Mental health and Psycho-social assessment among COVID-19 Warriors using the Global Mental Health Assessment Tool (GMHAT) in Wardha district of Central India.

Authors: Dr. Guddi Laishram[1],
Co-authors - Dr. Sonali Choudhari[2], Dr. Quazi Syed Zahiruddin[3], Dr. Abhay Gaidhane[3]

Division of Social Epidemiology, School of Epidemiology
& Public Health; Faculty[1], Department of Community Medicine, Jawaharlal Nehru
Medical College, Datta Meghe Institute of Medical Sciences (Deemed to be University) Sawangi, Wardha (Maharashtra).
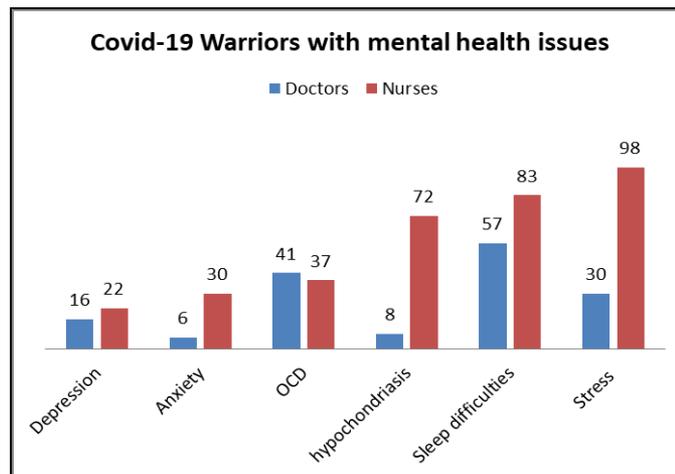
Introduction: COVID-19 Warriors are those frontline taskforce who are duty bound due to their profession and they include Doctors, Nurses and other paramedics and police personnel. These warriors are facing mentally stressful conditions since along time as a part of their journey combating against Covid-19. It has also added to the heightened fear of the disease by risking and even passing it back home to their family members.

Numerous scientific studies are published across globe that provides the literature for the clinical epidemiology, manifestations of Covid, treatment and preventive modalities, health education for Covid, specific protection through corona vaccine and so on.

Considering this, the proposed community based analytical cross sectional study is planned with an objectives to study the socio-demographic profile of Covid-19 warriors in Wardha district to assess the associated mental health and psychosocial problems amongst Covid-19 warriors Global Mental Health Assessment Tool (GMHAT) in Wardha District.

Methods: Cross-sectional study conducted in the Covid-designated Tertiary Care Hospital in Rural Wardha during March-June 2021. Complete enumeration method. Study participants were mainly Doctors and nursing staffs exclusively posted in Covid-19 duty. Confidentiality of the Covid warriors were maintained

Distribution of Covid-warriors (N= 200)	Nurses	112 (56%)
	Doctors	88 (44%)
Age groups	18-25	86 (43%)
	26-35	102 (51%)
	36-45	12 (6%)
Marital status	Single	97 (48.5%)
	Married	103 (51.5%)
Experience years	1-5	106 (54.5%)
	6-10	86 (43%)
	11 and above	5 (2.5)

Covid-19 Warriors with mental health issues

Conclusion: From this study, it was found that the health care professionals especially the doctors and nurses who were especially designated in the Covid-19 care unit had the maximum exposure to both the novel infection and mental health. By addressing the areas of mental health burden faced by the Covid-19 warriors, this study will help in providing an effective mental health care management for future health care professionals working in the community as well as at workplace.

There are no conflicts of interest.

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