

Knowledge, Attitude and Practice among Girls ' in Schools towards Depression, Khamis Maushyt, the Governate of Aseer Region, 2015, Kingdom of Saudi Arabia

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Abstract

Background: Depression is an illness that involves the body, mind, and, thoughts that affect the way a person eats, sleep, feels about him/ her and thinks about things.

Objectives: The study aimed to assess knowledge, attitude and practice among girls in schools toward Depression, King Saudi Arabia, Khamis Maushyt, the Governate of Aseer Region.

Methods: Community based cross-sectional descriptive study was conducted in Khamis Mushayt School to identify knowledge, attitude and practice among girls towards depression. A total of 207 students (girls) were involved in the study. They were selected by using simple random sampling techniques. Data were collected through a questionnaire and analyzed using SPSS software version 20.

Result: The study showed that 180 (87%) students knew what depression means, 151(72.9%) of study group did not feel depressed, while 79 (38.2%) of the study group sometimes felt lonely. In the study, 50 (24.2%) of students go to the physician when they feel depressed and 53 (25.6%) students in the study group think that depression has medical treatment while 109 (52.7%) of study group believed that depression might have other treatment such as Holy Qur'an.

Conclusion: There is a need for a national intervention program to promote of adolescent mental health in schools. The program should include the screening of students using psychometric scales.

Keywords

KAP, Depression, schools, Girls, Kingdom of Saudia Arabia

INTRODUCTION

Depression is a significant contributor to the global burden of disease and affects people in all communities across the world. Today, depression is estimated to affect 350 million people. The World Mental Health Survey conducted in 17 countries found that on average, about 1 in 20

people reported having an episode of depression in the previous year. Depressive disorders often start at a young age; they reduce people's functioning and often are recurring.

For these reasons, depression is the leading cause of disability worldwide in terms of total years lost due to disability. The demand for curbing depression and other mental health conditions is rising globally. A recent World Health Assembly called on the World Health Organization and its member states to take action in this direction (WHO, 2012). Depression is a common mental disorder that presents with a depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep and/ or appetite and poor concentration.

Moreover, depression often comes with symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day.

Every person who commits suicide, 20 or more may attempt to end their life (WHO, 2012). This study aimed to study the knowledge attitude practice of students toward depression and recognize the situations, and the behaviors of the girls' students towards depression in schools.

MATERIALS AND METHODS

Study design

This was a cross-sectional study institutional based.

Study area

This study was conducted during school time in 2015, in Khamis Maushyt, the governate of the Aseer Region, in the southwest of Saudi Arabia.

Study Population

The study population was Preparatory and secondary schools in Khamis Mushayt (n= 207).

Sample size

A total of 207 secondary and preparatory school girls participated in this study, their ages ranged from 13–20 years with an average of 17.13 ± 1.12 years and a median of 17.0 years. The chosen schools were; the Tenth Preparatory, the seventh Preparatory, the tenth secondary and the eighth secondary.

Methods of Data Collection

Data were collected by 4th year trained female public health students, under the supervision of their college professors. These students were trained in practical research methodology, as a part of their study course.

Data Analysis

Statistical analysis was conducted at College of Applied Medical Sciences, King Khalid University, using the Statistical Package for the Social Sciences (SPSS, Version 20 for Microsoft Windows operating system).

Ethical Clearances

Before administration of the questionnaire, the purpose of the study was briefly and described to the students. They were informed that they could choose not to participate and were assured of the complete confidentiality of their data.

RESULTS

Table 1 indicates the socio-demographic characteristics of the participants. More than half 50.7%, of the participants were aged between 13-15 years. More than 51 % of the participants 51.7% were middle school and 49.3% were secondary school. Most of participants their academic performance was 81% and above. The most family income 36.2% was 10,000 above SR. The most participants mothers; education level was University and above 21.7%. The participants' fathers' education level was mostly secondary education 36.7%. The vast majority 90.8% of the participants lived with their fathers and mothers.

