

Psychological Stress of COVID-19 among Palestinian Healthcare Workers within Medical Corona Centres

Abstract

Frontline workers in medical centers experienced occupational stress during the COVID-19 pandemic. The investigation aimed to identify the level of psychological stress among workers in Palestinian medical centers used to examine and treat people infected by COVID-19. To achieve the purposes, we used the descriptive-analytical method. We distributed an electronic questionnaire through social media channels. We used a structured questionnaire that we prepared and experts in the field judged for this purpose. 170 polls were distributed electronically to medical centers within West Bank from May to July 2021. 159 out of 170 forms were completed and retrieved. The results showed that nurses were more likely to suffer from psychological stress than doctors and administrators. The findings also revealed that those with children were more likely to experience psychological stress than others with children. Also, workers at centers for eight hours or less were more vulnerable to psychological pressure than those who worked for a period ranging from 8 and 16 hours, or more than 16 hours. The researchers recommended the necessity of circulating the results to decision-makers due to the need for psychological support teams distributed in the Palestinian governorates to work in Corona centers to provide psychological interventions and psychological support.

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INTRODUCTION:

Workers in the health domain form the first line of defense in the societies when health crises spread and any kind of epidemic spreads in one of the areas because they are the ones who provide health services and contribute to preserving the health of individuals and societies.

During the COVID-19 pandemic, most health care workers faced a variety of bodily, mental, and social stresses, which resulted in mental health disorders. This is an inseparable part of health: health is a state of complete bodily, mental, and social safety, not just the absence of disease or incapacity. (International Red Cross and Red Crescent Movement; <http://www.icrc.org/ar/document>).

Experts in the field of psychology explained mental health as being a state of psychological welfare in which the individual acclimatizes in a good way with the many life pressures and enables him to achieve his potentials in productive and fruitful performance and which contributes to his society (World Health Organization,2021). The Covid-19 health crisis is one of the calamities that posed a threat to health care workers. It caused problems with the mental health of care providers. The International Committee of the Red Cross conducted a survey that yielded startling results. It was reported that three out of four respondent workers on the front lines of the health domain need support for mental health more than the average person. This is because they need to obtain backing and care that ensures the continuity in effectively caring for others, particularly those who suffer from fears of infection and tension due to the nature of their work and proximity to those infected bodily (Al-insani,2021).

Kiselly (2020) conducted a study that indicated the increase in the levels of acute exertion or post-traumatic disturbance and mental distress among workers in the domain of health care who are in contact with patients infected during the spread of the Corona Virus in addition to those who work in the emergency section and the relief employees (<http://evidenceaid.org/resource>).

A study conducted by the Republic of China (2000) categorizing workers in the health sector during the COVID-19 indicated that 71.5% of the workers suffer from tension while 50.4% suffer depression symptoms. The investigation also showed that 44.6% of them have anxiety symptoms while 34% suffer from insomnia (Lai. et al., 2019). The world continues in waging a battle against the COVID-19 pandemic. It is vital to be interested in this challenge that many studies pointed out that it is the challenge that is the most exposed to be inflicted by psychological agony.

The studies conducted in different areas of the world showed that the individuals suffered in general from the threats on their mental health added to symptoms of anxiety, mental fatigues, and fears appeared on them (Abir, T.,2021; Al-Asmary, 2020; Al-Saied, 2020; Shi, Lu, Z, et al. 2020; Bao, Y; Sun, Y; Meng, S; Shi, J; Lu, I, 2020). During the pandemic, health workers at Corona centres and hospitals experience anxiety, depression, and post-trauma symptoms. It appeared clearly through the studies that the pressures and disturbances on the world level showed that nurses are more exposed to mental stress than doctors and administrators who work at the same medical centres (Bucak, I H, 2021; Gou,

et al. 2021; Lia, J. et al. 2020; Mekonen, E., Shettie, B.; Muluneh, N.2020; Shanafelt, T., Ripp, J., Trockel, M. 2020).

Health care workers perform a valuable role in society's protection, especially during times of crisis. It was inevitable to study the mental health of the persons who dealt with people infected by Corona or the laboratory tests for Covid-19 to be acquainted with the psychological pressures at work and if this pandemic has affected the quality of professional life of the workers in the health domain.

