

P-468 - PREVALENCE AND CORRELATES OF DEPRESSION AND ANXIETY AMONG HIGH SCHOOL STUDENTS IN EASTERN REGION, SAUDI ARABIA

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Background: Mental health among high school students represents an important and growing public health problem in developing countries particularly in Saudi Arabia.

Objectives: The objectives of this study were to estimate the prevalence of mental health problems among high school students at Al-Hassa, Saudi Arabia and to determine the possible correlates of these disorders among them.

Methods: A self administered anonymous survey was administered to a multistage random sample of high school students. A total sample of 1652 were selected by multistage proportionate sampling method .Information about socio-demographics, presence of chronic disease conditions and other potential correlates as financial, personal, family problems were collected. Depressive and anxiety disorders were assessed using the Patient Health Questionnaire (PHQ).

Results: The estimated prevalence of any depressive or anxiety disorder was 21.9%. Major depressive disorders have been encountered in 9.9%, other depression of 19.4% and any depression of 24.4%. Panic disorder was found in 4.0% and generalized anxiety disorders in 14.0%. Suicidal ideation in the past four weeks was reported by 1.1% of students. Mental health problems were more prevalent among students of scientific department. Major depression and depression and anxiety disorders were significantly higher among girls. Logistic regression revealed that the type of department , female gender , chronic disease condition , the presence of financial and personal problems were the significant predictors for major depressive disorders.

Conclusion: These findings highlight the need to address mental health in adolescent population, particularly among those of lower socioeconomic status.