

## **Stressed, anxious and depressed: Here's how medical providers are faring amid COVID-19.**

**(News article)** Some medical staff have placed work ahead of their own well-being and are experiencing increased levels of stress, anxiety and depression, according to researchers at UT Austin.

**Keywords:** COVID-19, healthcare providers, mental health

**Collaborators:** Nelly Salgado de Snyder

**Link:** <https://www.kut.org/covid-19/2021-10-06/stressed-anxious-and-depressed-heres-how-medical-providers-are-faring-amid-covid-19>

## **Stress and wellbeing among health providers working with vulnerable groups during the COVID-19 pandemic.**

**(Article)** This study was to analyze occupational and personal stressors, mental health indicators, perceived discrimination and help-seeking behaviors among healthcare workers and providers (HCWPs) serving socially vulnerable groups such as immigrants, refugees, farmworkers, homeless individuals, people living in poverty, and other disadvantaged populations in the United States.

**Keywords:** Mental health, COVID-19, healthcare workers

**Collaborators:** Nelly Salgado de Snyder, Alice Villatoro, Marisol McDaniel, Deborah Parra Medina.

**Link:** <https://www.frontiersin.org/articles/10.3389/fpubh.2021.782846/full>

## **Economic and Social Consequences of COVID-19 and Mental Health Burden Among Latinx Young Adults During the 2020 Pandemic**

**(Article)** This study examines how economic and psychosocial consequences as a result of the pandemic were associated with mental health issues among a community sample of Latinx young adults from Central Texas.

**Keywords:** Mental health, COVID-19, Latinx

**Collaborators:** Nelly Salgado de Snyder, Alice Villatoro

**Link:** <https://psycnet.apa.org/fulltext/2021-97039-001.html>

## **How Stressed Are Health Care Providers During the COVID-19 Pandemic?**

**(Policy brief)** This policy brief describes and evaluates the levels of stress, anxiety, and depressive symptomatology and coping behaviors among HCWPs. It offers recommendations for healthcare facilities, employers, and associations of healthcare professionals.

**Keywords:** COVID-19, healthcare providers, personal stressors, discrimination

**Collaborators:** Nelly Salgado de Snyder, Alice Villatoro, Marisol McDaniel, Deborah Parra-Medina

**Link:** <https://repositories.lib.utexas.edu/bitstream/handle/2152/98162/2021-01%20How%20Stressed%20are%20Health%20Providers%20During%20the%20Pandemic.pdf?sequence=3&isAllowed=y>

## **LatinXperts Episode 18: How Stressed Are Health Care Providers During the COVID-19 Pandemic?**

**(Podcast)** Karma Chávez interviews Nelly Salgado de Snyder about her recent study of stress among healthcare providers.

**Keywords:** COVID-19, stress, healthcare providers, Latino

**Collaborators:** Nelly Salgado de Snyder

**Link:** <https://podcasts.la.utexas.edu/latinxperts/podcast/episode-018-how-stressed-are-healthcare-providers-during-the-covid-19-pandemic/>

## **The Impact of COVID-19 on the Mental Health and Well-Being of Latinx Caregivers of Children with Intellectual and Developmental Disabilities**

**(Article)** This study explores the impact of the pandemic on the mental health and well-being of Latinx caregivers of children with intellectual and developmental disabilities. It (1) identifies which social determinants of health are correlated with maternal caregivers perceived general health, mental health, and well-being; (2) explores the impact of the pandemic on families' overall eating and physical activity routines; and (3) identifies emergent themes from caregivers' experiences during the pandemic.

**Keywords:** COVID-19, disability, Latinx, mental health, well-being

**Collaborators:** Vanessa L. Errisuriz, Sandra Vanegas, Deborah Parra-Medina, Sandy Magaña

**Link:** <https://pubmed.ncbi.nlm.nih.gov/34360263/>