



Prevalence and Associated Factors of Depression, Anxiety and Stress among B40 Population in Kuala Lumpur, Malaysia, in the Midst of the COVID-19 Pandemic

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DID YOU KNOW!

According to Global Burden of Disease Study (2019), it is estimated that **970 million people** suffer from mental health issues globally.

MENTAL HEALTH

/ men · tuhl / / helth /

"a state of well-being" which includes emotions, psychology and social. It helps to determine the ability of an individual in coping with normal stresses of life, to work productively and make a contribution to the community.

INTRODUCTION

National Health & Morbidity Survey (NHMS) 2015 stated **about 3 in 10 adults** have struggle with mental health problems. It is reported to be higher among urban population as compared to rural population. Various research papers discussed in this study revealed a gradual increase in the percentage of depressive, anxiety and stress symptoms, secondary to economic and societal consequences. The average values of depressive symptoms (21.3%), anxiety symptoms (28.6%) and stress symptoms (12.5%) were reported during COVID-19 pandemic.

Malaysia has seen a remarkable rise in the number of suicide cases. Study has shown the association of mental disorders with suicidal behaviour, where depression is the main risk factor. Thus, it is significant to conduct this study among the urban population during the COVID-19 pandemic to encourage them to seek help and appropriate measures can be taken to improve their quality of life.

OBJECTIVES

1. To measure the prevalence of depression, anxiety and stress among the residents of PPR Sri Pantai during COVID 19 Pandemic.
2. To examine the association between socio-demographic factors and depression, anxiety and stress.
3. To examine association between help seeking behaviour and mental health.

METHODOLOGY

Target Population

PPR Sri Pantai, Kuala Lumpur, Malaysia.



Enumeration Blocks

Blocks 100 & 102



Study Sample

165 Respondents



Online Self Administered Questionnaire via Google Forms



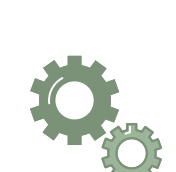
Data Collection

Online questionnaire was distributed via Whatsapp.



Cross Sectional Study

A cross-sectional study was conducted via convenient sampling technique.



Tools
Use of validated questionnaires - DASS21 & GHQS



Data Analysis

Descriptively: Frequency (n) & Percentages (%)
Association: Chi-Square Test



Ethical Considerations

Study protocol was approved by Taylor's Human Ethics Committee.

INCLUSION CRITERIA

1. Ages 18-59 years old
2. Residents of PPR Sri Pantai.

EXCLUSION CRITERIA

Individuals with comprehension difficulties.

RESULTS

The pie charts below illustrates the distribution of the study population according to the sociodemographic factors - gender, marital status, ethnicity, education level and occupation.

