



Impact of COVID-19 on nursing students' mental health: a systematic review and meta-analysis



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BACKGROUND AND PURPOSE

- ▶ This is a summary of Mulyadi M et al, 2021, <https://doi.org/10.1016/j.nepr.2021.103228>.¹
- ▶ Since early 2020, the COVID-19 pandemic has impacted on all aspects of education and healthcare delivery.
- ▶ Student nurses are in a position where they may be impacted by COVID-19 from both an educational perspective and in their role as learners in practice.
- ▶ The purpose of this systematic review and meta-analysis was to gather, appraise and synthesise research on student nurses' well-being during the COVID-19 pandemic, with a particular focus on mental health and sleep disturbances.

METHODS

Inclusion criteria	Search strategy	Appraisal and analysis
<ul style="list-style-type: none"> ▶ Studies focused on the prevalence of mental health problems or sleep disturbances in nursing students during the COVID-19 pandemic. ▶ Primary research using cohort, case-control or cross-sectional methods, and reporting the number (%) of cases. ▶ Articles available in full text and published in either English or Indonesian. 	<ul style="list-style-type: none"> ▶ Search took place in June 2021. ▶ Used four databases—CINAHL, Embase, PubMed and Web of Science. 	<ul style="list-style-type: none"> ▶ Quality judgements were made using the cross-sectional appraisal tool developed by the Joanna Briggs Institute. ▶ Meta-analysis of primary research data.

RESULTS AND AREAS FOR FUTURE RESEARCH

- ▶ Seventeen studies—all cross-sectional design—were included, encompassing data from nine countries and 13 247 student nurses.
- ▶ Eight studies including 8175 student nurses reported on depression levels; 52% of participants suffered depression during the COVID-19 pandemic.
- ▶ Three studies (n=817) reported levels of students experiencing fear (41%) and stress (30%).
- ▶ The pooled prevalence of anxiety from ten studies was 32%. Over a quarter (27%) of participants in six studies (n=3359) reported sleep disturbances.
- ▶ Future research should explore risk factors related to these mental health issues and sleep disturbances, and the effectiveness of interventions to reduce prevalence.

TAKE HOME MESSAGES

- ▶ During the COVID-19 pandemic, over a half of student nurses reported suffering from depression, nearly one-third reported stress and/or anxiety and over a quarter experienced sleep disturbance.
- ▶ Education and practice placement providers need to ensure comprehensive support is in place to bolster the mental health and well-being of student nurses during and after the pandemic.
- ▶ Further research is required to help education providers develop systems that support students through periods of crisis and uncertainty, including future public health emergencies.

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Reference

- 1 Mulyadi M, Tonapa SI, Luneto S, *et al.* Prevalence of mental health problems and sleep disturbances in nursing students during the COVID-19 pandemic: a systematic review and meta-analysis. *Nurse Educ Pract* 2021;57:103228. doi:10.1016/j.nepr.2021.103228