Mental and health behaviour impacts of the COVID-19 Pandemic on French healthcare workers between June 25th, 2021 and July 2nd, 2022



Camille Léger Bsc^{1,2}; Vincent Gosselin Boucher, PhD³; Frédérique Deslauriers PhD(c)^{1,2}; Simon L. Bacon, PhD^{2,4}; Kim L. Lavoie, PhD^{1,2} & the iCARE Study Team

¹ Department of Psychology, Université du Québec à Montréal, Montreal, QC, Canada; ² Montreal Behavioural Medicine Centre, Centre Intégré Universitaire de santé et services sociaux du Nord-de-l'Ile-de-Montréal (CIUSSS-NIM), Montreal, QC, Canada; ³ School of Kinesiology, University of British Columbia, Vancouver, BC, Canada; ⁴ Department of Health, Kinesiology and Applied Physiology, Concordia University, Montreal, QC, Canada;

Introduction

CMCM

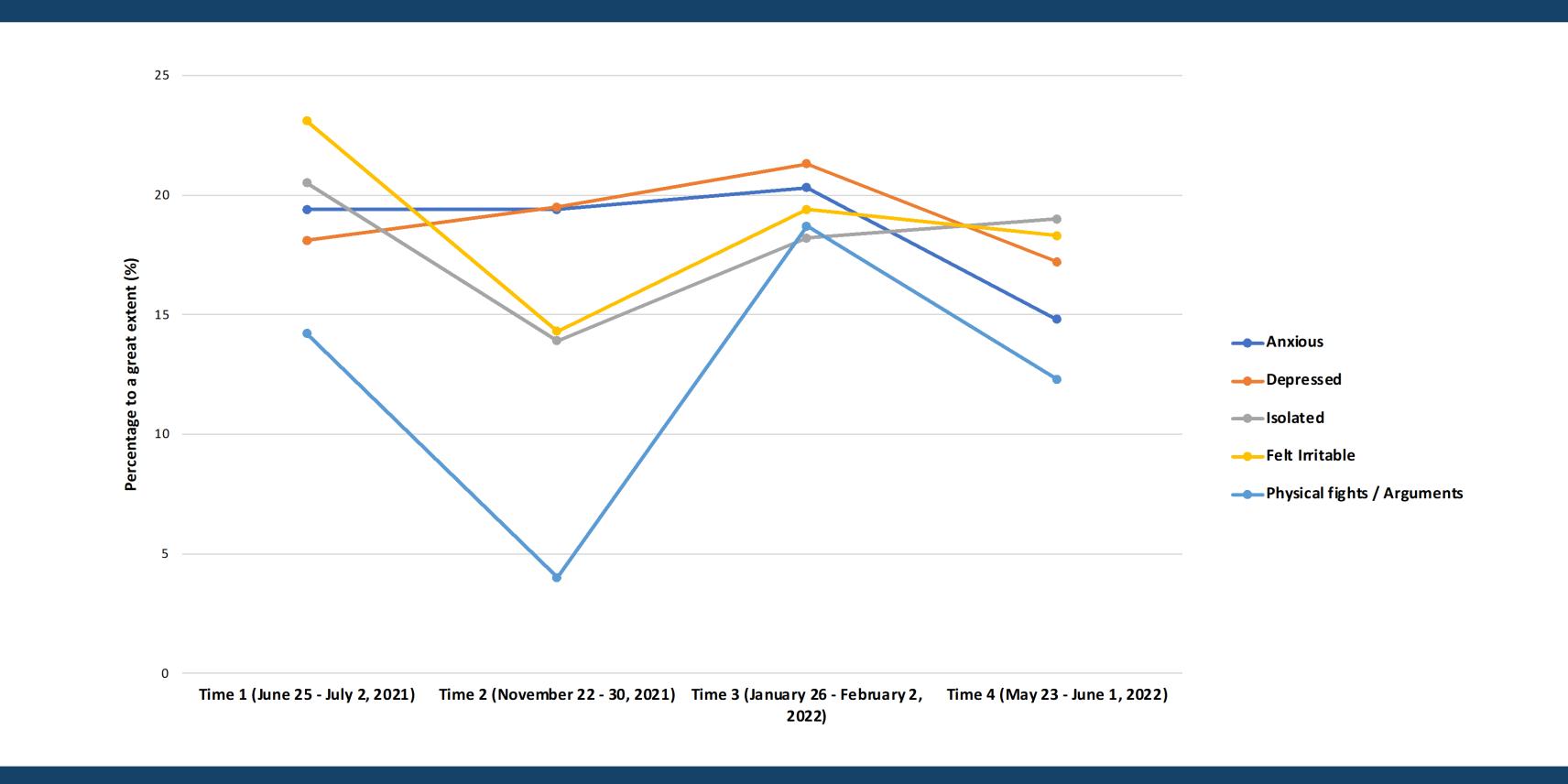
MBM

- In the context of the COVID-19 pandemic, healthcare workers (HCWs) assumed a critical role in maintaining normal health care functioning.
