

The Effectiveness of a Therapeutic Cognitive Behavioral Online Program in Managing Psychological Burden in Healthcare Providers for People with Coronavirus.

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- **Abstract:** The COVID-19 pandemic has affected an increasing number of healthcare providers. However, they face vast physical and psychological challenges. Therefore, we assessed healthcare providers' symptoms of psychological burden concerning their response to the COVID-19 pandemic. A sample of healthcare providers completed the Depression Anxiety Stress Scale online. Analyses were performed on participants' psychological burden symptoms since the COVID-19 outbreak. COVID-19 caused a relatively significant level of psychological burden among healthcare providers. Analyses showed that academic qualification was the main factor affecting this burden. Applying the online program could reduce the psychological burden on healthcare providers.
- **Keywords:** COVID-19, Psychological, Healthcare, Stress Scale, Factor, Providers, Qualification,