

Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

Under The Patronage of his Excellency Dr Yousef Goussous

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Psychobehavioural response of residents in AlNasr Camp during COVID-19 pandemic: a cross-sectional study

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Abstract

Background: COVID-19 pandemic, declared on March 11, 2020, constitutes an extraordinary health, social and economic global challenge. The impact on people's mental health is expected to be high. This paper sought to assess the levels of Depression, Anxiety, and Stress, in AlNasr camp, which is located on the outskirts of Amman, Jordan. This demographic was selected due to it being underrepresented in the general research surveys, while also suffering from generalized low income and overcrowding, and so the aforementioned mental parameters were expected to be high, and even more so with the rise of the pandemic in these areas.

Objective: This study aims to measure the prevalence of depression, anxiety and stress levels in AlNaser camp in Jordan Amman during the pandemic of COVID19.

Methods: This cross-sectional designed study that was conducted between December 4th and March 22th has included 360 participants of the camp's residents. Data was collected using an interviewer-administered questionnaire that captured general demographic parameters and integrated the DASS scale (Depression Anxiety Stress Scales-21) which is 21 item standardized questions to assess the depression, anxiety and stress. The items were translated to Arabic. Data were then analyzed using SPSS version 25 for descriptive and inferential statistics.

Results: A high percentage of respondents reported Extremely Severe levels of Depression (74.3%) according to the DASS scale, 70% reported Extremely Severe Anxiety Levels, and around 69% had Extremely Severe levels of stress. Around 32% of participants stated they had COVID19 in the past 2 years, data also showed there is no significant association between COVID diagnoses and DASS scores. Unlike what was expected, the data showed no significant association between the level of income and the levels of Depression, Anxiety, and Stress, even though the level of income across the participants was low in which 67% of participants stated that their monthly income for the household was less than 300JD per month

Conclusion: Overcrowded camps such as AlNasr camp suffer from elevated levels of Depression, Anxiety, and Stress. And would benefit greatly from organized counseling programs, raising awareness about mental illness and work toward unstigmatizing them in such communities.

Keywords: COVID 19, DASS, Depression, Stress, Anxiety.



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Biography

Hasan Mihyar

I am Hasan Moh'd Mihyar, a 4th year Medical Student at Jordanian University for Science and Technology, and an aspiring video editor and graphic designer. I am a firm believer that having the ability to make things look pretty and presentable is essential have in our day and age alongside your medical degree.

I have worked on various IFMSA projects ranging from creating animated infographics to raise awareness about reproductive cancers as part of the organizing committee for Fight, Hope, Believe, to attending NGOs and participating in "How to research" conference that featured lectures introducing medical students to research and how to be part of the medical research field in the future. I am currently participating in various active researches regarding topics related to public health and awareness. In my free time, I shadow rounds and surgeries in my university's hospital, and work on my editing and designing skills through freelancing.

Huda Baidoun

I am a 2nd year medical student at University of Jordan. I was awarded with 2nd place in Jordan in Microsoft office specialist competition and took the 6th place in Intel in Jordan in 2018. I won many awards in writing articles and have been a motivational speaker in my school. I spend most of my free time in volunteering like visiting orphanage, elderly homes and vulnerable families. Last year I participated in national campaign for vaccines as I worked in many different health centers and vaccination points. I have been interested in research for the past three years as my father is a public health specialist.