**Suppl. Table 1. Socio-demographic profiles of the participants**

|  |  |
| --- | --- |
| **Variables** | **n (%) =**315 (100) |
| **Age, y**   * <30y * 31-45y * >45y | 195 (61.9)  112 (35.6)  8 (2.5) |
| **Gender**   * Male * Female * Prefer not to say | 177 (56.2)  134 (42.5)  4 (1.3) |
| **Marital status**   * Unmarried * Married * Others† | 160 (50.8)  151 (47.9)  4 (1.2) |
| **Working exposure area**   * Not involved in patient care since the COVID pandemic started * Non-COVID area * COVID area | 17 (5.4)  132 (41.9)  166 (52.7) |
| **Level of Involvement with COVID 19**   * Working in Non-COVID Area and not involved in patient care * Indirect involvement (Lab Workers or those working in COVID area) * Active involvement in Tt or screening | 109 (34.6)  119 (37.8)  87 (27.6) |
| **Designation as an HCW**   * Consultants (including NO) * Residents * Nursing officers (NO) * Technical staff * Others (Dietician, Security Guard, Housekeeping) | 30 (9.5)  137 (43.4)  53 (16.8)  11 (2.4)  84 (26.7) |
| **Do you stay with your family?**   * No * Yes | 167 (53.0)  148 (47.0) |
| **Is there any child (age <12yrs) staying with you currently?**   * No * Yes | 209 (66.3)  106 (33.7) |
| **Is there any old person (>60yrs) staying with you currently?**   * No * Yes | 243 (77.1)  72 (22.9) |
| **Are you a diagnosed case of any psychiatric illness?**   * No * Yes | 304 (96.5)  11 (3.5) |

† include separated, divorced, and in a live-in relationship

**Suppl. Table 2 The psychological impact of COVID-19 on the health care workers**

|  |  |  |
| --- | --- | --- |
| **Variable (n=315)** | **Responses** | **n (%)** |
| A1) Do you think working as a health care worker during COVID causes stress? | Strongly disagree  Disagree  Neutral  Agree  Strongly agree | 14 (4.4)  14 (4.4)  41 (13.0)  157 (49.8)  89 (28.3) |
| A2) Do you keep thinking or remain pre-occupied with COVID even when you are not at the workplace | Not at all  To some degree  To a considerable degree or a  good the part of the time  To a great deal | 89 (28.3)  141(44.8)  61 (19.4)  24 (7.6) |
| A3) I am treated differently because of my work? | Not at all  Yes, to some degree  Yes, to a considerable degree  Yes, to a large degree or very much | 95 (30.2)  128 (40.6)  65 (20.6)  27 (8.6) |
| A4) I am afraid of getting infected by COVID despite wearing PPE | Did not apply to me at all  To some degree  To a considerable degree  Very much | 90 (28.6)  143 (45.4)  58 (18.4)  24 (7.6) |
| A5) I the feel that patient current medical condition and outcome is beyond my control- | Not at all  Yes, to some degree  Yes, to a considerable degree  Yes, large degree or very much | 130 (41.3)  97 (30.8)  56 (17.8)  32 (10.2) |
| Depression score (DASS21)  (score range 0-42) | No depression (0-9)  Mild depression (10-13)  Moderate depression (14-20)  Severe depression (21-27)  Very severe depression (28+) | 184 (58.4)  41 (13.0)  55 (17.5)  14 (4.4)  21 (6.7) |
| Anxiety score (DASS21)  (score range 0-42) | No anxiety (0-7)  Mild anxiety (8-9)  Moderate anxiety (10-14)  Severe anxiety (15-19)  Very severe anxiety (20+) | 195 (61.9)  22 (7.0)  47 (14.9)  25 (7.9)  26 (8.3) |