- In France, the impact of the pandemic was important, requiring frontline HCWs to adjust to heightened work demands which may have contributed to alterations in their behavior and mental well-being.

Results

 \bullet

Mental health impacts among French HCWs



Objectives

This study aimed to identify the mental health and quality of life impacts, and changes in health behaviours, among HCW in France during the COVID-19 pandemic.

Methods

Participants and procedure

STUDY International COVID-19 Awarenes and Responses Evaluation Study

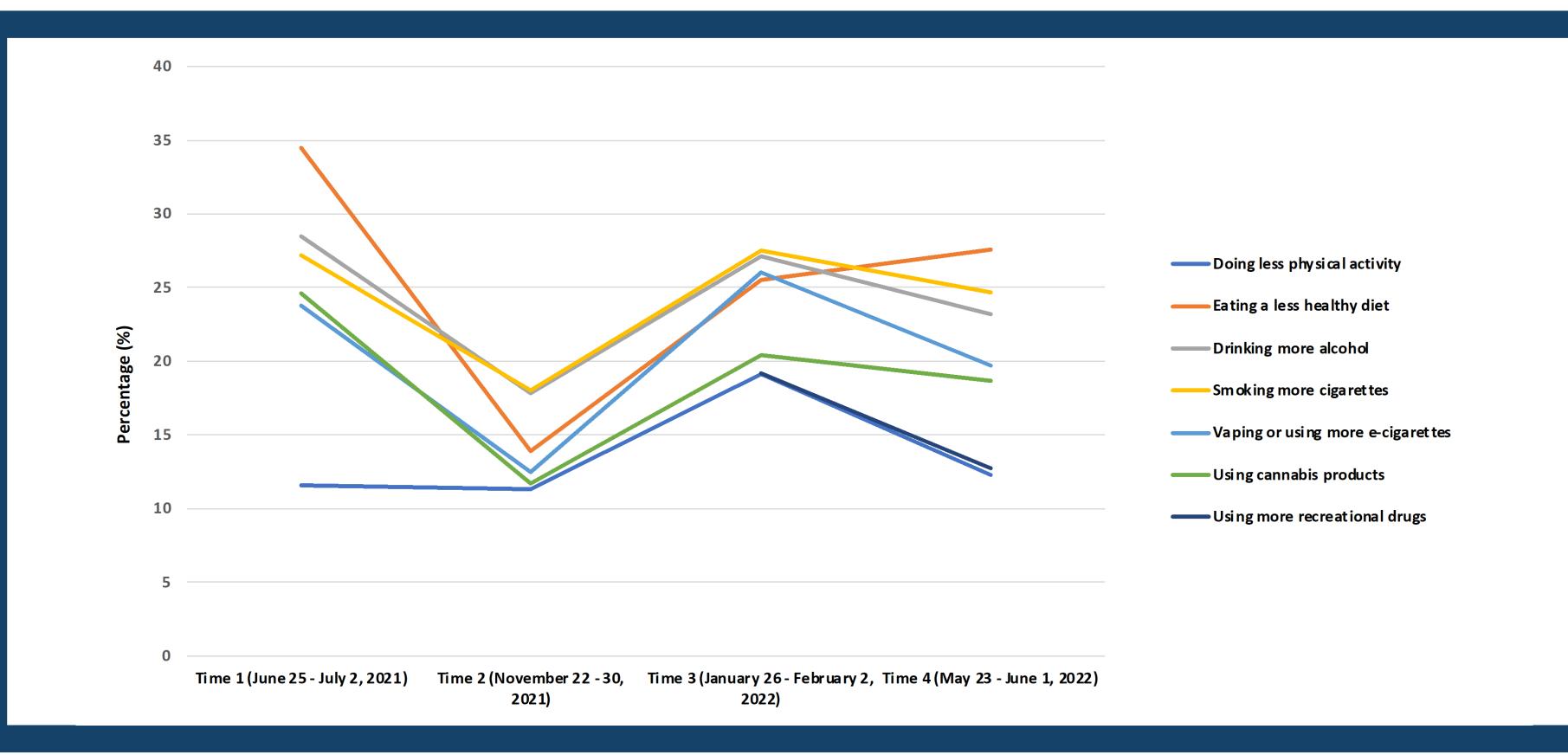
Four representative samples (N = 4036), including 333 French HCWs aged 18+ years, completed the iCARE survey (www.icarestudy.com) using an online polling firm (Leger©) between June 25 - July 2, 2021 (time 1) and May 23 - June 1, 2022 (time 4).

