

# Impact of Covid-19 Outbreak on Mental Health among Female Saudi Arabian Population of Riyadh

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## INTRODUCTION

The role of coronavirus disease 2019 (COVID-19) pandemic is alarming on physical and mental health. Although the evidence from international studies have shown that COVID-19 has negative impact on mental health of people However studies on Saudi Arabia particle among females are missing .

## OBJECTIVES

The study aimed to determine the impact of COVID-19 event on mental health among Saudi Arabian female citizens of Riyadh.

## METHODS

- This is a cross sectional study carried out from March 2020 till the end of August 2020.
- Only female adults (aged  $\geq 18$  years) were recruited using convenience and snowball sampling methods.
- The questionnaire was self-administered to the participants through a google link.
- Valid and reliable tools were used to assess mental health .
- In addition to the questionnaire the first section is the social demographic profile, then participants were requested to give their responses on general mental status, negative attitude scale, impact of event (COVID-19 pandemic) scale (R) and negative health impact .
- The data obtained were analyzed using descriptive analysis association and comparison done according to age , BMI and education level and constant .

## RESULTS



## DISCUSSION & CONCLUSION

The prevalence of stress was (53%), while that of anxiety (63%) and finally the prevalence of depression (44%) in our sample population. Participants in the higher age group and overweight individuals have high risk for alteration in mental health. Large scale study spread across different regions of the Saudi Arabia covering several types of population needed to assess the trajectory of the mental health of Saudi population .Saudi female have high prevalence of stress and anxiety and depression related due to COVID-19.Future studies should be confirm this result by doing large scale studies

## REFERENCES