METHODS:

During the Covid-19 pandemic, the various studies on workers at the Corona and medical centers revealed that many workers in the medical centers were suffering from adverse effects on their mental health. This appeared through a study conducted in England. The workers suffered from depression symptoms, anxiety, and post-trauma symptoms, and other symptoms. The investigation also discovered that female nurses suffered more adverse mental effects than doctors during the first wave of the spread of the Corona Virus, caused by the Covid-19 epidemic (Neil Greenberg et al., 2021).

From this starting point, we are interested in studying the level of the psychological anxieties of the workers at the medical centers used in the Palestinian Authority Territories for the treatment and examination of those infected with the Corona Virus. As a result, the central question in this research is:

What is the level of psychological stress among the workers in Palestinian medical centres who examine and treat infected patients with the Corona from their opinion?

1. Are there significant differences at the significance value of ($\alpha \leq 0.05$) in the level of perceived pressures at work among workers in Palestinian medical centres used for examining and treating those with Corona from their points of view due to variables such as (gender, profession, age, number of children, number of work hours)?

Hypotheses of the Study:

1. There are no statistical differences in levels of psychological pressures at work among workers in Palestinian medical centres used for examining and treating those with Corona from their point of view that are due to the gender variable at the level of significance of ($\alpha=0.05$).
2. There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of psychological pressures at work among workers in Palestinian medical centres used for examining and treating those with Corona from their point of view that are due to the professional variable.
3. There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of psychological pressures at work among workers in Palestinian medical centres used for examining and treating those with Corona from their point of view, which are due to the age variable.
4. There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of psychological pressures at work among workers in Palestinian

- medical centres used for examining and treating those with Corona from their point of view, which are due to the variable of the number of children.
5. There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of psychological pressures at work among workers in Palestinian medical centres used for examining and treating those with Corona, which are due to the variable of the number of work hours at the medical centre.

Aims of the Study:

1. Identify the level of psychological pressures at work among workers in Palestinian medical centres used for examining and treating those infected with the Corona from their perspective.
2. Investigate the effects of the variables of (gender, profession, age, number of children, number of work hours) on the level of psychological pressures at work among the workers in the Palestinian medical centers used for examining and treating those infected with the Corona from their point of view.
3. Inform the Palestinian Ministry of Health about the level of psychological stress experienced by workers in centres examining and treating those infected with the Corona Virus.

Importance of the Study:

Theoretical Importance:

The importance of this research lies in the importance of the topic that deals with discussing a new and vital issue related to the psychological pressures at work for the individuals working in the medical centres which work in examining and treating those infected with the Corona Virus

1. Pinpointing a critical aspect of the domains of psychological studies associated with the psychological pressures among the workers in the centers for examining and treating Corona in the Palestinian Authorities Territories.
2. The significance of the research lies in its uniqueness, which dealt with the psychological pressures of workers in medical centers specialized in examining and treating those infected with Corona, according to the researchers' knowledge.

Applied Importance:

1. The significance of the research lies in the findings in helping medical teams to determine the causes and methods of dealing with psychological pressures. Moreover, it assists in controlling reactions.
2. It highlights the role of psychological support and guidance in the necessity of being interested in the psychological aspect of the medical teams working in the Covid-19 centres.
3. Studying of psychological stress of the workers in the Corona centers may add to helping to invest their capabilities and raising their methods in confronting the psychological pressures and how they can be employed and benefit from them.

Limitations of the Study:

We restricted the research in the following domains:

1. The Place Limitation: We restricted the research to the health sector in Palestine.
2. The Time Limitation: We researched during the two months of July and August in the academic year 2021.
3. The Human Limitation: We limited our investigation to people who work in Corona Virus examination and treatment centres.

Terminologies of the Study:

Psychological Stress:

It is a state of feeling of tension, distress, and anxiety which imposes on the individual to undertake several responses to confront the situation and be congruent with it, and that the environmental and the external stimuli may cause a state of psychological pressure for the individual (Al-Khawaja, 2010).

Procedurally, the researchers define psychological stress as:

The psychological symptoms that appear on the workers in the centers for examining and treating those infected with Corona in the Palestinian Authority Territories and in a way that suits the purposes attached to the research's refereed questionnaire.