Response	No.	%
Age groups (in years)		
13-15	105	50.7
16-20	102	49.3
Total	207	100.0
Education level		
Middle school	107	51.7
Secondary school	100	49.3
Total	207	100.0
Academic performance (%)		
60 less	4	1.9
61-70	10	4.8
71-80	24	11.6
81 and above	169	81.6
Total	207	100.0
Family income range (in SR)		
2000-6000	64	30.9
7000-9000	63	30.4
10,000 and above	75	36.2
Nothing	5	2.4
Total	207	100.0
The educational level of mother		
Illiteracy	36	17.4
Primary	43	20.8
Average	44	21.3
Secondary	39	18.8
University or above	45	21.7
Total	207	100
The educational level of father		
Illiteracy	9	4.3
Primary	27	13.0
Average	29	14.0
Secondary	76	36.7
University or above	66	31.9
Total	207	100
With whom do you live?		
Mother	13	6.3
Father	4	1.9
Father and mother	188	90.8
Other	2	1.0
Total	207	100

Table 1: The basic socio-demographic profile of the student participants (n=207)

Table 2 shows the knowledge, attitude and behavior of participants regarding depression. The majority of participants knew the depression 87%. More than two-thirds of participants 60.4% were feel sad most of the time. The majority of participants their self-assessment among 85% was necessary. Only 29% of the participants suffer from insomnia. More than half of the participants were hyperactive 50.2%. Only 26.1% of the participants were worried about the

future. Also, more than half of the participants felt tired for no reason 50.2%. Of more than 36% were underwent visual weight loss. Approximately half of the participants 48.3% were stated that they under any kind of stress. Of more than 54% of the participants were sometimes felt a sudden urge to cry. Most of participants 57% had negative thoughts to their minds when they were sad. Only 17.4% of the participants had depressed persons in their families.

Response	No.	%
Do you know depression?		
Yes	180	87.0
No	27	13.0
Total	207	100.0
Do you feel sad most of time?		
Yes	125	60.4
No	82	39.6
Total	207	100.0
What is your self- assessment?		
Important	176	85.0
Un important	31	15.0
Total	207	100.0
Do you suffer insomnia?		
Yes	60	29.0
No	141	68.1
Sometimes	6	2.9
Total	207	100.0
Are you hyperactive?		
Yes	104	50.2
No	102	49.3
Sometimes	1	5
Total	207	100
Are you worried about the future?		
Yes	54	26.1
No	151	72.9
Sometimes	2	1.0
Total	207	100
Do you feel tired for no reasons?		
Yes	104	50.2
No	101	48.8
Sometimes	2	1.0
Total	207	100
Did you undergo observable weight loss?		
Yes	75	36.2
No	132	63.8
Total	207	100
Are you under any kind of stress?		
Yes	100	48.3
No	106	51.2
Sometimes	1	5
Total	207	100
Do you feel sudden urge to cry?		
Yes	39	18.8
No	55	26.6
Sometimes	113	54.6
Total	207	100
Being sad what thoughts come to your mind?		
Negative	118	57.0
Positive	88	42.5
Nothing	1	5.0
Total	207	100
Any depressed person in your family?		
Yes	36	17.4

No	171	82.6
Total	207	100

Table 2: Knowledge, attitude and behavioral among students related to depression (n=207).

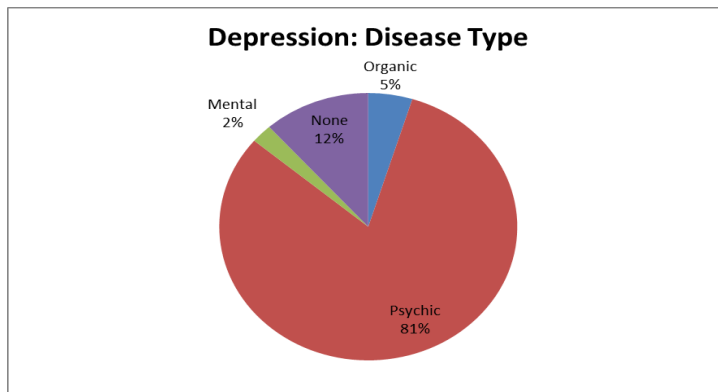


Figure 1: Percentage of study subjects who think depression is an organic, psychic or a mental disease (n=207)

Figure 1 shows that the vast majority of the participants 81% were, thoughts that depression is physis, 12% were none, 5% were organic and 2% were mental.

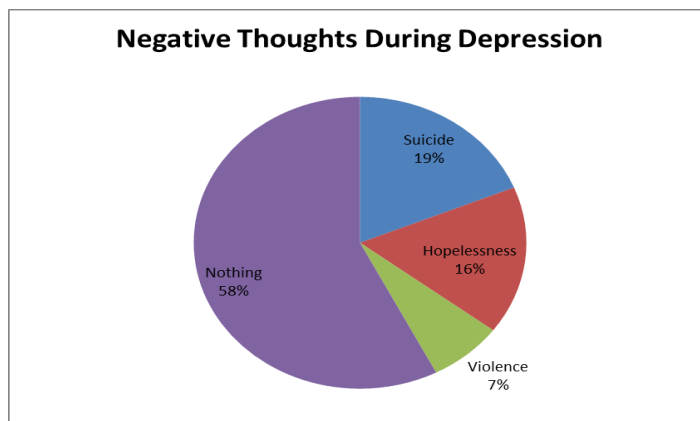


Figure 2: The different types of negative thoughts prevailing the minds of the students under study (n=207)

Figure 2 indicates the different types of negative thoughts prevailing in the minds of the students under study. However, 58% thought nothing, 19% thought suicide, 16% hopelessness and 7% where negative thought was violence.

