

The status of mental health and wellbeing under COVID-19

Objectives and target population

- This study was conducted by UNDP and GSSCD of Kuwait to assess the mental health status under the COVID-19 outbreak. The survey was conducted from June 18 to July 15, 2020, for the Kuwait residents over 21-year-old who is living in the territory of Kuwait.
- 679 cases (57.9% of females and 42.1% of males; 67.7% of Kuwaiti nationals and 32.3% of non-Kuwaiti nationals) were analyzed.

Mental health status is serious under COVID-19 in Kuwait!

- 59.8% of females and 51.0% of males are under depression.
- 20.4% of females and 13.6% of males are experiencing extremely severe depression.
- 42.0% of females and 37.8% of males are under psychological distress. And 15.1% of females and 9.1% of males are experiencing severe or extremely severe psychological distress.

Figure 1 Prevalence of depression

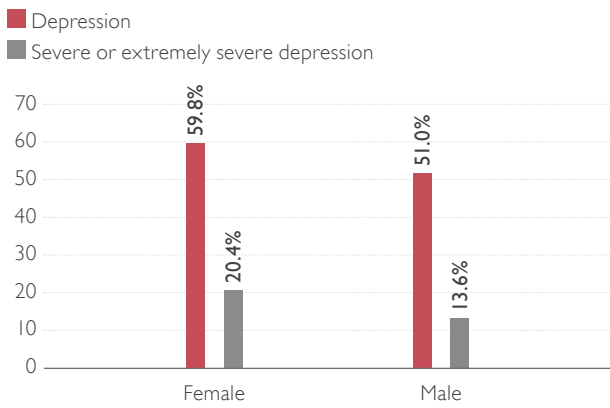
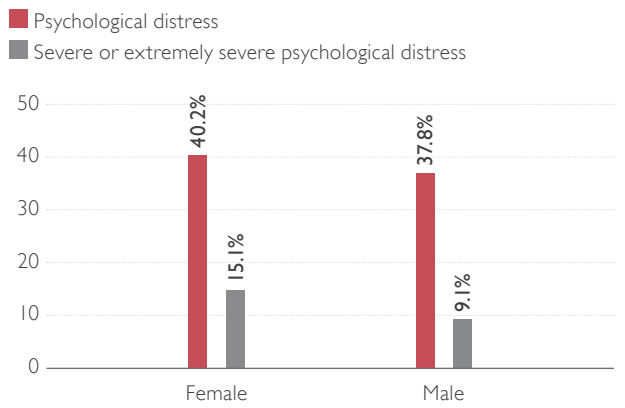


Figure 2 Prevalence of psychological depression



Family tensions and health behaviors are challenged under COVID-19 outbreak!

- 34.9% of females and 26.4% of males are suffering from tensions or violent behaviors with family members.
- 22.1% of females and 12.2% of males are experiencing verbal or physical abuse from family members.
- 34.9% of females and 26.4% of males do not take physical activities at least 30 minutes a week.
- 22.1% of females and 12.2% of males are having 'poor' and 'very poor' quality of sleep.

Figure 3 Prevalence of tension and violent behaviors with family members

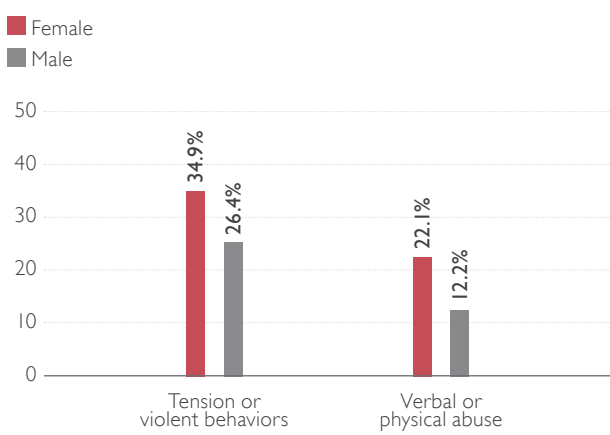
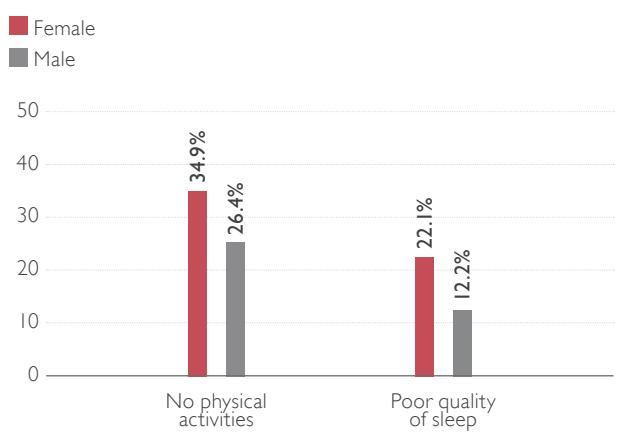


