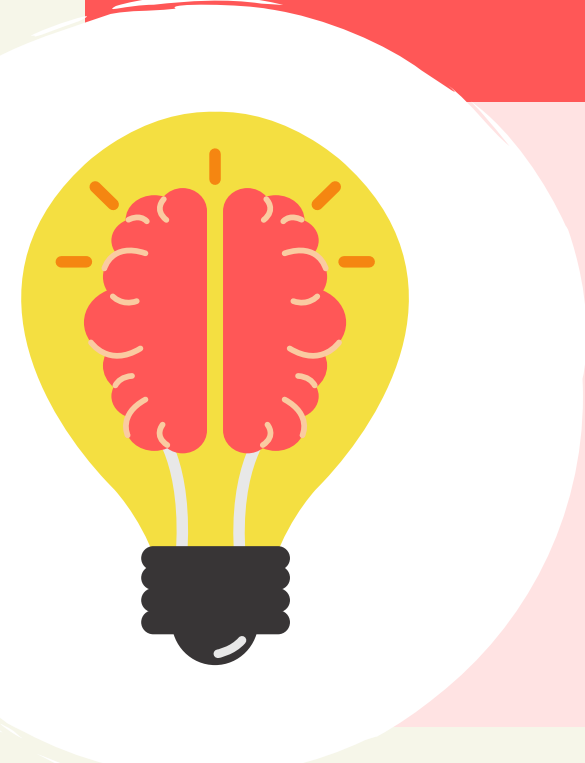
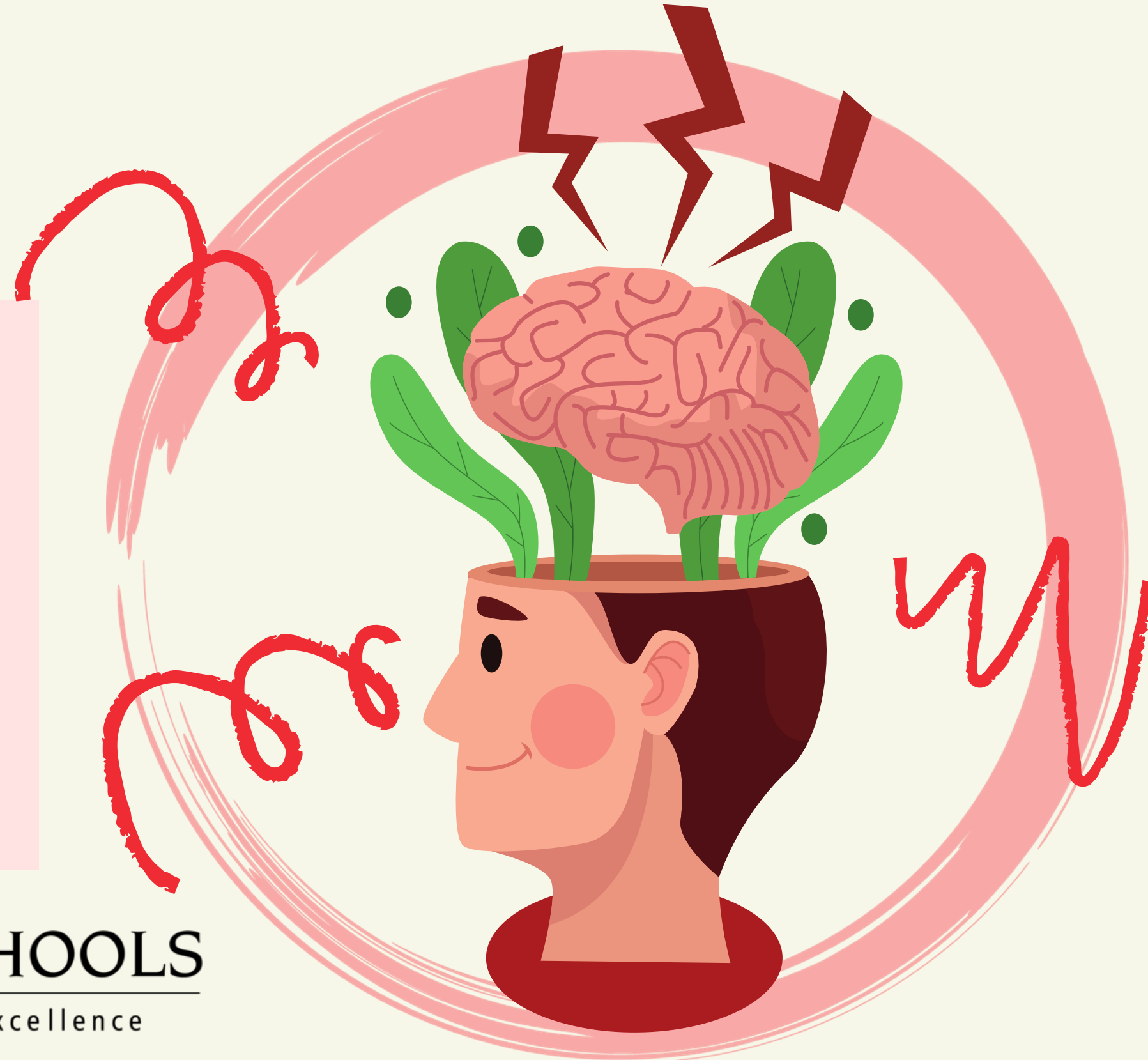