| Stress score (DASS21)  (score range 0-42) | Normal stress (0-14)  Mild stress (15-18)  Moderate stress (19-25)  Severe stress (26-33)  Extremely Severe stress (34+) | 231 (73.3)  26 (8.3)  36 (11.4)  13 (4.1)  9 (2.9) |
| IES-R  (score range 0-88) | No Symptoms (0-23)  PTSD Symptoms (24-32)  Probable PTSD (33-38)  Clinical PTSD (39+) | 226 (71.7)  20 (6.3)  13 (4.1)  56 (17.8) |

**Suppl. TABLE 3. Relationship of the participants' characteristics with their level of psychological problems (DASS 21 & IES-R scores)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Outcome Categories\*** | | | **Chi-p-value**  ***χ2(df*)** | **p value** | **Post-hoc**  **Analysis**  *χ2(1*)=, p |
| **Normal**  **(N)** | **Mild-mod (MM)** | **Sev-very sev. (SVS)** |
| **Gender** *(ref-Male)*   * **DASS21-DEP**   Male  Female   * **DASS21-ANX**   Male  Female   * **DASS21-STRESS**   Male  Female   * **IES-R**   Male  Female | 119 (67.2)  62(46.3)  126 (71.2)  66 (49.3)  35 (47.9)  8 (29.6)  141 (79.7)  82 (61.2) | 50 (28.2)  46 (34.3)  31 (17.5)  37 (27.6)  22 (30.1)  8 (29.6)  9 (5.1)  11 (8.2) | 8 (4.5)  26 (19.4)  20 (11.3)  31 (23.1)  16 (21.9)  11 (40.7)  27 (15.3)  41 (30.6) | *χ2(2*)=22.12  *χ2(2*)=16.01  *χ2(2*)= 36.22  *χ2(2*)=12.99 | **<.0001**  **<.0001**  <.0001  **0.002** | *SVS Vs N*  *χ2(1*)= 17.30, <.0001  *SVS Vs N*  *χ2(1*)=7.78, .005  *SVS Vs N:*  *χ2(1*)= 14.44, <.0001  *MM Vs N:*  *χ2(1*)= 16.72, <.0001  *PTSD VS NO*  *χ2(1*)= 12.81, <.0001 |
| **Age** *(ref-<30yrs)*   * **DASS21-DEP**   <30yrs  31-60yrs   * **DASS21-ANX**   <30yrs  31-60yrs   * **DASS21-STRESS**   <30yrs  31-60yrs   * **IES-R**   <30yrs  31-60yrs | 119 (61.0)  64 (53.8)  135 (69.2)  60 (50.4)  153 (78.5)  77 (64.7)  153 (78.5)  72 (60.5) | 59 (30.3)  37 (31.1)  43(22.1)  25(21.0)  32 (16.4)  30 (25.2)  12 (6.2)  08 (6.7) | 17 (21.7)  18 (15.1)  17 (8.7)  34 (28.6)  10 (5.1)  12 (10.1)  30 (15.4)  39 (32.0) | *χ2(2*)=3.40  *χ2(2*)=22.18  *χ2(2*)=7.3  *χ2(2*)=13.53 | 0.182  **<.0001**  **0.025**  **0.001** | -  *SVS Vs N*  *χ2(2*)= 25.40, <0.001  *SVS Vs N*  *χ2(2*)= 10.24, .001  *SVS Vs N*  *χ2(2*)=16.72, 0.001 |
| **Marital status** *(ref-unmarried)*   * **DASS21-DEP**   Unmarried  Married   * **DASS21-ANX**   Unmarried  Married   * **DASS21-STRESS**   Unmarried  Married   * **IES-R**   Unmarried  Married | 107(66.9)  74(49.0)  124(77.5)  67(44.4)  132(82.5)  95(62.9)  133(83.1)  89(58.9) | 40(25)  55(36.4)  28(17.5)  41(27.2)  21(13.1)  41(27.2)  10(6.3)  10(6.6) | 13(8.1)  22(14.6)  8(5.0)  43(28.5)  7(4.4)  15(9.9)  17(10.6)  52(34.4) | *χ2(2*)=10.44  *χ2(2*)=43.25  *χ2(2*)=15.14  *χ2(2*)=26.23 | **0.005**  **<.0001**  **0.001**  **<.0001** | *SVS Vs N*:  *χ2(1*)=4.75, 0.03  *SVS Vs N*:  *χ2(1*)=31.13, <.0001  MM *Vs N*:  *χ2(1*)=9.54, 0.002  *SVS Vs N*:  25.50, <.0001 |