Figure 4 Prevalence of 'no physical activities' and 'poor quality of sleep'



Predicting variables to depression and psychological distress!

- Female (2.00 times), aged 21-29 (4.56 times), the tension of violent behaviors with family members (4.56 time), no physical activities (1.64 times), smoking cigarettes (3.02 times), and poor or very poor quality of sleep (1.75 times) are more likely to cause extremely severe depression.
- Female (3.09 times), aged 21-49 (3.68 times), ill-health conditions or diseases (1.83 times), tension or violent behaviors with family members (3.56 times), smoking cigarettes (3.06 times), and poor or very poor quality of sleep (2.20) are more likely to cause severe or extremely severe psychological distress.

Figure 5 Likelihoods of extremely severe depression according to the variables

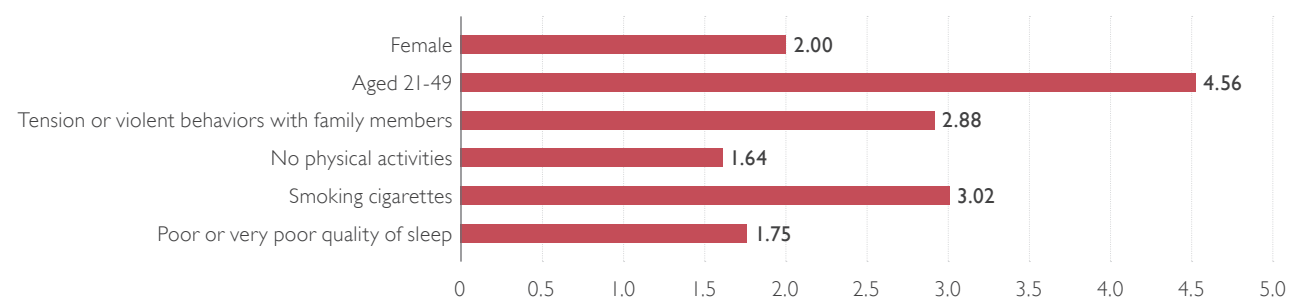
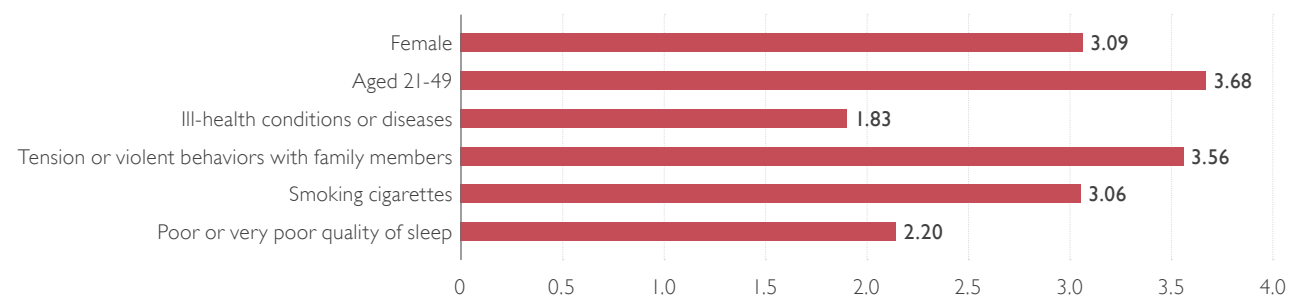


Figure 6 Likelihoods of severe or extremely severe psychological distress according to the variables



Call for actions

There are urgent needs to intervene for health behaviors and social supports, including coping methods for COVID-19 stress, systems for family counsel, community supporting environment for encouraging a healthy lifestyle.

