

# Mental Health Impacts of the COVID-19 Pandemic on Healthcare Workers

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**Abstract.** This research investigates the psychological effects of the COVID-19 pandemic on healthcare workers. Through surveys and interviews, we assess the levels of stress, anxiety, and burnout experienced during the pandemic. The findings highlight the urgent need for mental health support and interventions to assist healthcare professionals in managing the psychological toll of their work during such crises.

**Keywords:** Mental Health, COVID-19, Healthcare Workers, Stress, Public Health

## Introduction

The COVID-19 pandemic has placed an unprecedented strain on healthcare systems worldwide, significantly affecting the mental health of healthcare workers. This study explores the psychological impacts of the pandemic on this critical workforce, using data collected from surveys and interviews across various healthcare settings. Our analysis reveals high levels of stress, anxiety, and burnout among healthcare professionals, underscoring the necessity for comprehensive mental health support systems. Addressing these issues is essential to ensure the well-being and efficacy of healthcare workers during ongoing and future public health emergencies.

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## References

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