THE PREVALENCE AND ASSOCIATED FACTORS OF DEPRESSION, ANXIETY, AND STRESS AMONG THE B40 URBAN COMMUNITY IN MALAYSIA DURING THE COVID-19 PANDEMIC



MENTAL HEALTH

A state of well-being where each individual understands their own true capacity, can adapt to the ordinary burdens of life, work beneficially and productively, and make a commitment to the community.



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INTRODUCTION

In Malaysia, mental health problems are on the rise, especially among lower-income households. In 2020, it was reported that 20% of M40 families had transferred to the B40 category, resulting in a 32.5% increase in the number of B40 recipients. Various sociodemographic characteristics are linked to the prevalence of depression, anxiety, and stress (DAS). These factors are negatively exacerbated by the COVID-19 pandemic. A recent paper investigating adults during COVID-19 confinement revealed that a third of the respondents had moderate to severe depression, nearly half had moderate to severe anxiety and a third had moderate to severe stress. Additionally, suicide rates have risen, with 468 occurrences recorded in the first 5 months of 2021 alone.

As the B40 community makes up a significant amount of the Malaysian population, it is vital to investigate and develop strategies to help this population by addressing the literature gap, in order to reduce the burden on the individual, family, society, and government.

OBJECTIVES

- 1 To assess the prevalence of depression, anxiety, and stress among the B40 community during the COVID-19 pandemic.
- 2 To determine the sociodemographic factors associated with depression, anxiety, and stress.
- 3 To investigate the association of depression, anxiety and stress with help-seeking behaviour.

METHODOLOGY

| | | |
|--|--|---|
| Study Design Cross Sectional Study | Sampling Technique Convenience Sampling | Sample Size 166 participants |
| Study Setting Residents of PPR Sri Pantai (2 blocks with 39 floors) | Study Tools <ul style="list-style-type: none"> DASS-21 (Malay) GHSQ (Malay) SPSS version 28 | Ethical Consideration Approved by Taylor's University Human Ethics (HEC 2019/058) |
| Data Analysis <ul style="list-style-type: none"> Descriptive data (frequency, percentages) Associations: Chi-Square test Statistically significant p-value = ≤ 0.05. | Data Collection <ul style="list-style-type: none"> January, February & July 2021. Google form link sent via WhatsApp. | |
| Inclusion Criteria <ul style="list-style-type: none"> Aged between 18 and 60 years Residents of the PPR Registered B40 beneficiaries | Exclusion Criteria <ul style="list-style-type: none"> Non-Malaysians Individuals with comprehension difficulties | |

RESULTS

Supervisor: Prof. Halyna Lugova

41.2 Mean Age

Figure 1
The mean age (SD = 10.8) of respondents (n=166)

| Characteristics | % |
|--------------------------|------|
| Gender | |
| Male | 18.1 |
| Female | 81.9 |
| Ethnicity | |
| Malay | 82.5 |
| Non Malay | 17.5 |
| Marital Status | |
| Single | 18.1 |
| Married | 66.3 |
| Widowed and divorced | 15.7 |
| Educational Level | |
| Primary and below | 6.6 |
| Secondary | 71.1 |
| Tertiary | 22.3 |
| Occupation | |
| Employed | 48.8 |
| Unemployed | 51.2 |

Table 1
The sociodemographic characteristics of the respondents (n=166)

