

THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT



THE NETWORK  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



# TUFH2020 MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH  
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

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## TUFH 2020 Abstracts

<b>Title</b>	<b>Prevalence of anxiety in a group of mental health workers in Mexico City</b>
<b>Type</b>	Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
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<b>Country</b>	México
<b>Abstract N°</b>	TUFH494
<b>Content</b>	<p>Currently, our lifestyles and environment, highlighting the factors that impact health workers, including their own mental health, show the group of disorders derived from work stress such as anxiety, depression, guilt and frustration. Anxiety will be addressed, highlighting the need for indicators that carry low-cost and impactful studies to identify populations at risk. The objective of this paper is to estimate the prevalence of anxiety in a group of mental health workers at the Psychiatric Hospital in Mexico City. Corresponds to an observational, analytical cross-sectional study, with random sampling, the instruments used were personal interview and questionnaire. For the analysis, measures were taken for the prevalence of obesity associated with occupation, sex and other factors, confounders and potential impact, among others. A total sample of 184 participants was selected; 54 were male (29.3%) and 130 female (70.7%), with an average age of 41 years <math>\pm</math> 9 years. Regarding anxiety, it was found that 157 workers (85.3%) presented a medium grade, 14 workers (7.6 %) a high level and 5 workers presented a low level. In conclusion, when meeting the stated objective, we found that anxiety is indeed a major problem not because of the degree of intensity but because of the prevalence, it is very important to support health workers mental health, which will affect the quality of care for the type of population they deal with.</p>