

1. **Introduction:** The study aims to investigate the impact of the COVID-19 pandemic on the mental health of healthcare workers (HCWs) in a tertiary care hospital. The research is a cross-sectional study conducted between March and May 2020.

2. **Methodology:** The study employed a cross-sectional design. Data was collected through a self-administered questionnaire distributed to HCWs. The questionnaire included demographic information, the General Health Questionnaire (GHQ-12), and the Hospital Anxiety and Depression Scale (HADS). The GHQ-12 is a 12-item screening tool for common mental disorders, and the HADS is a 14-item scale for assessing anxiety and depression.

3. **Results:** The study included 100 HCWs. The majority were female (65%) and had been working in the hospital for more than 10 years (55%). The mean age was 35.5 years. The GHQ-12 scores indicated that 35% of the participants had a high risk of common mental disorders. The HADS scores showed that 40% of the participants had moderate to severe anxiety and 30% had moderate to severe depression.

4. **Conclusion:** The COVID-19 pandemic has had a significant impact on the mental health of HCWs. The study highlights the need for mental health support and interventions for HCWs during such crises.

5. **Limitations:** The study is a cross-sectional study, which limits the ability to establish causality. The sample size was relatively small, and the study was conducted in a single hospital, which may limit the generalizability of the findings.

6. **Future Research:** Longitudinal studies are needed to track the mental health of HCWs over time and to evaluate the effectiveness of interventions.