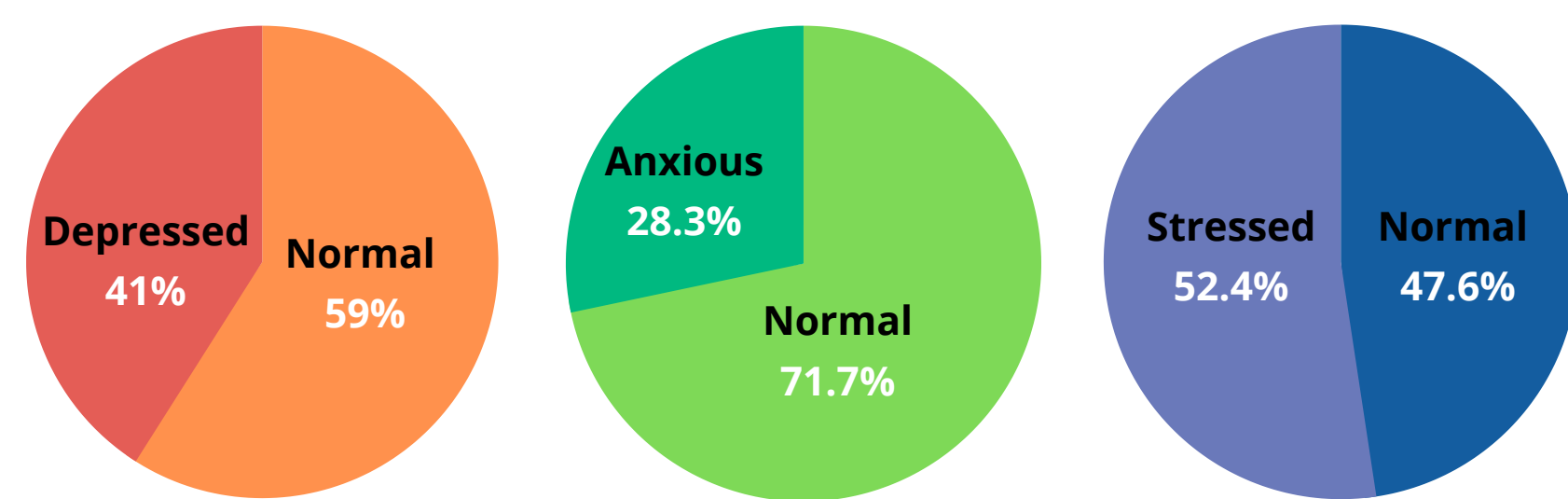


Figure 2
The prevalence of depression, anxiety, and stress among the B40 respondents (n=166)