| **Working Exposure Area**   * **DASS21-DEP**   Not exposed to the patient (NE)  Worked in the non-COVID area (NCA)  Worked in COVID area (CA)   * **DASS21-ANX**   Not exposed to the patient (NE)  Worked in the non-COVID area (NCA)  Worked in COVID area (CA)   * **DASS21-STRESS**   Not exposed to the patient (NE)  Worked in the in non-COVID area (NCA)  Worked in COVID area (CA)   * **IES-R**   Not exposed to the patient (NE)  Worked in non-COVID area (NCA)  Worked in COVID area (CA) | 12(70.6)  81(61.4)  91(54.8)  14(82.4)  95(72.0)  85(51.8)  3(50.0)  28(58.3)  13(27.1)  14(82.4)  102(77.3)  110(66.3) | 4(23.5)  38(28.8)  54(32.5)  1(5.9)  23(17.4)  45(27.1)  3(50.0)  12(25.0)  16(33.3)  0(0.0)  10(7.6)  10(6.0) | 1(5.9)  13(14.7)  21(18.5)  2(11.8)  14(10.6)  35(21.1)  0(0.0)  8(16.7)  19(39.6)  3(17.6)  20(15.2)  46(27.7) | χ2(4)=2.57  χ2(4)=16.50  χ2(4)=13.30  χ2(4)=8.38 | 0.630  **0.002**  **0.010**  0.078 | -  N (NCA VS CA):  *χ2(1*)= 9.73, 0.001  N (NCA VS CA): *χ2(1*)=7.72, 0.005  - |
| **Level of Involvement with**  **COVID positive patients**  **DASS21-DEP**  COVID Area and not involved in patient care (NI)  Indirect involvement (Lab Workers/ those working in COVID area) (ID)  Active involvement in Tt/screening(DI)   * **DASS21-ANX**   Working in Non COVID Area and not involved in patient care (NI)  Indirect involvement (Lab Workers/ those working in COVID area) (ID)  Active involvement in Tt/screening (DI)  **DASS21-STRESS**  Workingin Non COVID Area and not involved in patient care (NI)  Indirect involvement (Lab Workers/ those working in COVID area) (ID)  Active involvement in Tt/screening (DI)  **IES-R**  Workinginin Non COVID Area and not involved in patient care (NI)  Indirect involvement (Lab Workers/ those working in COVID area) (ID)  Active involvement in Tt/screening (DI) | 71(65.1)  51(42.9)  62(71.3)  81(74.3)  55 (46.2)  59 (67.8)  24(58.5)  12(41.4)  8(25.0)  89(81.7)  64(53.8)  73(83.9) | 27(24.8)  47(39.5)  22(25.3)  19 (17.4)  26 (21.8)  24 (27.6)  12(29.3)  6(20.7)  13(40.6)  7(6.4)  6(5.0)  7(8.0) | 11(10.1)  21(17.6)  3(3.4)  9(8.3)  38 (31.9)  4 (4.6)  5(12.2)  11(37.9)  11(34.4)  13 (11.9)  20 (41.2)  7 (8.0) | *χ2(4*)=22.61  *χ2(4*)=39.88  *χ2(4*)=12.08  *χ2(4*)=42.11 | **<.0001**  **<.0001**  **0.017**  **<.0001** | **ID vs DI**  SVS vs N:  *χ2(1*)=8.23, 0.004  **ID vs DI**  SVS vs N:  *χ2(1*)=11.9, .0005  **ID vs NI**  no stress  *χ2(1*)= 7.12, .007  **ID vs NI**  *χ2(1*)=13.46, .0002 |
| **Designation†** *(ref-NO)*   * **DASS21-DEP**   Resident doctors (RD)  Nursing officers (NO)  Allied staffs (AS)   * **DASS21-ANX**   Resident doctors (RD)  Nursing officers (NO)  Allied staffs (AS)   * **DASS21-STRESS**   Resident doctors (RD)  Nursing officers (NO)  Allied staffs (AS)   * **IES-R**   Resident doctors (RD)  Nursing officers (NO)  Allied staffs (AS) | 82(59.9)  46(86.8)  20 (23.8)  100 (73.0)  41(77.4)  19 (22.6)  112(81.8)  46(86.8)  35 (40.5)  113(82.5)  46(86.8)  28 (33.3) | 46(33.6)  6(11.3)  39 (46.4)  28(20.4)  9 (17.0)  27 (32.1)  20(14.6)  4(7.5)  36 (42.9)  9(6.6)  4(7.5)  6 (7.1) | 9(6.6)  1(10.0)  25 (29.8)  9 (6.6)  3 (5.7)  38 (45.2)  5(3.6)  3(5.7)  14 (16.7)  15(10.9)  3(5.7)  50 (59.5) | *χ2(4*)=68.42  *χ2(4*)=83.3  *χ2(4*)= 51.9  *χ2(4*)=87.4 | **0.001**  **<.0001**  **<.0001**  **<.0001** | *SVS Vs N*:  AS VS RD: 33.98, P<.0001  MM vs *N*  AS VS NO: 9.85, .0017  *SVS Vs N*:  AS VS RD: 21.6, <.0001  AS VS NO: 9.67, <0.001  *SVS Vs N*:  AS Vs RD: 12.25, <.0001  MM Vs N: AS Vs RD: 8.4, 0.003, AS vs NO: 7.8, 0.005  *SVS Vs N*:  AS Vs RD: 24.01, <.0001  AS vs NO: 16.81, <.0001 |
