

Measures of Depressive Symptoms Using Beck Depression Inventory-II among Healthcare Professionals during a Pandemic of COVID-19

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SUMMARY. The present study was carried out to assess the level of depressive symptoms among healthcare professionals (HCPs) during the unprecedented time of COVID-19 using Beck Depression Inventory-II (BDI-II) in Karachi, Pakistan. This descriptive, cross-sectional study was conducted using BDI-II containing 21 questionnaires for the determination of depressive symptoms among HCPs including physicians, pharmacists, dentists, and other healthcare personnel working in a metropolitan city of Karachi, from February 2020 to May 2020. The survey forms were distributed electronically after obtaining written consent of respondents. One-way ANOVA test was used to evaluate the association between independent variables and BDI-II items. In the current research, out of 500 HCPs, only 328 completed the form. The mean age of the respondents was 36.32 ± 5.23 years. The outcomes revealed that the respondents stated mild levels of depression (mean = 10.69 ± 9.4). Cronbach's alpha or internal consistency reliability coefficients for depression score was 0.903. Corrected item-total correlations were satisfactory. It was observed that the majority of BDI-II items were found to be significantly associated with the experience and profession of respondents. The HCPs showed mild to moderate depression symptoms during the COVID-19. To avoid the switching of the psychological impact from moderate to severe, strategies should be designed and implemented by the government and health care bodies to overcome psychological distress among HCPs.

RESUMEN. El presente estudio se llevó a cabo para evaluar el nivel de síntomas depresivos entre los profesionales de la salud (HCP) durante el tiempo sin precedentes de COVID-19 utilizando el Inventario de Depresión de Beck-II (BDI-II) en Karachi, Pakistán. Este estudio descriptivo y transversal se realizó utilizando BDI-II que contiene 21 cuestionarios para la determinación de síntomas depresivos entre profesionales sanitarios, incluidos médicos, farmacéuticos, dentistas y otro personal sanitario que trabaja en una ciudad metropolitana de Karachi, desde febrero de 2020 hasta mayo de 2020. Los formularios de la encuesta se distribuyeron electrónicamente después de obtener el consentimiento por escrito de los encuestados. Se utilizó la prueba ANOVA de una vía para evaluar la asociación entre las variables independientes y los ítems del BDI-II. En la investigación actual, de 500 profesionales sanitarios, solo 328 completaron el formulario. La edad media de los encuestados fue de $36,32 \pm 5,23$ años. Los resultados revelaron que los encuestados declararon niveles leves de depresión (media = $10,69 \pm 9,4$). El coeficiente de fiabilidad de consistencia interna o alfa de Cronbach para la puntuación de depresión fue de 0,903. Las correlaciones corregidas ítem-total fueron satisfactorias. Se observó que la mayoría de los ítems del BDI-II se asociaron significativamente con la experiencia y profesión de los encuestados. Los HCP mostraron síntomas de depresión de leves a moderados durante el COVID-19. Para evitar que el impacto psicológico cambie de moderado a severo, el gobierno y los organismos de atención de la salud deben diseñar e implementar estrategias para superar la angustia psicológica entre los profesionales sanitarios

KEY WORDS: BDI-II, COVID-19, healthcare professionals, Pakistan, pandemic.

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