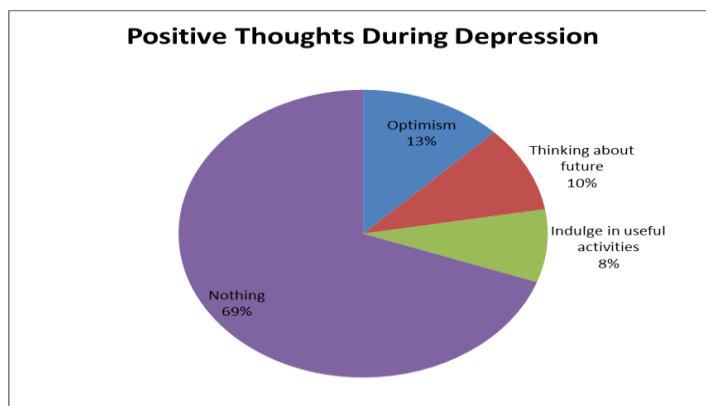


Figure 3: The types of positive thoughts prevailing the minds of the students under study in order to overcome the feeling of depression (n=207)

Figure 3 illustrates the types of positive thoughts prevailing the minds of the students under study to overcome the feeling of depression. The most positive thought was nothing 69%, 13% was optimum, 10% was thinking about future and 8% was indulging in useful activities.

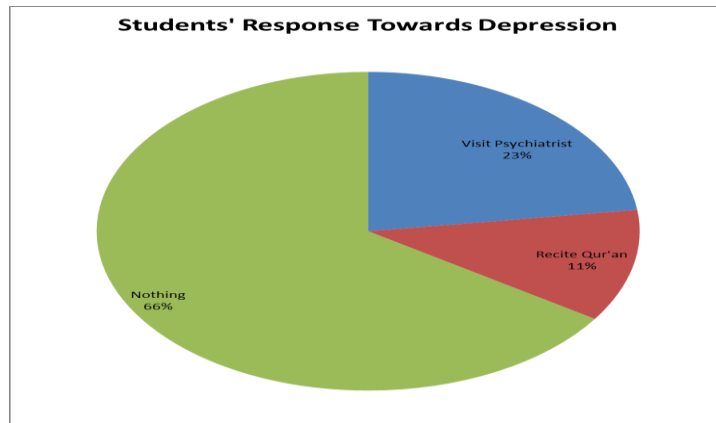


Figure 4: The figure illuminates the response of students towards depression and the type of help they indulge in during depression. (n=207)

Figure 4 illuminates the response of students towards depression and the type of help they indulge in during depression. The response of participants' depression and the type of help they indulge in during depression was nothing among 66%, 23% visited a psychiatrist and 11% recited Holy Quran.

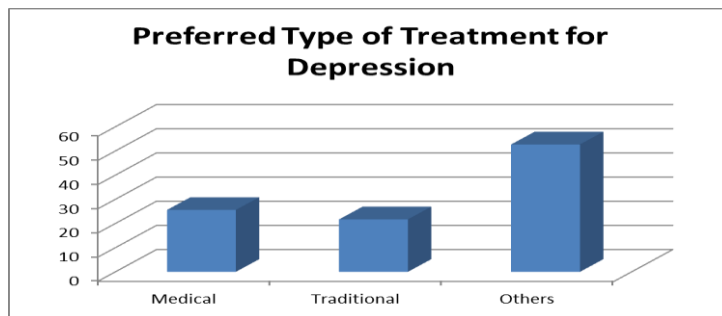


Figure 5: The type of treatment suggested by the study group as preferred for anyone suffering depression (n=207)

Nearly two-thirds of the participants' type of treatment suggested by study group was preferred for anyone suffering depression was other treatment among nearly two-thirds of them, more than 20% were used traditional treatment and nearly a third of them were used medical treatment, figure 5.