Workers in the Medical Centres:

The researchers define them as individuals such as doctors, nurses, and administrators who provide services to those infected with the Corona Virus, such as health care, treatment, and examination.

Corona Virus:

The Corona Viruses is a group of viruses that can cause diseases such as common cold, pernicious and acute respiratory inflammation (SARS), and the psychological Middle East Syndrome (MIZER). A new type of Coronavirus has been identified as the source of one of the diseases appeared in China in 2019. The The virus is now known as SARS-CoV-2, which stands for 'the virus of the pernicious and acute respiratory syndrome Corona'2.' The disease resulting from it is named the virus of Corona 2019 (Covid 19). In March 2020, the World Health Organization (WHO) declared the Covid 19 epidemic as 'a pandemic.'(Mayo Clinic, 2021).

Procedures:

The researchers used the descriptive-analytical method as a methodology because of its suitability to the nature of the study. By the methodology, we collected the data and analyzed the data to come out with the required results.

The population of the Study:

The study's population consisted of all workers in Palestinian medical centers examining and treating those infected with the Corona Virus in Palestine during 2020/2021.

Sample of the Study:

The researchers sent (170) questionnaires electronically to a random sample of workers in Palestinian medical centers examining and treating infected people with the Corona Virus,

using e-mail and their own social media channels. (159) questionnaire was retrieved that is with a percentage of 93.5% of what was distributed. (159) questionnaire was retrieved that is with a percentage of 93.5% of what was distributed. Table (1) indicates the distribution of the sample of the study according to its independent variables.

Insert table (1)

Table (1): Distribution of the sample of the study according to its variables

Variable	Frequency	Percentage %
Gender		
Male	96	66.4%
Female	63	39.6%
Total	159	100%
Profession		
Doctor	48	30.2%
Nurse	99	62.3%
Administrator	12	7.5%
Total	159	100%
Age		
20 years-less than 30 years	24	15.1%
From 30 years-less than 40 years	57	35.8%
40 years and more	78	49.1%
Total	159	100%
Existence of Children		
There are children	132	83%
There are no children	27	17%
total	159	100%
Number of Work Hours in the Medical Centre		
Less than 8 hours	57	35.8%
From 8 hours-less than 16 hours	93	58.5%
More than 16 hours	9	5.7%

Total

159

100%

Measure of the Study:

The researchers came to know the theoretical literature and the previous studies related to the topic of the study. They used the psychological stress measure at work, which is an international measure developed by the Indian Council for Medical Researches and has been used in many types of medical research, such as the revision study for the methodology of stress among medical care specialists (Kushal et al. 2018).

The measure consists of (32) items related to psychological stress at work. It is a measure in which the response to its items through a quadruple measure beginning with ‘a very big’ response which is given (4) degrees, then ‘big’ and it is given (3) degrees, then ‘little’ and it is given (2) degrees, then ‘very little’ and it is given (1) degree.

Concerning the correction key for this measure, it is as follows: (1-1.74 Very Little; 1.75-2.49 Little ;2-5-3.24 Big ;3.25-4 Very Big)

The first section deals with the respondent's personal information, while the second section contains the measure's items.

Validity of the Instrument:

The measure was presented to a group of referees and specialists in mental health. They were asked to give their opinion about the items of the measure in terms of their formulation and their linguistic precision, and that was either by agreement or modifying their formulation or omitting them for not being important. The majority's opinion was taken into account when refereeing the measure's items.

Reliability of the Instrument:

We calculated the reliability coefficient of the items by using the equation of Cronbach Alpha. Table (3) indicates the reliability coefficients:

Insert table (2)

Table (2): Reliability Coefficients for the Domains of the Questionnaire

Name of the Measure	Reliability Coefficient
Psychological stress at work	0.828

It is clear from Table (2) that the reliability coefficient is (0.828) which is a high-reliability coefficient and it suffices the purposes of scientific research.

Statistical analysis:

After emptying the responses from the study's sample, they were codified and the data were entered into a computer before being statistically treated using the Statistical Packages for Social Sciences (SPSS). Among the used statistical treatments are:

1. Frequencies and percentages of the distribution of the sample according to the independent variables of the studies.
2. Arithmetic averages, standard deviations, and percentages are used to estimate the relative weight of the items in the study's domains.
3. T-test for two independent samples is to test the hypotheses related to gender.
4. One way Anova analysis of variance to test the hypotheses related to educational qualification, the number of years of experience, and the number of children, age, and profession.

