



THE PRIMARY CARE COMPANION FOR CNS DISORDERS

Supplementary Material

Article Title: Mental Health Effects of COVID-19 Within the Socioeconomic Crisis and After the Beirut Blast Among Health Care Workers and Medical Students in Lebanon

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Table 1. Career Occupations and Study Majors

Variables	Frequency (N)	Percentage (%)
Occupation		
Nurse	59	29
Lab Technician	28	13.8
Physician (MD)	27	13
Radiographer	21	10.3
Physiotherapist	20	10
Dietician	19	9.4
Pharmacist	14	7
Dentist	7	3.5
Psychologist and Psychosocial Counsellor	4	2
Radiotherapist	2	1
Optometrist	2	1
Major		
Medicine	77	45
Nursing	36	21
Dentistry	19	11.1
Pharmacy	18	10.5
Laboratory Sciences	6	3.5
Radiologic Sciences	5	3
Nutrition	5	3
Physiotherapy	4	2.4
Optometry	1	0.5

Table 2. Health Care Worker Distribution According to Residence and Work Locations by District

Residence			Work Location		
District	Frequency (N)	Percentage (%)	District	Frequency (N)	Percentage (%)
Beirut	65	32	Beirut	86	42
West Beqaa	62	30.5	West Beqaa	60	29.5
Matn	16	8	Baabda	13	6.5
Baabda	15	7	Zahle	11	5.5
Rashaya	9	4.5	Matn	8	4
Aley	8	4	Rashaya	7	3.5
Zahle	8	4	Sidon	3	1.5
Sidon	4	2	Chouf	3	1.5
Chouf	3	1.5	Tripoli	3	1.5
Tripoli	3	1.5	Tyre	3	1.5
Tyre	3	1.5	Nabatieh	2	1
Keserwan	2	1	Aley	2	1
Nabatieh	2	1	Bint Jbeil	1	0.5
Baalbek	1	0.5	Marjeyoun	1	0.5
Bint Jbeil	1	0.5			
Marjeyoun	1	0.5			

Table 3. Number of Institutions of Employment and Monthly Incomes

Variables	Frequency (N)	Percentage (%)
Number of institutions		
1	153	75.4
2	31	15.2
3	10	5
> 3	9	4.4
Monthly Income		
< 1,000,000 LBP	74	36.4
1,000,000 - 4,000,000 LBP	107	52.7
4,000,000 - 8,000,000 LBP	6	3
8,000,000 - 10,000,000 LBP	4	2
10,000,000 - 20,000,000 LBP	3	1.5
> 20,000,000 LBP	9	4.4

Table 4. Individual Mean Scores of PSS-10 and PHQ-4 Among Health Care Workers by Sex

Anxiety and Depression Scores in HCWs	Mean \pm SD		P-Value
	Male	Female	
PSS-10			
How often have you been upset because of something that happened unexpectedly?	2.47 \pm 1	2.66 \pm 0.94	0.0
How often have you felt that you were unable to control the important things in your life?	2.16 \pm 1.01	2.22 \pm 1.01	0.0
How often have you felt nervous and stressed?	2.8 \pm 0.77	3 \pm 0.79	0.2
How often have you felt confident about your ability to handle your personal problems?	1.28 \pm 1.1	1.41 \pm 0.8	0.01
How often have you felt that things were going your way?	1.84 \pm 1	1.85 \pm 0.88	0.0
How often have you found that you could not cope with all the things that you had to do?	1.75 \pm 0.83	2 \pm 0.88	0.23
How often have you been able to control irritations in your life?	1.61 \pm 0.88	1.73 \pm 0.78	0.0
How often have you felt that you were on top of things?	1.41 \pm 0.91	1.6 \pm 0.83	0.0
How often have you been angered because of things that were outside of your control?	2.58 \pm 1.03	2.56 \pm 0.77	0.34
How often have you felt difficulties were piling up so high that you could not overcome them?	2.03 \pm 1	2.2 \pm 1	0.0
PHQ-4			
Feeling nervous, anxious or on edge	1.53 \pm 0.83	1.72 \pm 0.83	0.0
Not being able to stop or control worrying	1.28 \pm 0.84	1.42 \pm 0.85	0.32
Little interest or pleasure in doing things	1.39 \pm 0.84	1.42 \pm 0.82	0.0
Feeling down, depressed or hopeless	1.28 \pm 0.99	1.52 \pm 0.92	0.24

Table 5. Individual Mean Scores of PSS-10 and PHQ-4 Among Students by Sex

Anxiety and Depression Scores in Students	Mean \pm SD		P-Value
	Male	Female	
PSS-10			
How often have you been upset because of something that happened unexpectedly?	2.64 \pm 0.78	2.59 \pm 0.84	0.0
How often have you felt that you were unable to control the important things in your life?	2.38 \pm 1.05	2.33 \pm 1	0.01
How often have you felt nervous and stressed?	3.02 \pm 1.08	3 \pm 0.81	0.24
How often have you felt confident about your ability to handle your personal problems?	1.45 \pm 0.85	1.39 \pm 0.82	0.0
How often have you felt that things were going your way?	2.07 \pm 0.63	1.72 \pm 0.77	0.0
How often have you found that you could not cope with all the things that you had to do?	2.26 \pm 1.05	2.16 \pm 0.87	0.0
How often have you been able to control irritations in your life?	1.79 \pm 0.94	1.68 \pm 0.68	0.0
How often have you felt that you were on top of things?	1.76 \pm 0.97	1.68 \pm 0.85	0.12
How often have you been angered because of things that were outside of your control?	2.67 \pm 0.94	2.64 \pm 0.93	0.0
How often have you felt difficulties were piling up so high that you could not overcome them?	2.4 \pm 1.02	2.07 \pm 1.03	0.1
PHQ-4			
Feeling nervous, anxious or on edge	1.52 \pm 0.79	1.54 \pm 0.71	0.0
Not being able to stop or control worrying	1.26 \pm 0.93	1.32 \pm 0.91	0.0
Little interest or pleasure in doing things	1.33 \pm 0.92	1.3 \pm 0.89	0.45
Feeling down, depressed or hopeless	1.36 \pm 0.92	1.36 \pm 0.83	0.0