



## TITLE: Depression Among Physicians in a Government Designated COVID-Center Hospital During Coronavirus Disease Pandemic

**Name:** Nueva Joy A. Perucho, MD, PhD, MPM

**Affiliation:** Chief Resident, Southern Philippines Medical Center, Institute of Psychiatry and Behavioral Medicine

**Country:** Republic of the Philippines

**Email ID:** nuevajeane@gmail.com

### ABSTRACT

**OBJECTIVES:** This study aimed to determine the prevalence, most common symptoms and sociodemographic factors associated with depression among physicians in a government COVID-Center i.e. Southern Philippines Medical Center-Institute of Psychiatry & Behavioral Medicine in Bajada, Davao City.

**METHODOLOGY:** This cross-sectional, survey-based study collected socio-demographic data and PHQ-9 scores using Google Forms, from resident physicians from July 1 to August 31, 2020. Multinomial logistics regression analysis was used to identify risk factors of depression. **RESULTS:** Two hundred fifty-one (251) out of 376 physicians responded (68.39% response rate). The average age was 30 years old, majority were female (58.57%, 147), single (78.88%, 198), frontliners (77.29%, 194), with average hospital experience of 2.0 years. Ninety-six (38.26%) were assigned in surgical departments while 155 (61.75%) worked in nonsurgical departments. There were twelve respondents (4.78%) who had a history of psychiatric illness and 31 (12.35%) had previous psychiatric intervention, while 66 (26.29%) had a history of medical illness. Eighty-five (33.86%) had depression using PHQ-9; 57 (22.71%) as mild, 19 (7.57%) moderate, 7 (2.79%) moderately severe and 2 (0.8%) severe. Out of 85 residents who were depressed, the most common symptoms were: low energy (81, 95.29%); anhedonia (76, 89.41%); and feeling depressed (72, 84.70%). Medical illness was associated with higher levels of depression.

Physicians with a history of psychiatric illness, psychiatric intervention and medical illness had significantly higher levels of depression. **CONCLUSION:** More than a third (33.86%) of physicians screened positive for depression. Current mental health programs must be strengthened and made specific, to prevent and address depression especially among those who have a history of psychiatric and medical illness.

### BIOGRAPHY

Dr. Perucho is a graduate of Bachelor of Science in Biology from University of the Philippines Visayas, (2005-2009). She took Doctor of Medicine from West Visayas State University (2009 – 2013), and proceeded for her Post Graduate Internship at the Philippine General Hospital in Metro Manila (2013-2014). While serving as a Doctors to the Barrio (A Philippine Government program to send physicians to Geographically Isolated and Disadvantaged Areas), she took her Masters in Public Management, Major in Health Systems Development at the Development Academy of the Philippines in Tagaytay (2014-2016) and Doctor of Philosophy in Rural Development, Major in Organizational Management at Cotabato Foundation School of Science and Technology(2016-2020). She started her residency in Psychiatry in 2020 at the Southern Philippines Medical Center - Institute of Psychiatry and Behavioral medicine, Davao City, Philippines and she is currently the Chief Resident.



**3<sup>rd</sup> INTERNATIONAL CONFERENCE ON NEUROSCIENCE AND PSYCHIATRY**  
NOVEMBER 16-17, 2023 | Dubai, UAE



**Presenter Name:** Nueva Joy A. Perucho, MD  
**Mode of Presentation:** Oral/Poster.  
**Contact number:** +639276606725



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1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States  
[www.scientexconference.com](http://www.scientexconference.com)

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+1-346-291-8309