RESULTS and DISCUSSION:

Results Related to the First Question of the Study:

What is the level of psychological stress at work among workers in Palestinian medical centers used for examining and treating Corona patients?

To answer the First Question, the arithmetic means and the standard deviations for the measure were calculated. Table (4) indicates these results.

Insert table (3)

Table (3): Arithmetic Means and Standard Deviations for the Level of Psychological Stress at Work

Number	Item	Arithmetic Mean	Standard Deviation	Degree
1.	I blame myself when matters are bad	2.68	0.84	big
2.	I suppress my problem then I feel that I will explode	2.70	0.86	big
3.	I concentrate in my work in order to forget my personal problem	2.72	1.13	big
4.	I discharge my anger and my frustration in those who are nearest to me	1.83	0.97	little
5.	I notice negative changes in my behavior patterns when I am under stress	2.85	0.79	big
6.	I concentrate more on the negative aspects than the positive aspects of my life	1.57	0.72	very little
7.	I do not feel at ease when I go through new situations	2.02	0.60	little

8.	I feel that the role which I undertake in my institution is useless	1.23	0.42	very little
9.	I arrive late at my work or for important meetings	1.30	0.57	very little
10.	I respond negatively to personal criticisms	3.32	0.75	very big
11.	I feel guilty if I sit without work for one hour	2.92	0.97	big
12.	I feel that I am in haste even when I am not under stress	2.17	0.89	little
13.	I have no time to repeat what I had read	2.19	0.85	little
14.	I prefer paying attention to my work	3.55	0.72	big
15.	I avoid expressing my true feelings while I am working	2.30	0.97	little
16.	I undertake tasks at the same time more than I can bear	2.66	0.91	big
17.	I do not accept pieces of advice from my colleagues or my supervisor	1.32	0.51	very little
18.	I ignore my professional or bodily limitations	3.25	0.89	big
19.	I overlook my hobbies and my interests because my work takes all my time	2.55	0.93	big
20.	I deal with situations without deep thinking prior to them	3.38	0.62	very big

21.	I am very busy to the extent that I cannot have a lunch break With my colleagues or my friends during the week	2.26	1.03	little
22.	I postpone confronting or solving problems when they occur	3.34	0.73	very big
23.	People exploit me during my performance of my work	1.91	0.76	little
24.	I am ashamed of saying that the burden of my work is big	3.11	0.75	big
25.	I avoid delegating some of my work to others	2.23	1.18	little
26.	I deal with my tasks before putting them in priorities	2.79	1.00	big
27.	I find it difficult to say 'No' to the request of the others and their demands	2.70	1.10	big
28.	I feel that I have to accomplish all the daily works	1.85	1.00	little
29.	I believe that I can adapt to the burden of my work	3.51	0.86	very big
30.	My fear from failure prevents me from developing myself	3.58	0.63	very big
31.	My practical life tends to take a priority for me over my family life or my home life	2.13	0.98	little
32.	I become impatient if the thing does not occur or happen directly	2.85	0.90	big
Total degree		2.52	0.14	big

According to the distribution of the measure, the total degree of the level of psychological pressure at work among the workers in the Palestinian medical centers used for examining and treating those infected with Corona came big arithmetically amounting to (2.52), which is a big degree according to the distribution of the measure. Researchers ascribe this result to the high fear among many who work in the medical domain and care for those who are

inflicted and those who are examined. On the other hand, there is a lack of awareness and haziness among many in general concepts of the epidemic, how it is transmitted, and how it is prevented. All these matters led to the rise in the level of mental stress among individuals and workers in the medical domain. The results of this study agreed with the study of each of (Guo, W P, Min, Q., W W et al., 2021; Shi, L. Lu, Z., Que, J. et al,2020; Lai, J., Ma S., Wang, Y. et al. 2020; Mekonen, E., Shetie, B, Muluneh, N. 2020; Bao, Y., Sun, Y., Meng, S., Shi, J., Lu, L, 2020).

