

## Introduction

- 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.

## 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



- 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

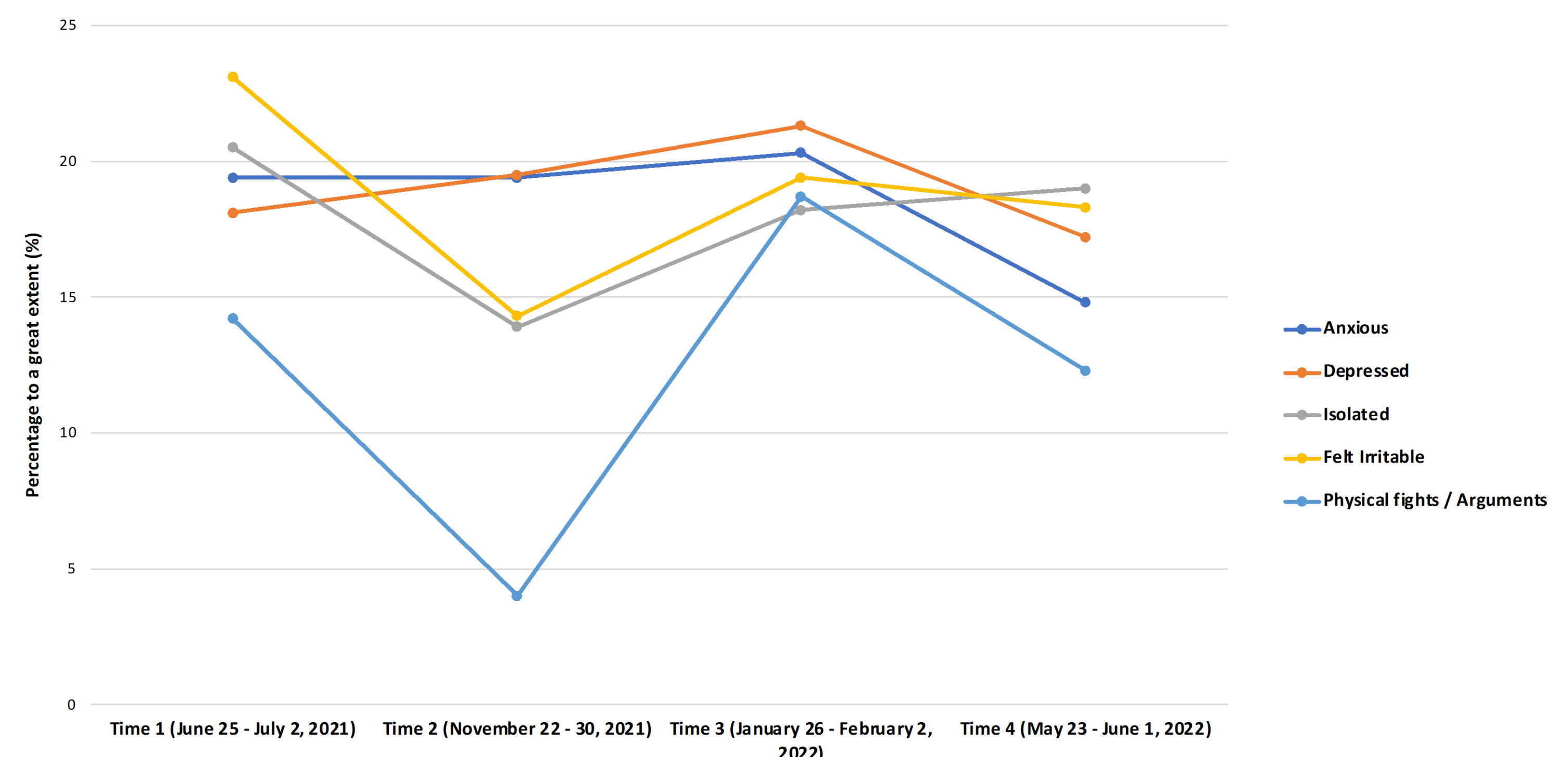
- iCARE survey: 57 questions, 20 minutes
- Participants were included when they answered "Yes" to the question "Are you a healthcare worker?"
- Participants were asked to report sociodemographics, mental health impacts of COVID-19 (e.g., feeling anxious, working more) and changes in health behaviours (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.