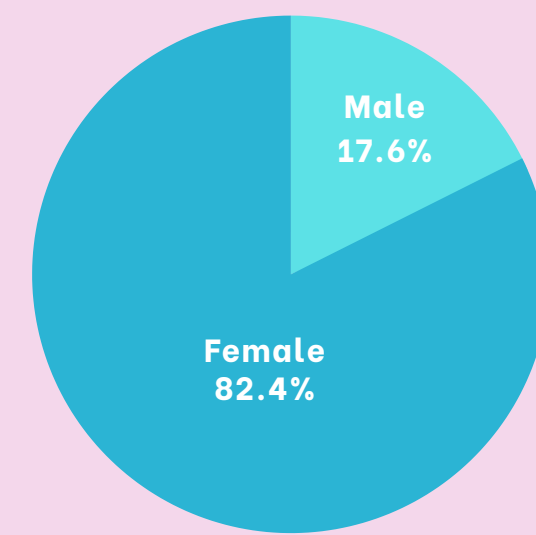


Figure 1. Distribution of Study Population according to Gender

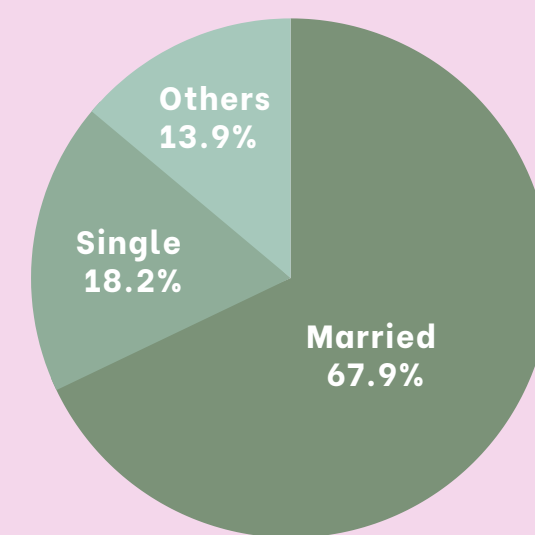


Figure 2. Distribution of Study Population according to Marital Status

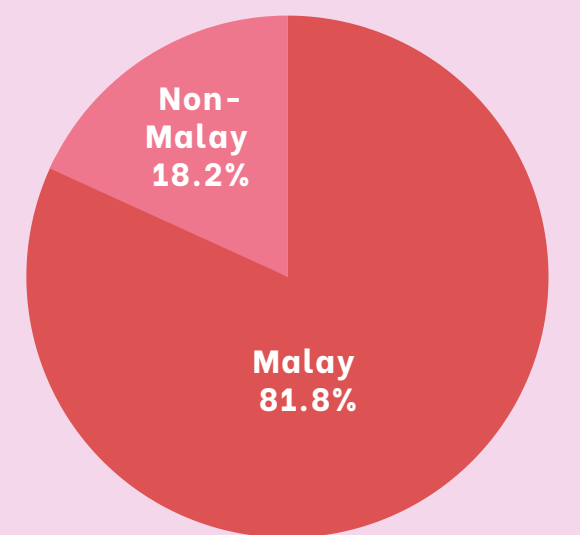


Figure 3. Distribution of Study Population according to Ethnicity

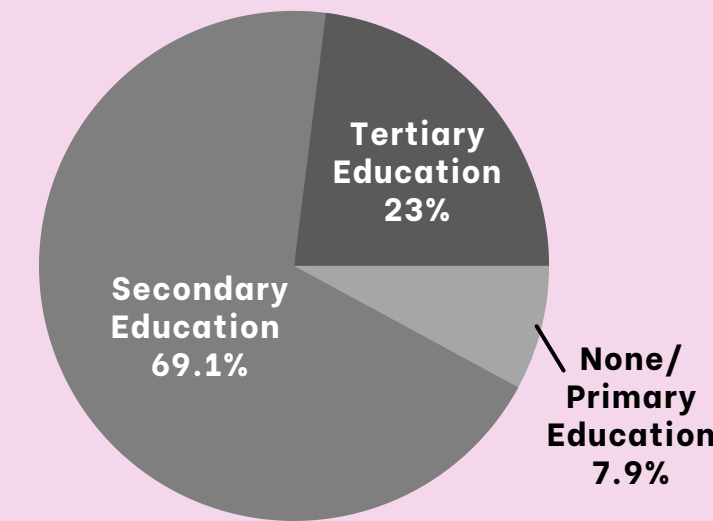


Figure 4. Distribution of Study Population according to Education Level

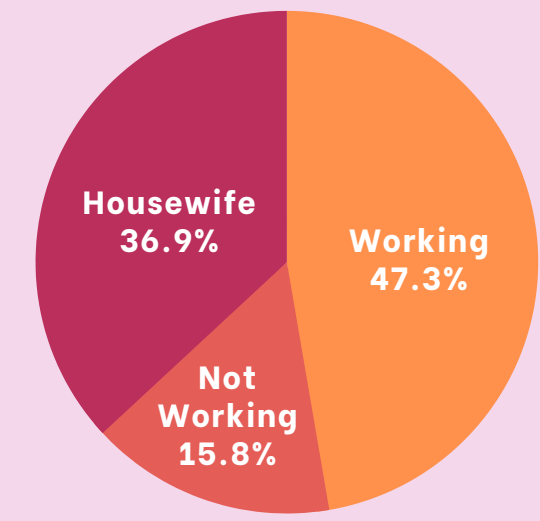


Figure 5. Distribution of Study Population according to Employment Status

The diagrams below illustrate the prevalence and associated factors of depression, anxiety & stress among B40 community of PPR Sri Pantai.

