



PalStudent Journal  
A Palestinian Scientific Journal for the Youth



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ABSTRACTS: VOLUME 7, SPECIAL ISSUE {7<sup>th</sup> Undergraduate Conference}

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## ABSTRACT

### **Assessment of anxiety, depression, and quality of life among healthcare workers at hemodialysis centers of the West Bank: a cross-sectional study from Palestine**

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**Background:** Healthcare workers are significantly at higher levels of risk of suffering from a mental disorder during their lifetime, which is caused mainly by their stressful work environment. Being in contact with critically ill patients, like those who undergo hemodialysis, most of the time exacerbates their risk of developing secondary traumatic stress and subsequently anxiety and depression. As mental health and the quality of life for healthcare workers affect the quality of care they provide to patients, it is crucial to detect and manage any degree of mental illness among them.

**Objectives:** This study aimed to assess the prevalence of anxiety and depression among Palestinian healthcare workers at hemodialysis centers of the West Bank, to investigate the association between these mental issues and different sociodemographic and work-related factors, and to explore the impact of these two mental conditions and other factors on the quality of life (QOL) of healthcare workers.

**Methods:** This is a descriptive cross-sectional study. It included 109 nurses and doctors who are legal workers at hemodialysis centers of 11 West Bank hospitals. The data was collected from December 2024 to January 2025. A five-section questionnaire was developed, which included

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Sociodemographic Information, Health and Lifestyle Characteristics, Job-Specific Stress Factors, psychiatric and medical history, an Arabic version of the Hospital Anxiety and Depression Scale, and a brief Arabic version of the World Health Organization Quality of Life assessment. The R environment 4.4.2 analyzed the collected data.

**Results:** Among our participants, 31.19% had abnormal anxiety scores, 29.36% had borderline abnormal anxiety scores, 33.94% had abnormal depression scores, and 27.52% had borderline abnormal depression scores. There was a highly significant association between depression scores and anxiety scores. The mean scores of QOL's four domains range from 49 to 65. Anxiety and depression were significantly negatively associated with all QOL domains except for the social relationship domain.

**Interpretation of results:** The prevalence of anxiety and depression in our study was similar to that reported among other healthcare workers. Our results confirm the strong correlation between anxiety and depression, identical to previous studies, which demonstrated a positive correlation between them. We found that the majority of QOL domains had a negative correlation with anxiety and depression; this could be explained by the significant effects that anxiety and depression have on health and life.

**Conclusion:** The current study reported moderate scores of anxiety and depression among healthcare professionals at West Bank hemodialysis facilities. They had moderate scores of quality of life, which were adversely affected by anxiety and depression in various domains. More psychological support and preventive actions are advised to safeguard their mental health and general well-being.