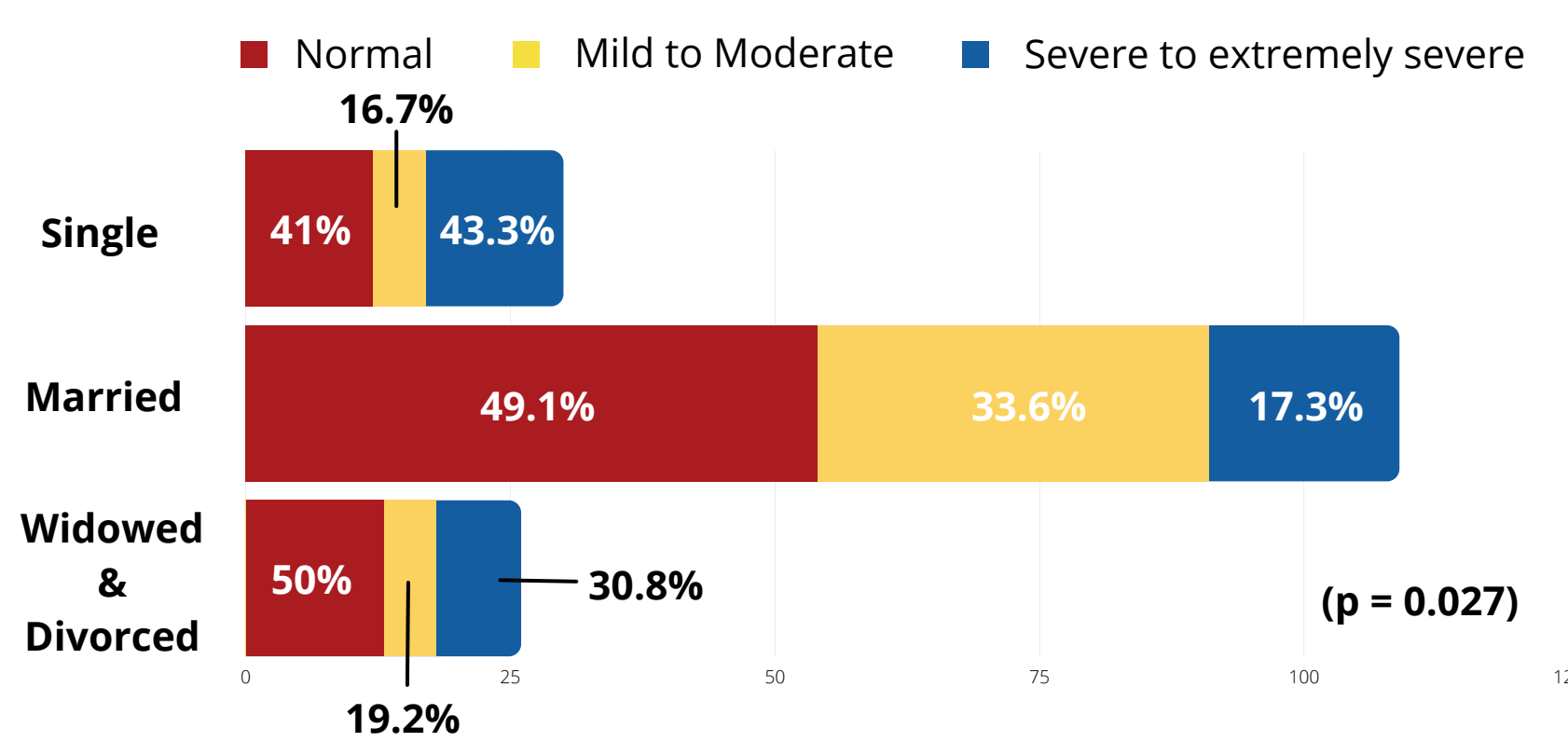


Figure 3
The prevalence of anxiety levels in different marital statuses (n=166)

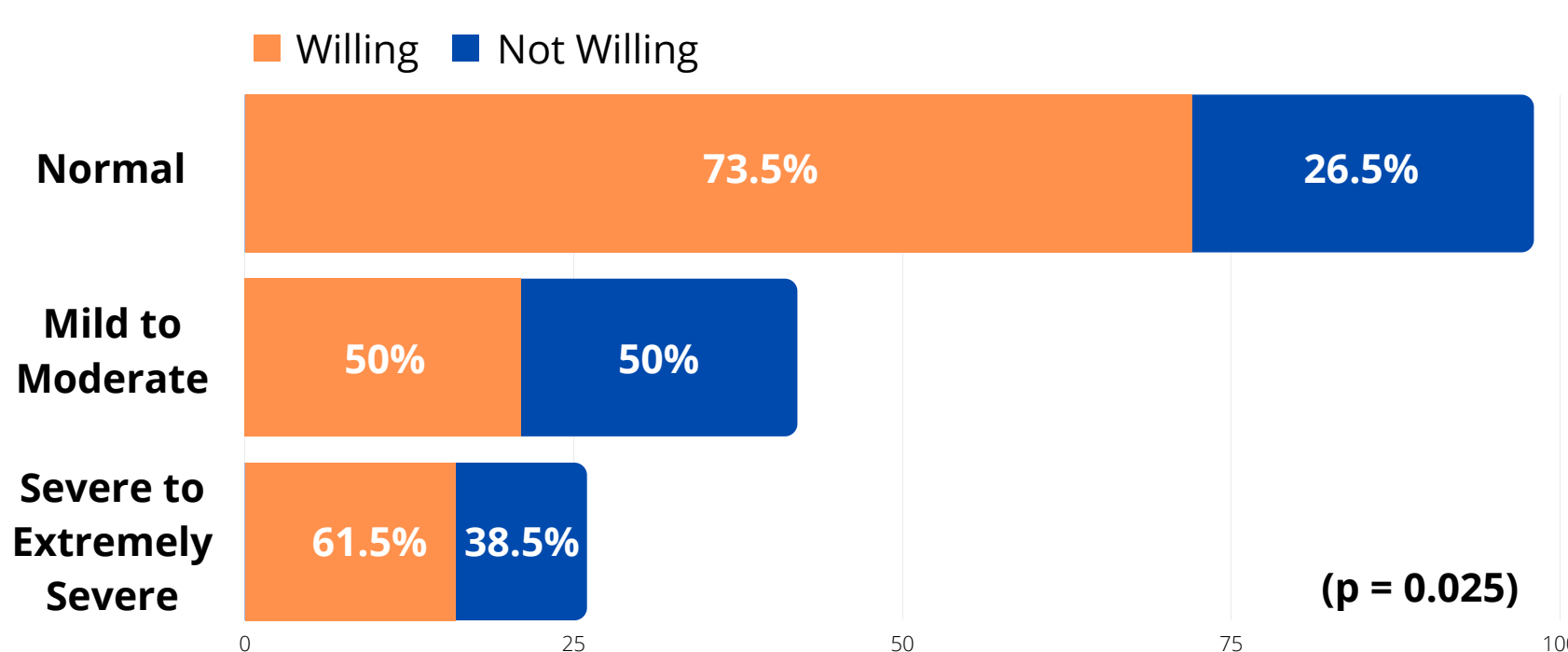


Figure 4
The willingness to seek help from other family members and relatives by depressed respondents for personal and emotional problems (n=166)

CONCLUSION

- We found substantial levels of depression (41%), anxiety (28.3%), and stress (52.4%).
- The association between marital status and anxiety was statistically significant.
- The association between depression and help-seeking behaviour from other family members and relatives was statistically significant.

Scan for Questionnaires & References



RECOMMENDATIONS

Repeat the study with :

- Bigger sample sizes
- Wide ranging pool of demographics
- More B40 communities in Malaysia