

## Prevalence and factors associated with anxiety, depression and burnout in gynecology and obstetrics residents during the Covid-19 pandemic.

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**Objective:** To determine the prevalence of anxiety, depression and burnout in residents of Gynecology and Obstetrics during COVID-19 pandemic in Brazil and its associated factors.

**Methods:** Cross-sectional study involving all regions of Brazil, through the application of a sociodemographic questionnaire, the Hospital Anxiety and Depression Scale (HAD) and the Maslach Burnout Inventory (MBI-HSS) instrument. Multivariate analysis was performed after adjusting the Poisson model

**Results:** Among the 719 participating medical residents, screening was positive for anxiety in 75.7% and for depression in 49.8% of cases. Burnout syndrome was evidenced in 41.3% of the physicians studied. Those with depression are more likely to have anxiety (OR 0.797; 95%CI 0.687 - 0.925) and burnout syndrome (OR 0.847 95%CI 0.74 - 0.97). Residents with anxiety (OR 0.805; 95%CI 0.699 - 0.928) and burnout (OR 0.841; 95%CI 0.734 - 0.963) are more likely to have depression.

**Conclusion:** High prevalence of anxiety, depression and burnout were found in residents of Gynecology and Obstetrics in Brazil, in addition to important correlations between anxiety-depression and depression-burnout.

**Key words:** mental health, medical residency, gynecology, obstetrics, COVID-19.

### Multivariate regression.

	Variable	OR	CI	adjusted p	
Anxiety	Female gender	0,901	0,75 – 1,08	0,264	
	Married or stable union	0,956	0,83 – 1,10	0,535	
	R1	0,918	0,78 – 1,08	0,314	
	R2	0,964	0,82 – 1,13	0,655	
	R3	0,991	0,88 – 1,22	0,891	
	Non smoker	0,911	0,67 – 1,24	0,550	
	No regular physical activity	1,021	0,89 – 1,17	0,765	
	Inadequate supervision	0,960	0,84 – 1,10	0,563	
	Use of psychoactive medication	0,912	0,79 – 1,06	0,223	
	Work hours > 60 hours/week	0,958	0,81 – 1,13	0,620	
	North region	0,956	0,65 – 1,41	0,821	
	Northeast region	1,060	0,75 – 1,49	0,741	
	Southeast region	0,978	0,98 – 0,72	0,883	
	South region	1,019	0,74 – 1,40	0,907	
	Depression	0,797	0,69 – 0,92	0,003	
	Burnout	0,908	0,78 – 1,06	0,215	
	Depression	Age > 28 years	1,045	0,92 – 1,18	0,496
Married or stable union		0,985	0,86 – 1,12	0,819	
No regular physical activity		0,944	0,83 – 1,07	0,361	
Inadequate supervision		0,955	0,84 – 1,08	0,467	
Use of psychoactive medication		0,928	0,81 – 1,06	0,273	
Work hours > 60 hours/week		0,978	0,84 – 1,14	0,779	
Northeast region		0,972	0,76 – 1,25	0,823	
Southeast region		0,979	0,81 – 1,18	0,825	
South region		1,014	0,82 – 1,25	0,894	
Anxiety		0,805	0,70 – 0,93	0,003	
Burnout		0,841	0,73 – 0,96	0,013	
Burnout		Not having kids	1,062	0,85 – 1,32	0,587
		Depending on third-party resources	1,053	0,93 – 1,19	0,405
	R2	0,991	0,86 – 1,14	0,898	
	R3	1,052	0,91 – 1,22	0,503	
	No regular physical activity	0,952	0,84 – 1,07	0,426	
	Inadequate supervision	0,928	0,84 – 1,05	0,227	
	Use of psychoactive medication	0,960	0,84 – 1,09	0,536	
	Work hours > 60 hours/week	0,967	0,83 – 1,12	0,663	
	Northeast region	1,025	0,77 – 1,36	0,864	
	Mid-west region	0,934	0,66 – 1,31	0,693	
	Southeast region	0,969	0,77 – 1,22	0,793	
	South region	0,996	0,79 – 1,28	0,975	
	Anxiety	0,914	0,78 – 1,06	0,234	
	Depression	0,847	0,74 – 0,97	0,016	

OR: odds ratio; CI confidence interval; R1: first-year resident physician; R2: second-year resident physician; R3: third-year resident physician