

Anxiety and perceived mental healthcare need among non-frontline in coronavirus referral hospital, Surabaya

ABSTRACT

Introduction: The pandemic of COVID-19 has put healthcare workers under high pressure with possible psychological problems and its most common effects are insomnia, depression, distress, anxiety, and somatization symptoms. Previous studies in several centers have shown different results between frontline and non-frontline healthcare workers. This study aims to evaluate the levels of anxiety and perceived needs for mental healthcare among non-frontline healthcare workers during the COVID-19 pandemic in a referral hospital in Surabaya. **Patients and methods:** This cross-sectional study involved forty respondents, but one was discontinued due to technical problems. Questionnaire of The Hospital Anxiety and Depression Scale (HADS) was adopted that has 14 scales with two subscales. The subscales include HADS-A for Anxiety and HADS-D for depression. **Results:** The results show that both HADS-A and HADS-D have significant differences between the indirect and direct groups of contact healthcare workers, except in gender and depression, as shown in Table 3, with an average score of 8.000 (SD 5.02169) and 8.7333 (SD 4.71270), respectively. **Conclusion:** Anxiety and depression remain a problem for all healthcare workers, whether frontline or non-frontline. Therefore, issues must be used to mitigate both the frontline and non-frontline healthcare workers.