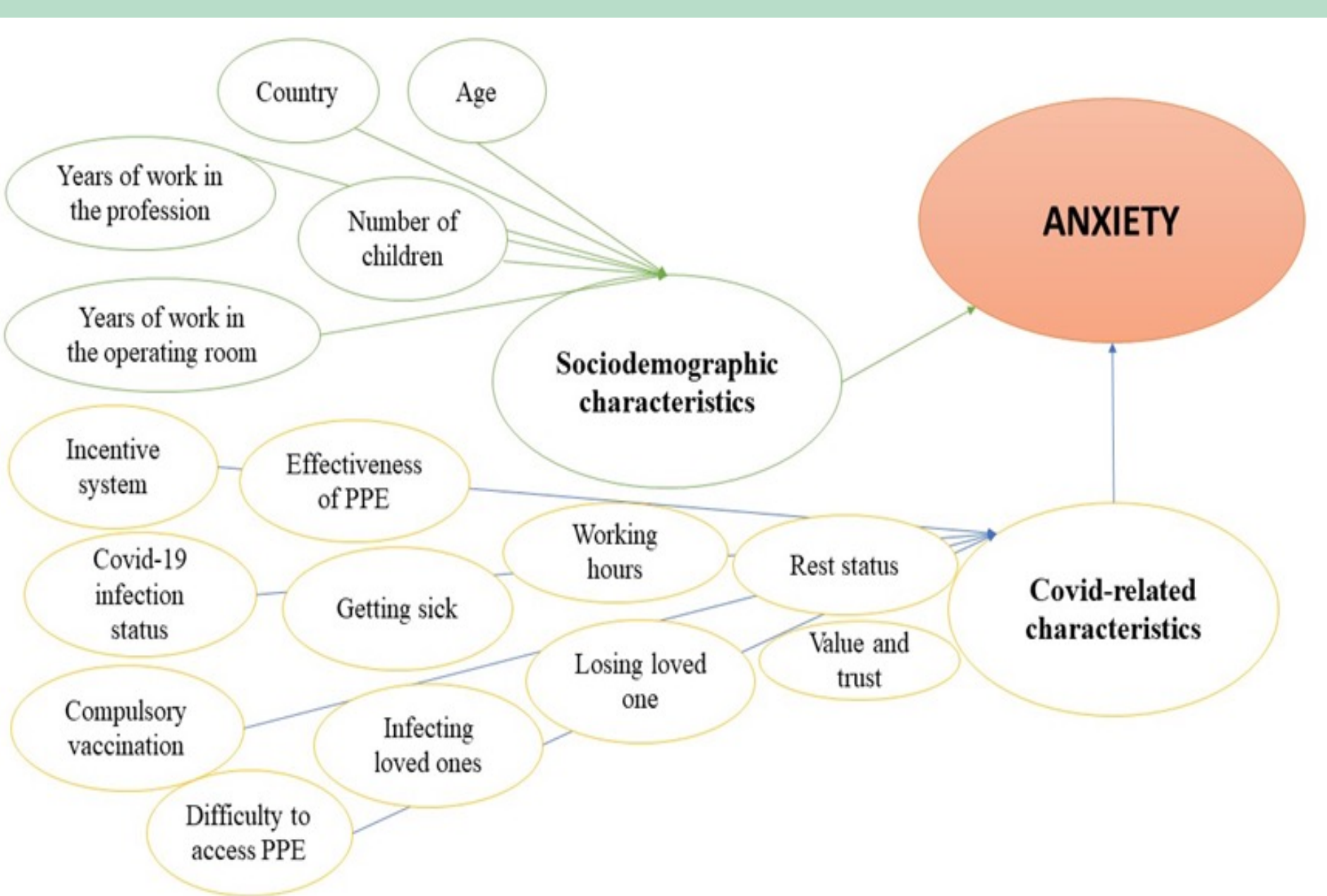


Figure 1. Logistic regression model for anxiety

The comparison of anxiety predictors of operating room nurses across countries in our study indicated that:

- \* anxiety was higher in the US, Australia, and England
- \* more anxiety was experienced by the ORNs with high levels of worries about contracting COVID-19 and fear of infecting loved ones
- \* The ORNs who had inadequate time to rest due to intensive working hours had 1.5 times more anxiety than those who were rested
- \* nurses' dissatisfaction with their institution's OR during the pandemic caused more anxiety and depression.
- \* Nurses who expressed a low level of confidence in their institution for the management of the COVID-19 pandemic experienced 1.8 times more anxiety than those who expressed more confidence.

