

Impact of Covid-19 on the Mental Health of University Students

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Abstract

Objective: To estimate the psychological impact of COVID-19 on university students in Saudi Arabia. **Method:** The Depression Anxiety Stress Scales 21 (DASS-21) questionnaire was distributed via the university students' emails. Of the 71,945 full-time undergraduate university students, 3,515 respondents completed the questionnaire. The questionnaire also included demographic information, such as age, gender, source of income, living arrangements, smoking status, and weekly physical exercise. **Results:** Nearly half of the participants experienced normal levels of stress (40.5%, n=1425) and anxiety (42.4%, n=1492). In terms of depression, nearly one-third were classified as normal (29.3%, n=1031); however, one-fourth were classified as extremely severe (23.8%, n=838). There were significantly higher levels of stress among female students. Additionally, a significantly higher rate of male students (50.4%, n=667) had normal anxiety levels compared to female students (37.7%, n=825). Finally, a significantly higher proportion of female students had symptoms of depression (72.66%, n=1,592) compared with the degrees of depression among male students (67.37%, n=892).

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Biography

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