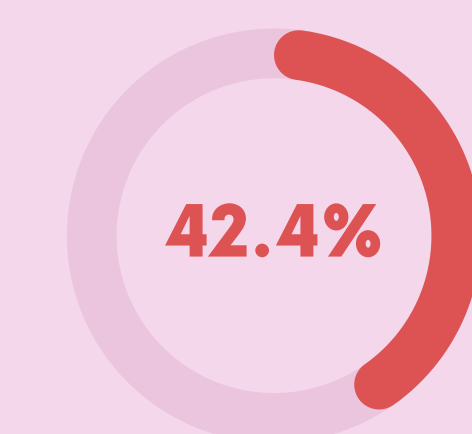


Figure 6. Prevalence of Depression among Residents of PPR Sri Pantai

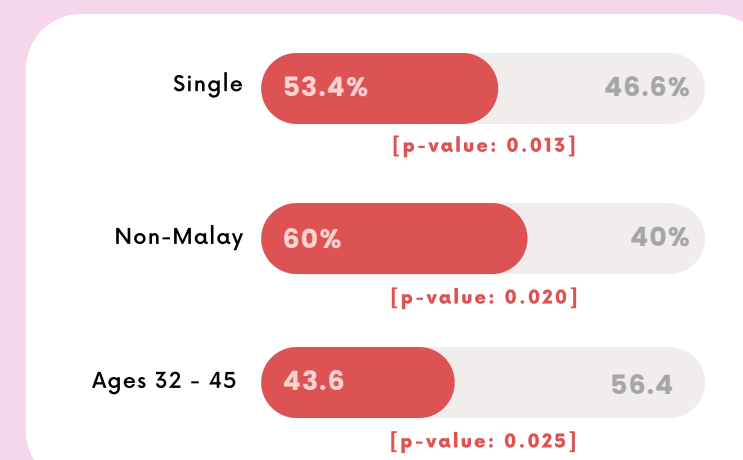


Figure 7. Associated Factors of Depression among residents of PPR Sri Pantai.

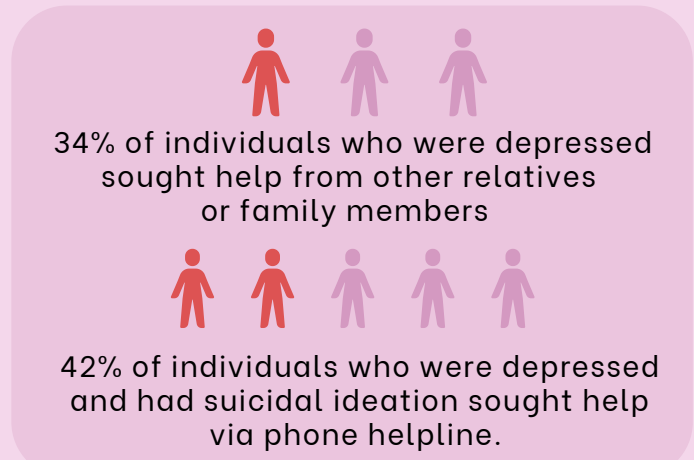


Figure 8. Prevalence of Help-Seeking Behaviour among Individuals who struggled with Depression.