Results Related to the Second Question of the Study:

Are there statistically significant differences in mental stress at work among workers in Palestinian medical centers examining and treating those infected with Corona from their point of view due to variables such as (gender, profession, age, children, number of work hours)?

To answer this question, the validity of the following hypothesis was tested

There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who are inflicted with Corona from their point of view which are due to the variable of gender.

To test the hypothesis, the researcher used the 'T-test for two independent groups (Independent t-test). The results of Table (4) indicate this.

Insert table (4)

Table (4): Results of 'T' test for two independent groups for testing the significance of the differences according to the gender variable

Male (N 96)		Female (N 63)		T Value	Significance level*
Medium	Standard Deviation	Medium	Standard Deviation		
2.53	0.15	2.50	0.11	1.21	0.225

Table (4) demonstrates no statistically significant differences at the significance level of ($\alpha=0.05$) in the total degree of the effect of gender on the level of mental stress at work among workers in Palestinian medical centers used for examining and treating those infected with Corona from their point of view that are due to the variable of gender.

The researchers ascribe this result to the fact that all those who work in the centers of care and examination whether they are males or females of them fell under stress and consequently the results were approximate in the level of stresses among both genders. The results of this study agreed with the study of each of Guo, WP; Min, Q.; Gu, WW et al (2021); Shi, L. Z, Que, J. et al. (2020); Lai, J., Ma, S, Wang, Y. et al. (2020); Bao, Y., Sun, Y. The results of this study did not agree with the study of Mekonen, E; Shetie, B.; Muluneh, N. whereby the percentage of infliction with mental stresses was more among the female.

Results Related to the Second Hypothesis the text of which is:

There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who are inflicted with Corona from their point of view which are due to the variable of the profession.

To test this hypothesis, the two researchers use the One-Way ANOVA. The results of Table (5) indicate this.

Insert table (5)

Table (5): Results of ANOVA and the results of testing the significance of differences according to the variable of profession

Domain	Source of variance	Sum of squares	Degree of freedom	Average of squares	Value of F	Level of significance
	Among groups	120	2	0.060	3.264	0.041*
Total degree	Through groups	2.872	156	0.018		
	Total	2.992	158			

It is clear from Table (5) that there are statistically significant differences at the significance level of ($\alpha=0.05$) in the total degree of the influence of the variable of the kind of profession on the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who are afflicted with Corona from their point of view.

To know in favor of whom are these differences, the two researchers used the LSD test for the dimensional comparisons. Table (6) indicates these differences.

Insert table (6)

Table (6): The LSD Test for Dimensional Comparison

Domain	Level	Doctor	Nurse	Administrator
Total degree	Doctor		0.05350*-	0.08594-
	Nurse			0.03243-
	Administrator			

It is clear from Table (6) that there are statistically significant differences in favor of the nurses as compared to the doctors.

The researchers ascribe this result to the fact that the nurses usually are the nearest to the patients and in the care homes and they stay the most in the places of treatment more than the doctors who make a tour and take a rest and this is contrary to the resident nurse.

The results of this study agreed with the study of each of Guo, WP; Min, Q; Gu, W W et al. (2021); Shu, L.; Lu, Z; Que, J. et al. (2020); Lai, J.; Ma, S; Wang, Y. et al. (2020); Mekonen, E; Shetie, B; Muluneh, N. (2020); Bao, Y; Sun, Y; Al-Sayyid (2020); Al-Asmary (2020), Meng, S; Lu, L. (2020).

Results Related to the Third Hypothesis the text of which is:

There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who are inflicted with Corona from their point of view which are due to the variable of age.

To test this hypothesis, the two researchers used the One-Way ANOVA. The results of Table (7) indicate this.

Insert table (7)

Table (7): Results of One-Way ANOVA for testing the significance of the differences according to the variable of age

Domain	Source of variance	Sum of squares	Degree of freedom	Average of squares	Value of F	Level of significance
	Among groups	.088	2	.044	2.375	.096
Total degree	Through groups	2.904	156	.019		
	Total	2.992	158			

It is clear from the results of Table (7) that there are no statistically significant differences at the significance level of ($\alpha=0.05$) in the total degree of the influence of the age variable on the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who are afflicted with Corona from their point of view.

