

Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

Under The Patronage of his Excellency Dr Yousef Goussous

May 15 - 16, 2022 | Hotel Crowne Plaza Dead Sea, Jordan



The psychological impact of sleep quality on health care workers during COVID-19 in Jordan

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Abstract

Background and objective: Sleep quality is a key aspect of the overall psychological health. Sleep quality can affect mental health in many aspects, causing major psychological disorders, such as: depression and anxiety. Objectives: to assess the overall psychological impact of sleep quality on health care providers in Jordan during COVID-19 pandemic

Method: This is a descriptive cross-sectional multicenter hospital-based study conducted in Jordan from the period of 2/7/2021 to 12/7/2021. 418 participants were included in the study. Data collection was done online via Google form. A questionnaire was used containing 4 validated scales, the insomnia severity index (ISI), Epworth sleepiness scale (EPS), generalized anxiety disorder-7 (GAD-7), patient health questionnaire-9 (PHQ-9).

Results: (56.7%) were males, (43.3%) were females. (28.8%) were residents, followed by (20.3%) were nurses, (19.7%) were general practitioners, and (16.8%) were specialists. About (44.8%) of the participants were diagnosed with COVID-19 and (75.4%) managed patients with COVID-19. (32%) suffered from moderate difficulty falling asleep, and (30%) have moderate difficulty staying asleep. About (21.2%) said that their sleep problems much interfere with their daily functioning. (34.4%) feel nervous and anxious more than half of the days, while (26%) had the same problem nearly every day. (34.5%) feel tired more than half of the days, while (26%) suffered from the same issue nearly every day.

Conclusion: The results of this study support the view that poor sleep quality can affect the overall mental health dramatically. Poor sleep quality can cause a psychological problems, such as: depression, and anxiety.

Keywords: psychological impact, sleep quality, COVID-19, health care workers, Jordan.

Biography

Zidan Alsaleh, 6th year medical student at mutah University.

Over the course of five years, i participated in many academic and charitable activities within my student volunteer team. I was a member of the conference organizing committee at the Faculty of Medicine at Mutah University for the year 2020-2021. This is my first experience in participating in writing a scientific research, and I am excited in the coming days to be a participant in a new scientific research.