

The Impact of COVID-19 Pandemic on Medical Residents' Well-being in the Emirate of Abu Dhabi

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Background: The novel Coronavirus disease (COVID-19) was declared a global pandemic on March 11th, 2020. As of July 7th, 2021; a total of 644,114 confirmed cases and 1,847 deaths were reported in the United Arab Emirates. The psychological effect of the pandemic on medical residents has not been widely assessed when compared to other COVID-19 pandemic related topics.

Aim: This study aims to assess the impact of COVID-19 pandemic on medical residents' well-being, in regard to depression and stress.

Methodology: A cross-sectional study was conducted in Abu Dhabi; where a total of 597 medical residents were identified and then 242 were included in the study via random selection. Data was collected via an online survey utilizing Patient Health Questionnaire (PHQ-9) and Perceived Stress Scale (PSS-10). SPSS software was used for data analysis, where Chi-Square test, Odd ratio, and 95% CI were applied, with an accepted significance level of $P < 0.05$.

Results: Majority of medical residents in our study were females (73.6%) and single (60.7%). Most of those surveyed were living with their families (53.3%), and only (5%) were living with friends/roommates. Around 66.5% of the residents were depressed, 87.2% were under low-moderate stress while 12.8% were under high perceived stress.

In regard to depression, 73.5% of the single residents were depressed ($P 0.016$). Being male was found to reduce the risk of developing depression (OR 0.545 [0.302-0.983], $P 0.042$). The unavailability of the PPE and the need to change housing for family protection were found to increase the risk of developing depression (OR 4.222 [1.586 - 11.242], $P 0.019$), (OR 2.063 [1.105 - 3.854], $P 0.022$), respectively.

In regard to stress, residents who were living with their friends/roommates were found to be under higher level of stress versus other living arrangement ($P 0.001$). On the other hand, general surgery and other surgical specialties' residents were found to be the most under high stress ($P 0.044$).

Conclusion: Female gender, single status, PPE unavailability and change of housing were risk factors for developing depression. On the other hand, living with friends/roommates and being in surgical specialties were influencers for high stress level.