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Scientific letter

Impact of the SARS-CoV-2 pandemic on the early diagnosis of melanoma

Impacto de la pandemia SARS-CoV-2 en el diagnóstico precoz del melanoma

To the Editor,

The SARS-CoV-2 coronavirus pandemic, which emerged in Wuhan¹ (China) several months ago, has led to the collapse of health care in many countries around the world, including Spain. Since the beginning of the pandemic, Spanish dermatologists have been warning of the risk of a delay in the diagnosis of melanomas as a consequence of the lockdown following the state of alarm.²,³ The objective of this study was to evaluate the impact of the pandemic on the detection and early diagnosis of new cases of melanoma, as well as identifying the differential clinical presentation characteristics compared to the pre-COVID period.

A retrospective cross-sectional study was carried out in which the new cases of primary cutaneous melanoma (PCM) registered during the period from April to August 2020 diagnosed at the Costa del Sol Hospital were compared with the same period of the previous year. Data were extracted from the anatomical pathology skin cancer registry. Epidemiological (sex, age) and clinicopathological

Fig. 1. In 2019, 33 cases were melanomas in-situ and 4 melanomas over 2 mm in thickness, while in 2020, 5 cases were melanomas in-situ and 7 were melanomas over 2 mm in thickness.

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Mental health and psychological capital among Spanish health care workers during COVID-19 pandemic

Salud mental y capital psicológico en profesionales sanitarios españoles durante la pandemia de COVID-19

To the Editor,

Previous studies conducted during the COVID-19 pandemic in other countries have shown an increase in symptoms associated with mental health problems in healthcare professionals. Most of these studies have focused on risk factors and fewer on protective factors. Additionally, a large part of them have been carried out abroad.

Therefore, we propose to study the prevalence of mental health problems in a sample of Spanish health professionals, and the associated risk factors, as well as to know if psychological capital or any of its factors acts as a protective resource in the context of the pandemic.

To this end, a survey was designed and submitted electronically. The sample was collected through a snowball sampling procedure and it consisted of 294 healthcare professionals in contact with SARS-CoV-2 infected patients.

To study the prevalence of mental health problems, the General Health Questionnaire (GHQ), 12-item version, was used. Cronbach's alpha was 0.857. To correct the test, the GHQ score was used, more appropriate when the objective is to diagnose cases. Following the recommendations of Goldberg et al., and considering that the mean of the present study is 4.73, the cut-off point was established at 3. The psychological capital scale was used to measure psychological capital, a 16-item scale, consisting of 4 factors: resilience (alpha = 0.684); hope (alpha = 0.809); optimism (alpha = 0.705) and self-efficacy (alpha = 0.779). Data collection took place during the period of lockdown (April 2020).

The results show that 74.9% of the participants have GHQ scores ≥ 3. The main characteristics of the sample can be seen in

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