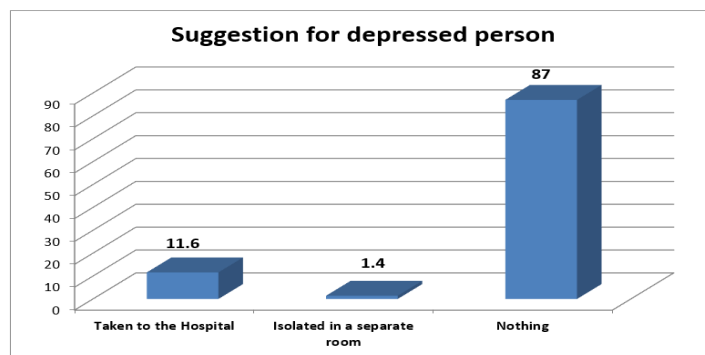


Figure 6: Reaction of students to a depressed family member (n=207)

Figure 6 shows that the majority of participants 87% had no suggestion for depressed family members, 11.6% were taken to the hospital and, only 1.4% was isolated in a separate room. The vast majority of the participants 93.3% stated that depressed person needs special treatment.

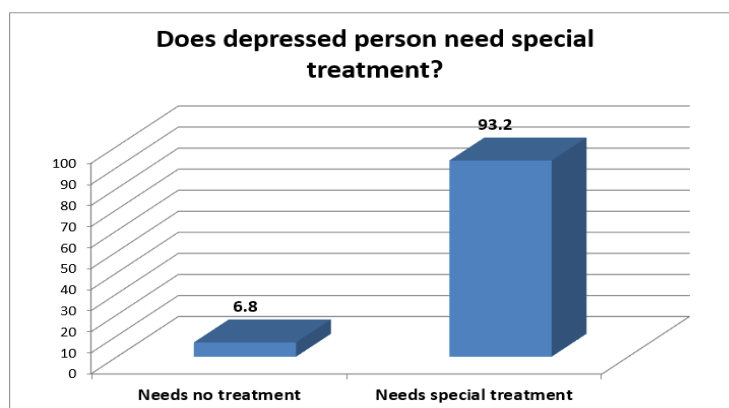


Figure 7: Priority is given to a depressed person by the study group (n=207)

DISCUSSION

People suffer depression for various reasons, depression is harmful, and has a negative impact on the health of student and carries its effects later on life. Depression is a mental disorder that is pervasive in the world and affects us all. Unlike many large-scale international problems, a solution for depression; is at hand. Efficacious and cost-effective treatments are available to improve the health and the lives of the millions of people worldwide suffering depression. On an individual, community, and national level, it is time to educate ourselves about depression and support those who are suffering this mental disorder (WHO, 2014).

Our study shows that the percentage of depression spread among age groups were; in the age (13-15) years is about 50.7% while in the age (16-20) years is 49.3 % as they are nearly equal. Also, by checking the samples in middle stage; the percent was 51.7% which is nearly equal to the secondary stage in 48.3%. Comparison studies showed that the prevalence of depressive symptoms has been reported to range 27% to 76% (Bhattarai et al., 2020, Bhandari, 2016).

Moreover, by checking their social status and their family connections, we found that about 90.8% of them live with their parents; both father and mother. Therefore, they didn't suffer loneliness or family troubles. In contrast to our finding

Previous studies have revealed that staying away home (Sandal et al., 2017) and academic performance and examination-related issues (Bhandari, 2016, Rodrigo et al., 2010) were linked with depression. Likewise, not living with parents, educational level of parents (Abbo et al., 2013) and high educational stress (Nguyen et al., 2013) had been the determinants of depression as per previous studies.

As well as, the percentage for their knowledge about depression was 87.0% and about 85.0% think that it's a psychological disease. As they think it's just a behavior so about 60.0% of them feel a sad most of the time. The strangest issue of this study that their assessments of themselves as important is about 85.0%. By checking the emotional and physical factors such insomnia; the percentage is 29.0%, traffic is 50.2%, feeling the despair of the future is 26.1%, and losing weight is 36.2%.

In contrast studies done on the knowledge of depression among adolescents in Nigeria found inadequate knowledge (Aluh et al., 2018, Adeosun, 2016, Izibeloko, 2016). A study conducted among secondary school students in South-East Nigeria showed that only 4.8% of the participants could correctly identify depression in the vignette presented (Allah et al., 2018).

Regarding attitudes to depression, a study among secondary students in Bayelsa State, Nigeria, revealed that 55% of the participants had positive attitudes toward mental disorders (depression), with majority (79%) believing that most people with a serious mental illness can, with treatment, get well and return to productive lives. About 61% of the respondents agreed that people with mental illness are, by far, more dangerous than the general population and 68% agreed that mental health facilities should be kept out of residential areas (Izibeloko, 2016).

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