The researchers describe the results to the approximation of the ages among the workers whereby a percentage of 84.9% of the workers are above 30 years and they have sufficient experience in dealing with the diseases to bypass the mental stresses resulting from their existence in an epidemic atmosphere.

Results Related to the Fourth Hypothesis the text of which is:

There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who inflicted with Corona from their point of view which are due to the variable of the children.

To test this hypothesis, the researchers used the "T-test for two independent groups (Independent t-test). The results of Table (8) indicate this.

Insert table (8)

Table (8): Results of 'T' Test for two independent groups to test the significance of the differences according to the variable of the existence of children

Having children (N=132)		Having (N=27)	No Children	Value of t	Level of Significance*
Medium	Standard Deviation	Medium	Standard Deviation		
2.51	0.15	2.56	0.08	2.348	0.022*

It is clear from the results of Table (8) that there are statistically significant differences at the significance level of ($\alpha=0.05$) in the total degree of the influence of the existence of children on the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who are inflicted with Corona from their point of view which are due to the variable of the existence of children and in favor of those who have no children.

The researchers ascribe this result to the fear of those who mix of transmitting the infection to their homes. This might happen in many gatherings that a person becomes afraid and the fear of the individual for his children is higher than the fear for himself especially in Eastern societies.

Results Related to the Fifth Hypothesis the text of which is:

There are no statistically significant differences at the significance level of ($\alpha=0.05$) in the level of mental stress at work among the workers in the Palestinian medical centers for examining and treating those who are inflicted with Corona from their point of view which are due to the variable of the number of work hours.

To test this hypothesis, the two researchers used the One-Way ANOVA. The results of Table (9) indicate this.

Insert table (9)

Table (9): Results of the One-Way ANOVA for examining the significance of the differences according to the variable of the number of work hours

Domain	Source of variance	Sum of squares	Degree of freedom	Average of squares	Value of F	Level of significance
	Among groups	.169	2	.098	5.478	.005*
Total degree	Through groups	2.796	156	.018		
	Total	2.992	158	158		

It is clear from the results of Table (9) that there are statistically significant differences at the significance level of ($\alpha=0.05$) in the total degree of the influence of the variable of the

number of work hours on the level of mental stress at work among the workers in the Palestinian medical centers used for examining and treating those who are inflicted with Corona from their point of view. To know in favor of whom these differences are, the two researchers used the LSD test for dimensional comparisons. Table (10) indicates these differences.

Insert table (10)

Table (10): The LSD Test for Dimensional Comparisons

Domain	Level	Less than 8 hours	From 8 hours- less than 16	Less than 16 hours
Total Degree	Less than 8 hours		0.04244	0.09868*
	From 8 hours- less than 16			0.14113*
	Less than 16 hours			

It is indicated from Table (10) that there are statistically significant differences in favor of those who work less than 8 hours over those who work more than 16 hours and those who work less than 8 hours over those who work from 8 hours -less than 16 hours.

The researchers ascribe this result to the fact that the one who works in his job within certain tasks which are required for accomplishing is under stress more in case the same tasks are required in more time. Studies revealed that one of the causes of mental stress is the tightness of time for accomplishing the tasks, whereby the employee feels stress and tension if the available time is less than what is required to accomplish to achieve the aim and finish the task. The cause may be ascribed to the fact that the worker in the medical profession reaches a long period which reaches 16 continuous hours. This may lead him to some kind of carelessness as the one who works fewer hours (Citizen-voice, 2018). The cause may also be that the ones who prefer fewer work hours are the women especially the woman who has children. From here also comes the big fear for the children from transmitting the infection.

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Conflicts of interest:

The author(s) have declared that they have no competing or potential conflicts of interest, and there has been no significant financial support for this work that could have influenced

its outcome. As Corresponding Author, I confirm that the manuscript has been read and approved for submission by all the named authors. [L1L1] [SEPSEP]

Contributor ships:

AS was responsible for the data collection. All authors have equally contributed to the design of the study, the data analysis, and the writing up of the report. All authors have full access to all data and approve the work submitted.

Recommendations:

1. Adopting the programs of the individual and/or the communal psychological support for the workers in the centers for examining and treating those who are inflicted with Covid 19.
2. Expanding the research to include all the areas of the Palestinian National Authority
3. Using measuring instruments that are more specialized to measure psychological disturbances.

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