

Pandemic-related mental health risk in frontline workers



Rates of probable diagnosis

	Emergency personnel	Hospital staff
Acute traumatic stress	14%	15%
Depression	20%	20%
Anxiety	16%	24%
Risky alcohol use	31%	36%
Insufficient sleep	23%	12%

Conclusion: “Overall, the mental health risks that we observed early in the COVID-19 pandemic are elevated above previous viral outbreaks (SARS) and comparable to rates shown in disasters (9/11 attacks; Hurricane Katrina).”

Results based on survey of 571 frontline workers in Rocky Mountain region in April/May 2020. From “[Pandemic-related mental health risk among front line personnel](#),” J. of Psychiatric Research, Nov. 4, 2020. Study involved authors from Central Arkansas and Salt Lake City VAs. Infographic by VA Research Communications, January 2021. Photo© iStock/Tempura.