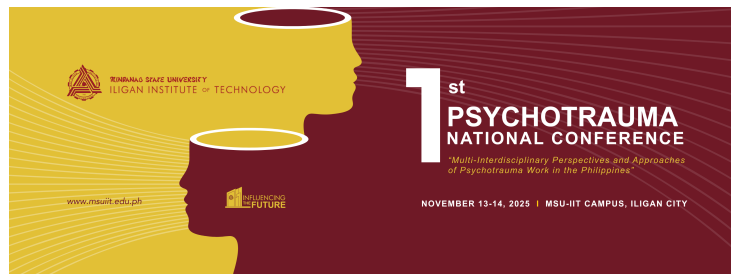


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Mental Health Problems and Associated Predictors among Filipino Civil Servants Amid the COVID-19 Pandemic

Abstract

This study quantified the prevalence of common mental disorders (CMDs) and identified associated predictors among Filipino civil servants who served as essential workers during the COVID-19 pandemic. Using a web-based survey of 572 civil servants, we administered established scales (K-6, GAD-7, PHQ-9, PRD). The findings revealed a substantial burden of CMDs: 56.5% for psychological distress, 30.6% for major depression (MDD), and 25.9% for generalized anxiety (GAD). Multiple logistic regression analysis identified several key risk factors. Sociodemographic risks included younger age (30 and below) across all CMDs and being female for MDD and psychological distress. Pandemic-related risks highlighted the critical role of difficulties in caregiving responsibilities and a lack of social activities/interaction in predicting anxiety and depression. Additionally, work-family conflict predicted distress. The results underscore the urgent need for targeted, risk-informed mental health support for this critical workforce.

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