

## COVID-19-Related Posttraumatic Distress Syndrome among Jordanian Nurses during the Pandemic

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**Abstract :** Background: The 2019 coronavirus outbreak (COVID-19) has been declared a pandemic and has greatly affected both patients and healthcare workers. This study was conducted to explore the extent of posttraumatic stress disorder (PTSD) experiences among nurses as a result of the COVID-19 pandemic in Jordan. Method: This study used a cross-sectional study design with a convenience sampling approach. A sample of 259 participants completed the study questionnaires, including a sociodemographic questionnaire and the posttraumatic stress disorder checklist for DSM-5, between May and July 2020. Result: The prevalence of PTSD among the study participants was 37.1%. The majority of study participants who exhibited PTSD symptoms presented the lowest level of PTSD (17%). The results indicated significant differences in overall COVID-19-related PTSD according to the participant's age ( $F = 14.750, P = .000$ ), gender ( $F = 30.340, P = .000$ ), level of education ( $F = 51.983, P = .000$ ), years of experience ( $F = 52.33, P = .000$ ), place of work ( $F = 19.593, P = .000$ ), and working position ( $F = 11.597, P = .000$ ), as determined by one-way ANOVA. Conclusion: Nurses must be qualified and accredited to cope with reported PTSD cases and their consequences in relation to COVID-19 outbreaks. Close collaboration with a multidisciplinary team is required to recognise, manage, and encourage safety literacy among health care professionals and individuals diagnosed with or suspected of PTSD due to COVID-19 outbreaks or any other viral outbreaks.

**Keywords :** PTSD, nursing, coronavirus, pandemic, infectious disease

**Conference Title :** ICCHN 2021 : International Conference on Community Health Nursing

**Conference Location :** Tokyo, Japan

**Conference Dates :** May 27-28, 2021