

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

Salma Mawfek Khaled, Iman Amro, Lina Bader, Peter Woodruff, Majid A Alabdulla, Tarek Bellaj, Yousri Marzouk, Youssef Hasan, Ibrahim M Al-Kaabi & Peter M Haddad

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

Data Collection

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



Instruments

Target Population

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

- **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

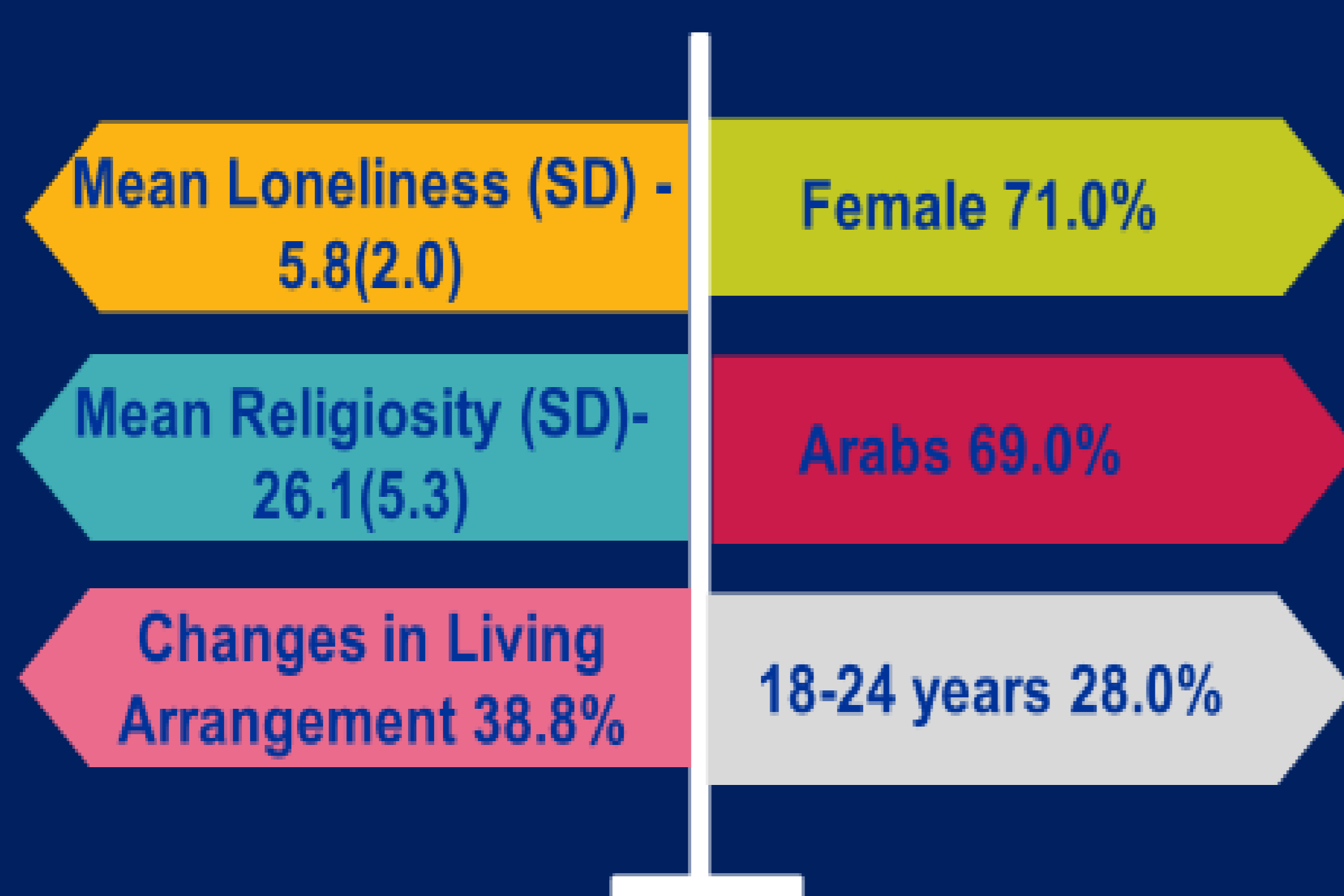
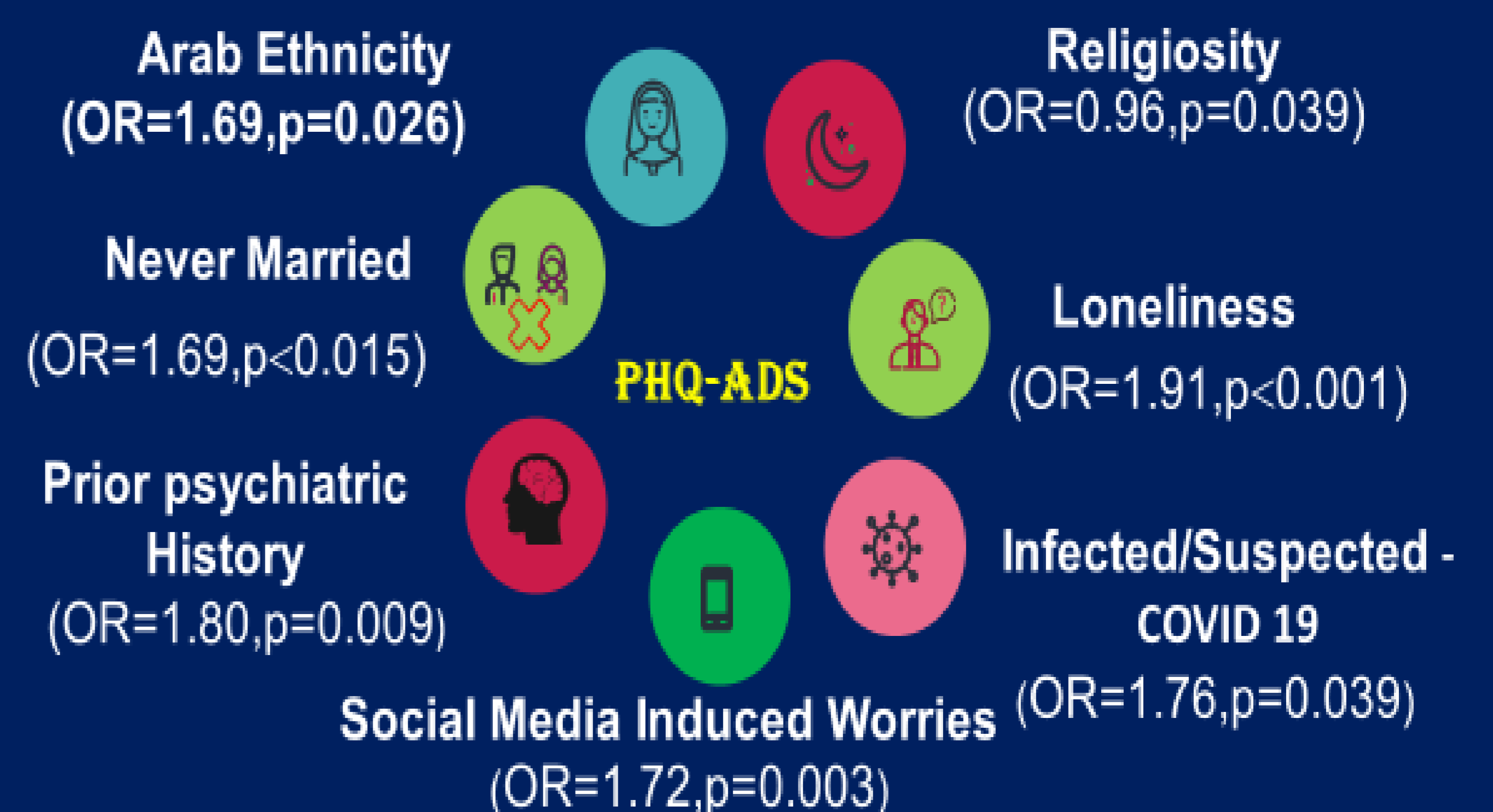


Figure 2: Association with Depression and/ or Anxiety



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 Arab-speaking countries.

Acknowledgements

This research received an Emergency Response Grant Fund from Qatar University (QUERGCAS-2020-1).