

1. **Introduction:** The study aims to investigate the impact of the COVID-19 pandemic on the mental health of healthcare workers.

2. **Methodology:** A cross-sectional survey was conducted among healthcare workers in various hospitals and clinics. The survey included questions about demographic information, work-related factors, and mental health symptoms.

3. **Results:** The study found that a significant proportion of healthcare workers reported symptoms of anxiety, depression, and stress. Factors such as long working hours, exposure to COVID-19 cases, and lack of social support were associated with higher levels of mental distress.

4. **Conclusion:** The findings highlight the need for mental health support and interventions for healthcare workers during the COVID-19 pandemic. Further research is needed to explore the long-term effects and develop effective coping strategies.

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