**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 disagreeDisagreeNeutralAgreeStrongly 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 allTo some degreeTo a considerable degree or agood the part of the timeTo 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 allYes, to some degreeYes, to a considerable degreeYes, 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 allTo some degreeTo 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 allYes, to some degreeYes, to a considerable degreeYes, 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**

MaleFemale* **DASS21-ANX**

MaleFemale* **DASS21-STRESS**

MaleFemale* **IES-R**

MaleFemale | 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**

<30yrs31-60yrs* **DASS21-ANX**

<30yrs31-60yrs* **DASS21-STRESS**

<30yrs31-60yrs* **IES-R**

<30yrs31-60yrs | 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**

UnmarriedMarried * **DASS21-ANX**

UnmarriedMarried * **DASS21-STRESS**

UnmarriedMarried* **IES-R**

UnmarriedMarried | 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, <.0001MM *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)=2.57χ2(4)=16.50χ2(4)=13.30χ2(4)=8.38 | 0.630**0.002****0.010**0.078 | -N (NCA VS CA): *χ2(1*)= 9.73, 0.001N (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<.0001MM 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, <.0001MM Vs N: AS Vs RD: 8.4, 0.003, AS vs NO: 7.8, 0.005*SVS Vs N*: AS Vs RD: 24.01, <.0001AS 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, .000727.04, <.00016.25, <.001231.36, <.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, .0008CD vs SD: 6.91, .008SVS vs N:CD vs NA:22.94,<.0001CD vs SD: 7.34, .006SVS vs N:CD vs NA: 22.09,<.0001SVS vs N:CD vs NA:31.13, <.0001CD 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.