The comparison of depression predictors of operating room nurses across countries in our study indicated that:

- \* working as an ORN in Türkiye caused nearly 6 times more depression
- \* ORNs who were on isolation leave after providing care for COVID patients experienced nearly 2 times more depression than those who were not.
- \* The risk of depression is 1.70 times higher in nurses who have a statistically significant level of anxiety about getting sick with Covid-19
- \* The risk of depression is 2.07 higher in nurses with an excessively high level of anxiety about infecting loved ones

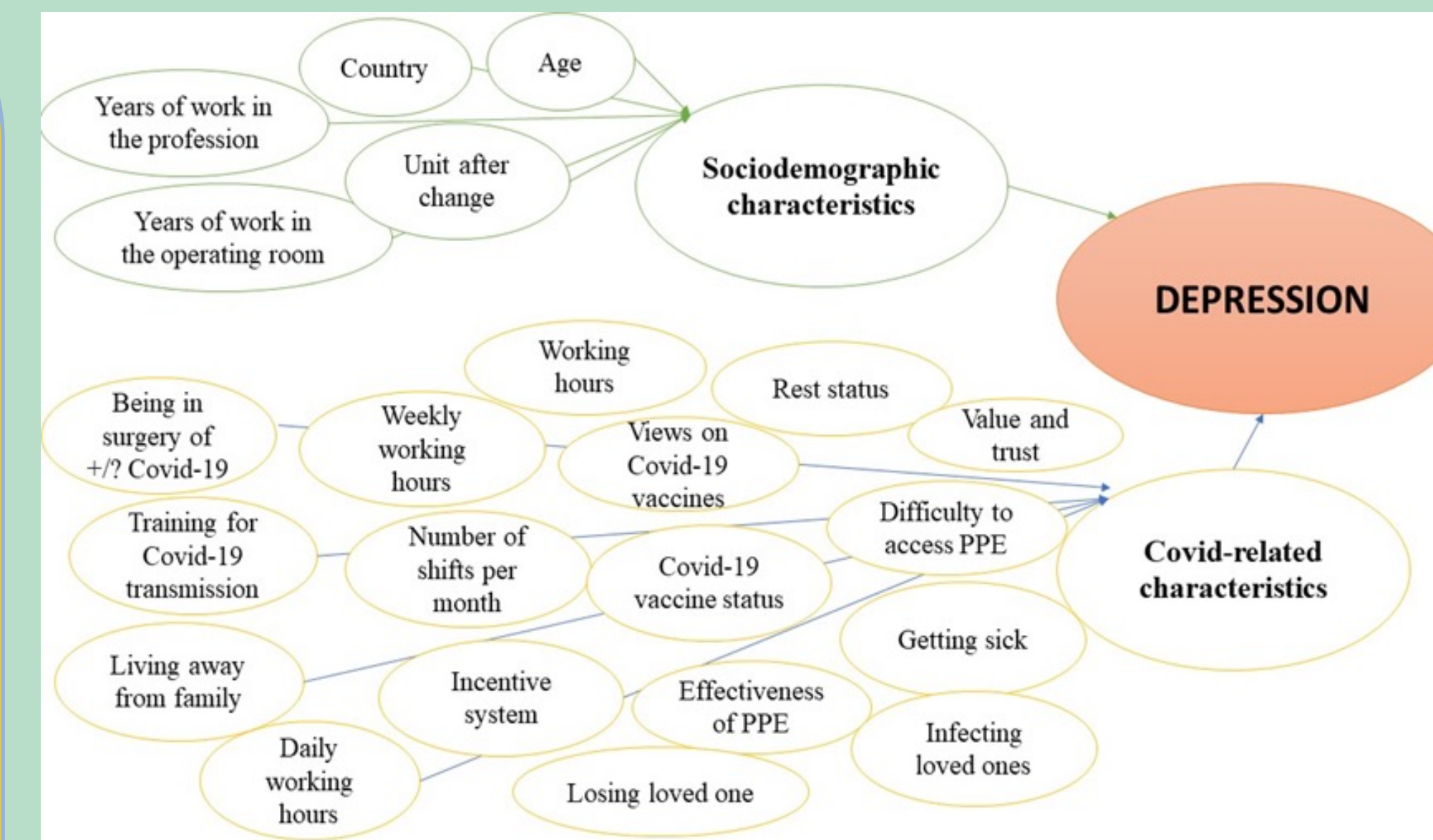


Figure 2. Logistic regression model for depression

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