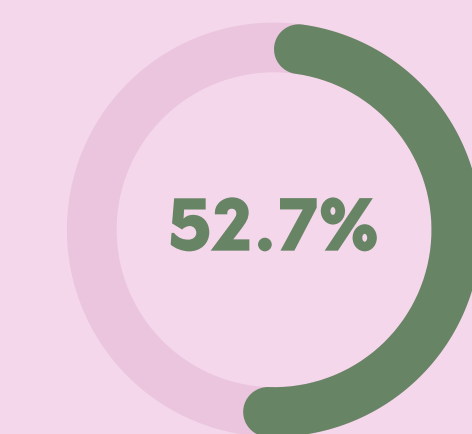


Figure 9. Prevalence of Anxiety among Residents of PPR Sri Pantai

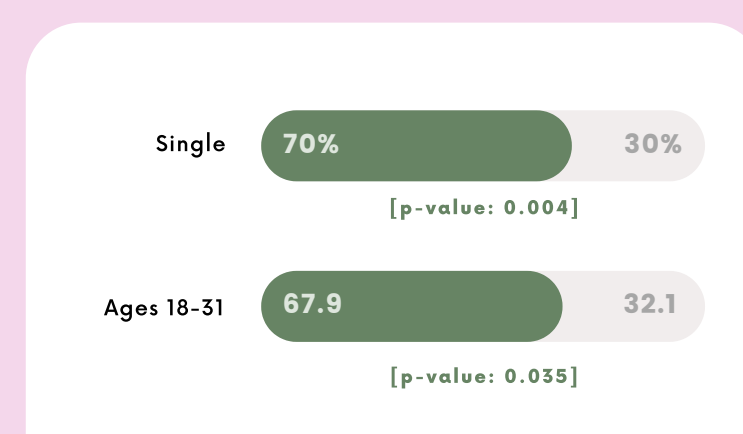


Figure 10. Associated Factors of Anxiety among residents of PPR Sri Pantai

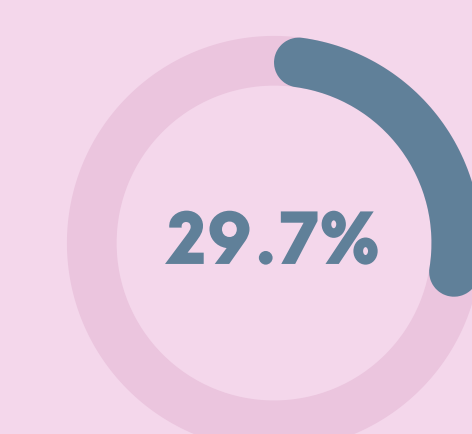
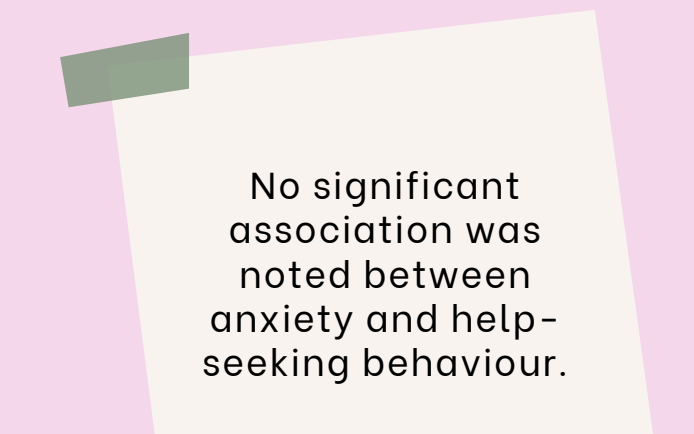


Figure 11. Prevalence of Stress among Residents of PPR Sri Pantai

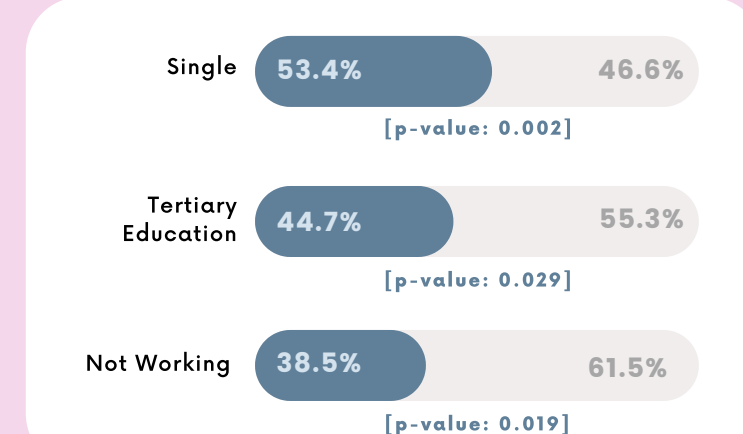


Figure 12. Associated Factors of Stress among residents of PPR Sri Pantai



Figure 13. Prevalence of Help-Seeking Behaviour among Individuals who struggled with Stress.

CONCLUSION

In conclusion, these studies show mental health issues are highly prevalent among the B40 community of PPR Sri Pantai, Kuala Lumpur. Thus, the public health sector of Malaysia should prioritise prevention of mental health related diseases since prevention is better than cure. Nowadays, information on mental health is readily available and accessible via the Internet. Citizens are also highly encouraged to seek immediate help when necessary.

RECOMMENDATIONS

1. To conduct a longitudinal study ⇒ to determine the causal relationship.
2. To carry out a more in-depth research ⇒ to further explore and understand other potential risk factors and guide in discovering the necessary interventions.
3. Pay attention to the B40 communities ⇒ not abandon their rights of receiving health care services.

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