

Results

Data were complete for 2879 HCWs from 12 Arab countries. The highest response was from Saudi Arabia

(27.3%), followed by Egypt (14.2%) and Jordan (12.8%), while participants from Sudan, Oman and Lebanon had the least response. Most participants were female (61.9%),

Figure 1 Anxiety, depression, stress and insomnia by contact with COVID-19 cases. Psychological domains were measured using Depression Anxiety Stress Scale, and insomnia was measured using Insomnia Severity Index. Cutoff scores: mild anxiety (8 or 9), mild depression (10–13), mild stress (15–18), and insomnia (0–7); moderate anxiety (10–14), moderate depression (14–20), moderate stress (19–25), subthreshold insomnia (8–14), and moderate clinical insomnia (22–28); severe anxiety (15–19), severe depression (21–27), severe stress (26–33), and clinically severe insomnia (≥ 22); very severe anxiety (≥ 20), very severe depression (≥ 28), and very severe stress (≥ 34).

