

COVID-19 & Canadian Healthcare Workers:

A snapshot of their mental health



38%

of healthcare workers report symptoms of post-traumatic stress disorder (PTSD) based on associated measures (IES-R)



53.6%

of healthcare workers report feeling isolated from friends and family



84.9%

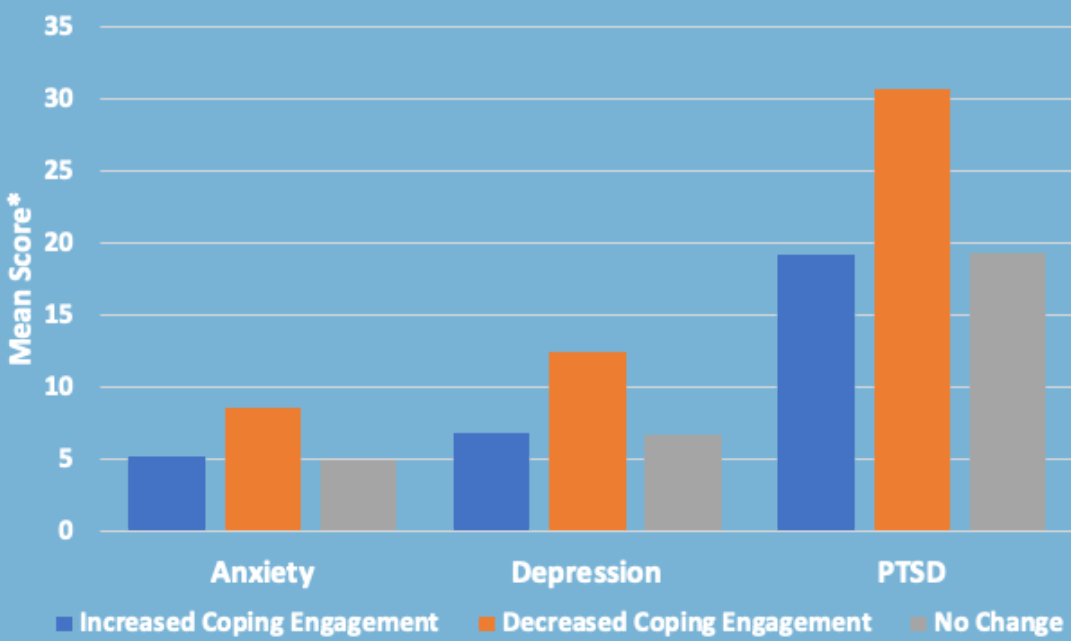
of healthcare workers report moderate to extreme worries about COVID-19



63.7%

of healthcare workers report mild to severe depression based on associated measures (PHQ-9)

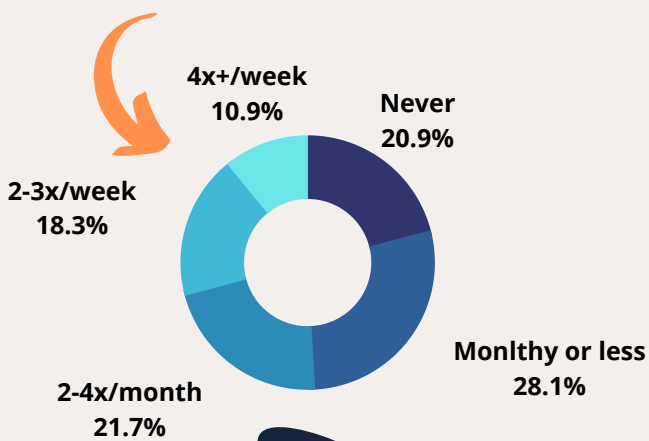
Impact of Coping Engagement Changes on Mean Scores of Depression, Anxiety, and PTSD



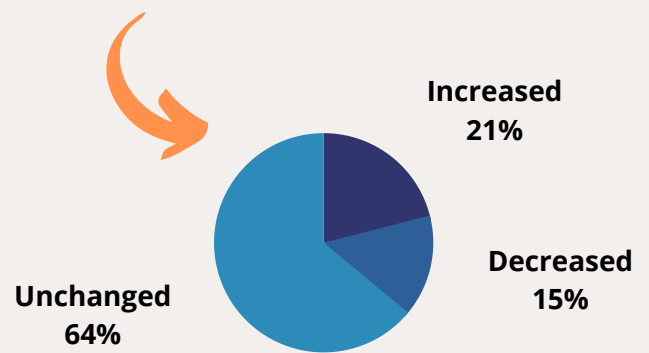
*higher scores of anxiety, depression, or PTSD = greater mental health concerns

*given different scale ranges, scores should not be compared between anxiety, depression, and PTSD

Alcohol Consumption Rates



Alcohol Consumption Changes*



*over a retrospective 3 month period

Hearing Their Voices:

"I'm more stressed, tired. Haven't seen my children in several months. Can't see my dad for fear of infecting him."

"Was worse in 2020 and with counseling and self-help I have improved."

"I have been working more to help people with their mental health issues and that makes me feel good about being able to contribute to the well-being of my community."

Learn more at

<https://onlineacademiccommunity.uvic.ca/covidmentalhealth/>