| **Professional experience, y**  **(m**ean [SD]=3.30 [3.81])  DASS21-DEP (9.47 [9.58])  DASS21- ANX (7.23[7.61])  DASS21- STR (10.32 [8.88])  IES-R (18.06 (17.40)) | -0.103  -0.103  -0.13  -0.03 | | | | **0.068**  **0.068**  **0.019\***  0.51 |  |
| **Days since last COVID duties**  43.67 (42.62)  DASS21-DEP (9.47 [9.58])  DASS21- ANX (7.23 [7.61])  DASS21- STR (10.32 [8.88])  IES-R (18.06 [17.40]) | *Spearman’s rho (rs)*  -0.133  -0.239  -0.183  -0.22 | | | | **0.019\***  **<.0001\***  **0.001\***  **<.0001\*** |  |
| **Staying with the family§**   * **DASS21-DEP**   Yes  No   * **DASS21-ANX**   Yes  No   * **DASS21-STRESS**   Yes  No   * **IES-R**   Yes  No | 70(47.3)  114(68.3)  68(45.9)  127(76.0)  15(48.4)  29(40.8)  83(56.1)  119.8) | 52(35.1)  44(26.3)  39(26.4)  30(18.0)  9(29.0)  22(31.0)  12(8.1)  8(4.8) | 26(17.6)  9(5.4)  41(27.7)  10(6.0)  7(22.6)  20(28.2)  53(35.8)  16(9.6) | *χ2(2*)=18.36  *χ2(2*)=36.85  *χ2(2*)=27.4  *χ2(2*)=35.55 | **<.0001**  **<.0001**  **<.0001**  **<.0001** | *SVS Vs N*: (ref-no)  11.56, .0007  27.04, <.0001  6.25, <.0012  31.36, <.0001 |
| **Level of Perceived stigma**   * **DASS21-DEP**   not at all (NA)  to some degree (SD)  considerable degree/very much (CD)   * **DASS21-ANX**   not at all (NA)  to some degree (SD)  considerable to very much (CD)   * **DASS21-STRESS**   not at all (NA)  to some degree (SD)  considerable to very much (CD)   * **IES-R**   not at all (NA)  to some degree (SD)  considerable to very much (CD) | 77(81.1)  83(64.8)  24(26.1)  81(85.3)  85(66.4)  29(31.5)  25(44.6)  16(45.7)  3(27.3)  90(94.7)  101(78.9)  35(38.0) | 16(16.8)  38(29.7)  42(45.7)  13(13.7)  31(24.2)  25(27.2)  18(32.1)  10(28.6)  3(27.3)  3(3.2)  10(7.8)  7(7.6) | 2(2.1)  7(5.5)  26(28.3)  1(1.1)  12(9.4)  38(41.3)  13(23.2)  9(25.7)  5(45.5)  2(2.1)  17(13.3)  50(54.3) | *χ2(4*)=73.42  *χ2(4*)=79.87  *χ2(4*)=78.9  *χ2(4*)=90.21 | **<.0001**  **<.0001**  <.0001  **<.0001** | SVS vs N:  CD vs NA:11.1, .0008  CD vs SD: 6.91, .008  SVS vs N:  CD vs NA:22.94,<.0001  CD vs SD: 7.34, .006  SVS vs N:  CD vs NA: 22.09,<.0001  SVS vs N:  CD vs NA:31.13, <.0001  CD vs SD: 9.36, .002 |

**Mild-mod -**mild to moderate**; Sev-very sev-**severe to very severe **\*** IES-R categories include no PTSD, PTSD symptoms, and clinical PTSD**; senior staff:** consultant & Sr. nurses; supporting staff includes include sanitation, security personals, etc.), †senior staff excluded from the analysis as they comprise <10%of total sample-size (n=30). **§ s**taying with family correlated well with having a child or elderly at home (0.52-0.67), hence, only the former was used to assess the association of these variables with scores on outcome variables.