Factors Associated with Depression & Anxiety in the Adult Population of Qatar after the first COVID-19 Wave: a Cross-sectional Survey
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Background

• There is lack of data from Arabic-speaking countries on risk factors for depression and anxiety during the COVID-19 pandemic.
• Country-specific data are necessary given differences in culture, demographics and COVID-19 infection/mortality rates.
• Data are also needed from different time points in the pandemic.

Aims

To identify the factors associated with symptoms of depression-anxiety in the adult population of Qatar after the first COVID-19 wave.

Methods

Target Population

• 18 years old and above
• Arabic or English speakers
• Residents of Qatar

Data Collection

• Convenience sample
• Online survey
• July-December 2020
• Electronic Consent was obtained

Instruments

• Sociodemographic characteristics: age, gender, nationality, education, marital status and employment status.
• Pandemic-related questions: COVID-19 related health status, quarantine, familial/social infection or death. Worries or fears related to the using social media to look for coronavirus updates
• Mental health: PHQ-9, GAD-7,PHQ-ADS,UCLA loneliness scale,5-item DUREL religiosity scale, past psychiatric history

Results

Figure 1: Sample characteristics

- Mean Loneliness (SD): 5.8(2.0)
- Female 71.0%
- Mean Religiosity (SD): 26.1(5.3)
- Arabs 69.6%
- Changes in Living Arrangement: 38.8%
- 18-24 years: 28.0%

Figure 2: Association with Depression and/or Anxiety

- Arab Ethnicity (OR=1.69,p=0.026)
- Religion (OR=0.96,p=0.039)
- Never Married (OR=1.68,p<0.015)
- Loneliness (OR=1.91,p=0.001)
- PHQ-ADS
- Prior psychiatric History (OR=1.80,p=0.009)
- Infected/Suspected COVID-19 (OR=1.76,p=0.039)
- Social Media Induced Worries (OR=1.72,p=0.003)

Conclusions

• The point prevalence of moderate-to-severe depressive or anxiety symptoms was 36.2% (95% CI 33.2-39.4).
• The factors we identified may assist in designing support and interventions for those at greater risk of depression and anxiety in future COVID-19 waves or lockdowns in Qatar and other Arabic-speaking countries.

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