

Chapter 2

Perceived Stress Levels of Medical and Non-Medical Staff in the Face of COVID-19

Sajedeh Rabipour

Islamic Azad University, Dubai, UAE

ABSTRACT

The sudden outbreak of COVID-19 as a deadly disease worldwide has caused widespread psychological problems as well as physical problems. Due to the importance of prevention and control of psychological problems in exposed individuals, the present study was conducted to investigate the perceived stress of medical and non-medical staff in the face of the epidemic of COVID-19 disease. 90.2% of the subjects had moderate job stress and 4.2% had severe stress. The level of stress in students was higher than formal and contract employees. Also, women had more stress than men, and people with medication, people without medication, and people with medical occupations more than non-medical occupations. Vulnerable groups in society, such as women, students, and healthcare workers, need more prevention and care in the COVID-19 crisis, which should be strengthened over time as effective coping strategies and disease epidemic management, access to medical resources, and mental health systems also plan national strategies and first aid in crises through telemedicine and online services.

INTRODUCTION

In December 2019, pneumonia erupted following the release of Covid 19 in Wuhan City, Hubei Province, China, and subsequently attracted worldwide attention (Chan et al., 2020). From the beginning of the outbreak to mid-April 2020, the Global Assessment Website has identified 204,952 patients with Covid 19 in Iran, of which 9,623 have died from the virus. According to statistics, Iran ranks ninth in the world in terms of the number of deaths due to Covid 19 to mid-April (Parker, 2021). Covid-19 has been repeatedly described as a deadly virus (Sheahan et al., 2020). “Covid infections are mild in humans, but epidemics of the two beta-coronavirus (SARS Covid 19) cause severe respiratory syndrome, so much so that in the Middle East, Covid 19 acute respiratory syndrome occurs,” said Chalvin Huang, Quoting

DOI: 10.4018/978-1-7998-8813-0.ch002

Perceived Stress Levels of Medical and Non-Medical Staff in the Face of COVID-19

the World Health Organization. “There have been thousands of deaths in the last two decades.” Rapid transmission is a feature of such diseases and occurs as a result of close contact, pandemic or epidemic (Wang et al., 2020). The rapid rate of transmission and spread of the disease increases the vulnerability of people due to the fear of contracting the disease. Also, the ambiguous nature of the disease and its unfamiliarity, as well as the implementation of quarantine measures that have been strictly applied in some countries, such as China, caused a large number of people to be isolated and, consequently, many aspects of life were affected and caused Further increase in disease burden and widespread psychological problems such as panic disorder, anxiety and depression have been accompanied by physical problems (Wong et al., 2005). Stress and anxiety caused by the fear of being in the community cause people not to enter shopping centers, students not to enter educational centers and workers and tourists do not enter work and leisure institutions and as a result feel reduced independence and stress and worries about income and job security and Other cases have led to psychological problems, with governments in China, Singapore, and Australia expressing concern about the psychological side effects of Covid 19 and seeing the long-term effects of this isolation and fear in society as a serious threat to mental health (Wong et al., 2005).

Stress has long been considered as an important concept (Xiao et al., 2020). In fact, stress refers to the process of adaptation of a person when faced with internal and external challenges. It promotes psychological (anxiety, depression, memory loss, burnout) and pain disorders and is also associated with various physical health outcomes and diseases such as cancer, diabetes, cardiovascular disease and asthma and rheumatoid arthritis (Qiu et al., 2020). Perceived stress is considered as a result of the interaction between the person and his environment (Rosmond, 2005). Of course, the biggest debate in measuring stress is whether we should limit ourselves to measuring visible external stressors (shocking and big life events or the sum of small events) or whether we should focus on personal stress reactions (Suryadevara et al., 2020).

Research on previous epidemics in recent years has reported a wide range of psychosocial effects on individuals at the individual, social, and international levels during the outbreak of infectious infections (Parker, 2021); During the H1N1 flu epidemic, about 10% to 30% of the general public feared infection with the virus and disease (Mina et al., 2016; Hellhammer & Hellhammer, 2008), and in a study on the Ebola outbreak, people feared getting sick or dying. They experienced weakness, disability and social stigma (Liu et al., 2020). Also, health care professionals, especially those who work with patients with confirmed or suspected Covidus 19, are most at risk for both infection and mental health problems, and experience the fear of transmitting the virus to family, friends, or colleagues. they do. For example, a study in China during the SARS epidemic showed that nurses working in a high-risk clinical ward such as the SARS unit in a Beijing quarantine hospital were more likely to develop symptoms of acute post-traumatic stress (Suryadevara et al., 2020). Another study of hospital physicians and nurses in Wuhan, China, reported that 55% of health care workers experienced high levels of depressive symptoms, 44% experienced anxiety, and 34% experienced insomnia (Sheahan et al., 2020). “In the fight against the Covid epidemic, 19 health care workers are under a lot of pressure, including the risk of infection, insufficient pollution protection, overwork, frustration, discrimination, isolation, patients with negative emotions, Contact and contact with families and severe burnout; This condition caused psychological problems such as stress, anxiety, depressive symptoms, insomnia, denial, anger and fear. These mental health problems not only affect the attention and perception and decision-making ability of staff, but may also slow down the ability to fight Covid 19 and in a way can have a long-term effect on their long-term health that is noteworthy(Sheahan et al., 2020). Also, understanding the response and psychological response after

8 more pages are available in the full version of this document, which may be purchased using the "Add to Cart" button on the publisher's webpage:

www.igi-global.com/chapter/perceived-stress-levels-of-medical-and-non-medical-staff-in-the-face-of-covid-19/301474

Related Content

National and Regional Economic Growth and Development Fostered by Entrepreneurship Ecosystems

José G. Vargas-Hernandez (2025). *Supporting Psychological and Emotional Wellbeing Among Entrepreneurs* (pp. 273-292).

www.irma-international.org/chapter/national-and-regional-economic-growth-and-development-fostered-by-entrepreneurship-ecosystems/361752

Navigating the Future Organizational CSR and Employee Development for a Sustainability Future

Salman Hameed and Muhammad Shahzeb Khan (2024). *Impact of Corporate Social Responsibility on Employee Wellbeing* (pp. 51-82).

www.irma-international.org/chapter/navigating-the-future-organizational-csr-and-employee-development-for-a-sustainability-future/355643

Conceptions About Hearing Impairment: A Focus on Classroom Approaches to Inclusive Education

Gaone Molapisi (2026). *Mental Health, Disability, and Combating Marginalization in Education* (pp. 145-164).

www.irma-international.org/chapter/conceptions-about-hearing-impairment/390656

Contemporary Views on Latinx Feminism: Applying Our Collective Histories to Create a More Brilliant Future

Brooke Rappaport, Lucia Quezada, Kiara Manosalvas and Grace-Ellen Mahoney (2023). *Latinx Mental Health: From Surviving to Thriving* (pp. 103-123).

www.irma-international.org/chapter/contemporary-views-on-latinx-feminism/314196

Mental Health Issues Due to Smart Phone Addiction

Jayashree Prabhakar A. A., Sudheer V. N., Vishnu Priya N. S., P. Selvakumar, Ravi Kishor Agrawal and Manjunath T. C. (2025). *Smartphone Addiction, Phone Snubbing, and Effects on Interpersonal Relationships and Mental Health* (pp. 123-148).

www.irma-international.org/chapter/mental-health-issues-due-to-smart-phone-addiction/374883