Measures

- iCARE survey: 57 questions, 20 minutes
- Participants were included when they answered "Yes" to the question "Are you a healthcare worker?"
- Participants were asked to report sociodemographics, mental

There is a significant difference between the 4 measurement times for being anxious.

Changes in health behaviours among French HCWs



health impacts of COVID-19 (e.g., feeling anxious, working more) and changes in health behaviours (e.g., physical activity, alcohol/drug use).

Analyses

- Descriptive statistics were used to summarize the sociodemographic characteristics of the study sample.
- Pearson chi-square tests were performed to assess differences in mental health, health behaviours and quality of life outcomes as a function of sex.
- There is a significant difference between the 4 measurement times for eating a less healthy diet and using more e-cigarettes.

Results

- Significantly more female HCWs reported feeling anxious (21.7% vs 11.6%; p < 0.001) and experiencing a worsening of their quality of life (21.3% vs 12.9%; p = 0.026) compared to male HCWs at all time points.
- More female HCWs also reported working more than prepandemic (25.3% vs 18.3%, p < 0.001).

Discussion / Conclusion

- Findings indicated a significant impact of the pandemic on French HCWs, with greater workloads and worse mental health in female HCW, and worse health behaviours in male HCWs.
- Results call for healthcare system changes to enhance the physical and mental well-being of HCWs.

References

With regards to health behaviours, as compared to female HCWs, more male HCWs reported unhealthy eating (38% vs 19.2%; p = 0.001), and use of e-cigarettes (34.1% vs 13.5%; p < 0.001), cannabis products (34.4% vs 10.9%; p < 0.001), and recreational drugs (31.3% vs 7.8%; p = 0.001).

Contact : leger.camille.2@courrier.uqam.ca

- 1. Bacon SL, Lavoie KL, Boyle J, Stojanovic J, Joyal-Desmarais K. International assessment of the link between COVID-19 related attitudes, concerns and behaviours in relation to public health policies: Optimising policy strategies to improve health, economic and quality of life outcomes (the iCARE Study). BMJ open. 2021;11:e046127.
- 2. Prevalence of depression, anxiety and post-traumatic stress disorder in health care workers during the COVID-19 pandemic: A systematic review and meta-analysis. PLoS One. 2021;16:e0246454.
- 3. Bai Y, Lin C-C, Lin C-Y, Chen J-Y, Chue C-M, Chou P. Survey of stress reactions among health care workers involved with the SARS outbreak. Psychiatric Services. 2004;55:1055-7.

