

Table 5: Distress and mental health issues related to COVID-19

Variable	n or mean	%
Feeling of being avoided and stigmatized due to profession		
Yes	55	84.6
No	10	15.4
Feeling of being rewarded for your profession		
Yes	37	57.8
No	27	42.2
Need to resort more often to (during the pandemic):		
Alcohol	6	8.8
Sedatives	1	1.5
Online gaming/gaming	7	10.3
Sports	24	35.3
None of the above	25	36.8
Many of the above	5	7.4
Experiencing anxiety and / or sadness during the study period		
Yes	38	58.5
No	27	41.5
Feeling of anxiety and / or sadness for most of the pandemic?		
More than usual	49	72.1
Same as usual	15	20.6
Not at all	5	7.4
Feeling safe at work environment during COVID-19		
Yes	24	37.5
No	40	62.5
In general, how has daily life been affected during the restriction measures		
Better than before	5	7.2
The same as before	10	14.5
Worse than before	54	78.3
Reported history of sleep disorders (e.g. insomnia) before the pandemic		
Yes	16	24.6
No	49	75.4
History of anxiety and / or depression before the pandemic		
Yes	8	12.3
No	57	87.7
Needed help from a mental health professional for mental health issues related to the pandemic		
Yes	2	3.0
No	63	97.0