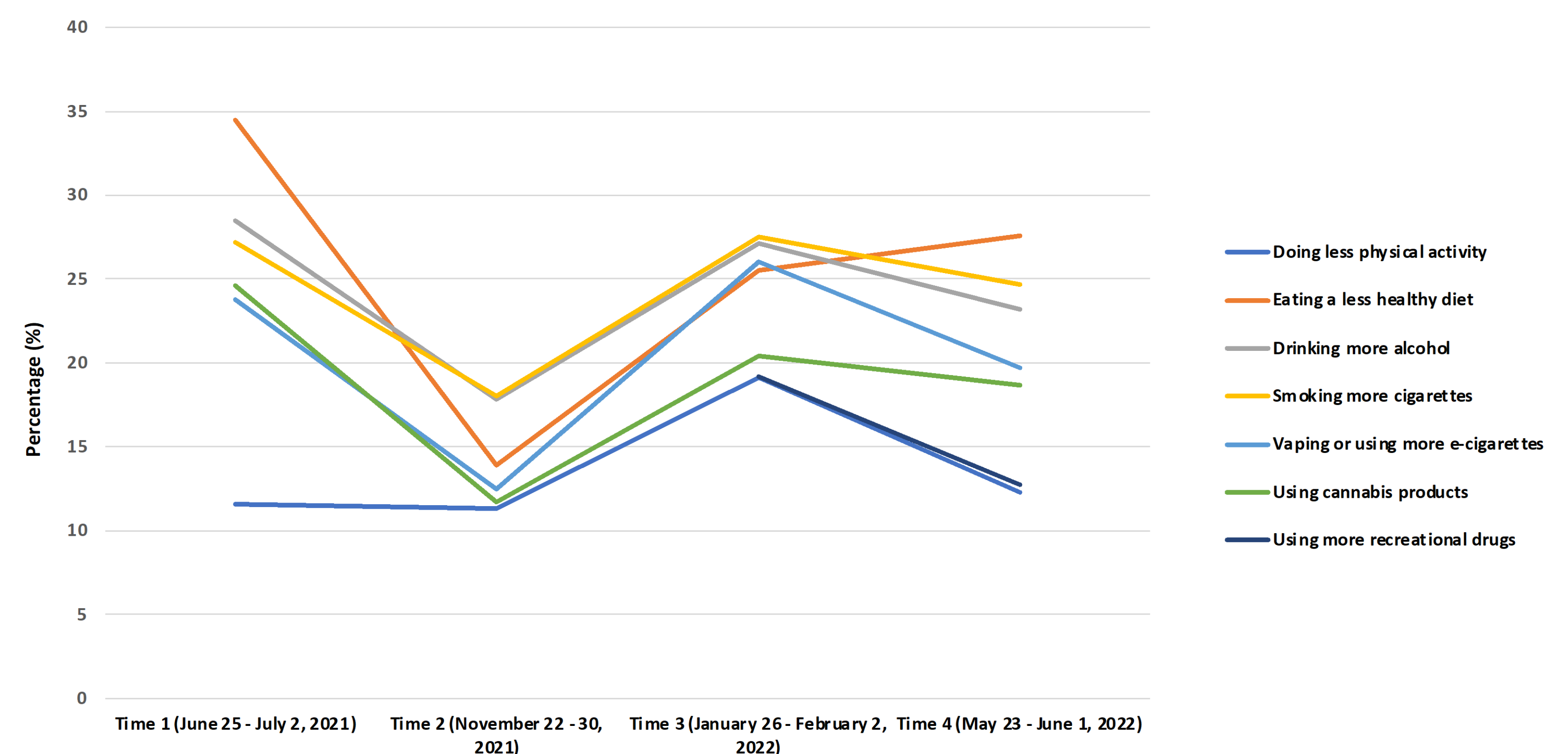
## Results

### Mental health impacts among French HCWs



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

### Changes in health behaviours among French HCWs



- 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 pre-pandemic (25.3% vs 18.3%,  $p < 0.001$ ).
- 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%;  $p = 0.001$ ).

## 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

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## ACKNOWLEDGEMENTS

