Pattern of anxiety and depression among secondary school students in Riyadh, KSA

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Objectives: To assess the prevalence of anxiety and depression among secondary school students and to compare male and female group.

Background: Anxiety is one of the most common psychological disturbances that people face in life. When mild to moderate, this pattern of psychological disturbances is considered normal and helpful; however, in severe cases, it can be considered a mental health disorder that requires medical intervention. Depression another common psychological disorder associated with higher rate of morbidities. It is diagnosed by having loss of interest or low mood with other secondary manifestations include feeling of guilt, oversleep or lack of sleep, psychomotor retardation or excitation, increase or decrease appetite and many other symptoms. In Saudi Arabia most of the population is young and we have more than 1.5 million of our population in secondary school that are under very strong educational and social pressure. This emphasizes the importance of having better understanding for their mental health and the parameters that play a role in their mental health.

Methods: This is an observational cross section study using The sampling technique followed stratified convenient sampling and data was collected using self-administered questionnaires (Arabic version of the symptom revised SCL 90- R). Data was collected from 331 secondary school students between 15 and 18 years old from both genders after raking an informed consent.

Results: Results show 25.7% of the students had anxiety. On comparing boys and girls, 23 boys (10.1%) had anxiety, while 62 (59.6%) of the girls had anxiety. In depression 28.4% is the Prevalence of depression in both genders, on comparing boys and girls, 34 male students (14.9%), while 60 female students (57.7%) had depressive symptoms with strong significance when comparing boys to girls.

Conclusion: This study analyzed the importance of mental health assessment and follow-up in secondary school students, especially girls. However, further assessment for other co-factors such as socioeconomic differences should be considered.

Biography
Faris Essa Ahmed is a medical intern in King Saud Bin Abdulaziz University for Health Sciences. He is enthusiastic to do researches and has 6 researches the fields of medicine which includes public health, orthopedic surgery, ophthalmology, internal medicine and many others. He has also an interest in extra – curricular activities thus he worked in students club in university for consecutive 4 years in which he was the Founder of reading club, Chief of cultural committee and Chief of students club in college of medicine. He is doing his internship at present and is looking for future ambitiously.

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