



Common psychological repercussions of extended night shifts among medical staff in Saudi Arabia

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ABSTRACT

Background: There are numerous health consequences associated with night shift work, particularly for healthcare professionals. This study aims to evaluate the prevalent psychological effects experienced by medical personnel working extended night shifts in Saudi Arabia. **Methodology:** This was a prospective descriptive study done in Al-Kharj, Saudi Arabia, from April 2025 to May 2025. Data for this study was collected through an online questionnaire. **Results:** The highest prevalence of depression was observed in score (5), followed by scores (3) and (4), accounting for 30%, 26%, and 22%, respectively. Negative health impacts were reported by 88% of the study participants, comprising 85.7% of males and 88.9% of females. Concerning exhaustion, most participants achieved a score of (5), followed by a score of (4) and a score of (3), corresponding to 42%, 28%, and 18%, respectively. **Conclusion:** Depression, adverse health effects, sleep problems, fatigue, and headaches are the predominant psychiatric illnesses linked to prolonged night shift employment among the entire medical workforce in Saudi Arabia.

Keywords: Night shift, depression, anxiety, medical personnel, Saudi Arabia