

Table 1 Demographic and clinical characteristics of the study sample, healthcare workers in Jordan (n = 140), 2022

Characteristic	Mean (SD)
Mean age (years)	34.45 (8.10)
Body mass index (kg/m ²)	25.92 (4.10)
	Ns. (%)
Age (years)	
< 35	70 (50.0)
≥ 35	70 (50.0)
Body mass index^a	
Normal	68 (48.6)
Overweight	55 (39.3)
Obese	17 (12.1)
Sex	
Male	41 (29.3)
Female	99 (70.7)
Marital status	
Single	55 (39.3)
Married	101 (72.1)
Divorced/separated	4 (2.9)
Smoking	
Current	31 (22.1)
Past	5 (3.6)
Non-smoker	104 (74.3)
Comorbidity	
Diabetes or prediabetes	8 (5.7)
Hypertension	3 (2.1)
Cardiovascular disease	1 (0.7)
Pulmonary	1 (0.7)
Neurological disease	1 (0.7)
Allergy	9 (6.4)
Severity of COVID-19 infection^b	
Similar	23 (16.4)
Milder	32 (22.9)
More severe	70 (50.0)
Extremely more severe	15 (10.7)
Treatment received for COVID-19 infection	
Antiviral treatment	4 (2.9)
Antibiotic treatment	53 (37.9)
Steroid therapy	13 (9.3)
Oxygen therapy	3 (2.1)
Anticoagulation	4 (2.9)
Acetylsalicylic acid	36 (25.7)
Antipyretic treatment	75 (53.6)
Analgesic	69 (49.3)
Vitamins	98 (70.0)
Antihistamine	36 (25.7)

SD = standard deviation.

^aNormal: 18.5–24.9 kg/m²; overweight: 25–29.9 kg/m²; obese: ≥ 30 kg/m².

^bCompared with influenza symptoms.