

Psychological Effects of the COVID-19 on Iranian Military Medical Staff

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Introduction: Rapid spread of the COVID-19 in Iran had a significant psychological impact on various levels of society especially military medical staff, who were at the frontline for battle against COVID-19, stated that the conditions caused by COVID-19 were completely different and surprising, as they had never experienced such a condition before. Therefore, the present study was to investigate the effects of fear of infection, job stress and hospital resources on job burnout of medical staffs in Iran in the Covid-19 pandemic.

Methods: In this cross-sectional study, 118 hospital staff completed questionnaires. The effects of stress fear of infection and hospital resources on burnout were assessed.

Results: There was a significant difference in the scores of the burnout scale between the different levels of burnout in the dimension of emotional exhaustion, but the differences were not significant in the dimensions of depersonalization and self-accomplishment. The results of Tests of Between-Subjects Effects show that job stress and fear of infection significantly correlated with job burnout in the dimensions of emotional exhaustion and Self-accomplishment, however, the correlation between adequacy of hospital resources and job burnout in these two dimensions was not significant. None of the three variables of the study showed a significant correlation with the dimension of depersonalization.

Conclusion: It is essential to consider stress management programs, which focus on the education and training of stress coping and management strategies. In order to manage staff burnout, efforts should be made to find the sources of stress and to resolve them.

Key words: Psychological impacts, COVID-19, Military Medical Staff, Job burnout, Iran