



# PSYCHOLOGICAL IMPACT OF THE COVID-19 PANDEMIC ON MEDICAL RESIDENTS IN A TERTIARY MEDICAL CENTER FOR CHILDREN

**Inez Margarita D. Montenegro, MD**  
Primary Investigator

**Soraya A. Alvarado, MD**  
Supervising Investigator

## BACKGROUND

The COVID-19 pandemic may be affecting healthcare workers in a significant way psychologically, which could impact overall health and work.

## OBJECTIVES

This research study aims to determine the psychological impact of the COVID-19 pandemic on medical residents of a tertiary medical center for children

## METHODS

The study was a cross-sectional study conducted among medical residents in a tertiary medical center. The target population included all medical residents in Philippine Children's Medical Center. A total of 58 medical residents were able to complete the questionnaire. Demographic profile collected included age, gender, and civil status of the participants. Primary outcomes of depression, anxiety, stress, and symptoms of post-traumatic stress disorder in relation to the pandemic were measured.

## RESULTS

More than half of medical residents (60%) had a positive screen for depression. Age and civil status were significantly related to depression. Forty-five percent (45%) of medical residents had a positive screen for anxiety, 41% had a positive screen for stress, and 33% had a positive screen for PTSD.

## CONCLUSION

There is significant psychological burden on medical residents in a tertiary medical center for children. Age and civil status were significantly related to depression.