The health crisis triggered by COVID-19 has a strong impact on the mental health of the general population (Wang et al., 2020) and health care professionals.The reality of health care professionals is stressful and threatening due to the growing number of confirmed and suspected COVID-19 cases, the overwhelming workload, the shortage of per sonal protective equipment, comprehensive media coverage, spe cific medicines and the feeling of not receiving adequate support (Lai et al., 2020).fear of self-contagion and of infecting close relatives, often-chang- ing protocols and personal protective equipment, care for critically ill and rapidly deteriorating patients, and difficult decision-mak ing related to the treatment and distribution of resources (Walton et al., 2020).These workers face an unprecedented dramatic public health situation, which implies a professional challenge. Chew et al., 2020).They must deal with increased care burden.

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