



Mood and Anxiety Disorders among the Public

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Authors' contributions

This work was carried out in collaboration among all authors. Author NJA designed the study, performed the statistical analysis, wrote the protocol and wrote the first draft of the manuscript. Authors ASA and FZA managed the analyses of the study. Author NJA managed the literature searches. All authors read and approved the final manuscript.

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ABSTRACT

Introduction: Mood disorder is one of the most prevalent and the most disabling disorders that affect humankind health, so it is important to know its symptoms, how it is treated suitably and how it can be assessed. This study aims to assess the mood of the public.

Methodology: This study includes an online questionnaire, the questionnaire questions were prepared using the mood self-assessment of NHS and after that converted to online google form

Results: About 20.8% of the respondents reported that they have been bothered by feeling down, depressed or hopeless in nearly every day. About 59% of them reported that they experienced an anxiety attack.

Conclusion: The results of this study show a high percentage of anxiety and depression among the public. It is important to increase the public awareness about anxiety and depression and how to deal with these disorders.

Keywords: Anxiety; depression; mood disorders; public.

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1. INTRODUCTION

Mood can be defined as emotional responses to short-term or long-term stressors like changes in health status. These temporary emotional reactions to life experiences are typically reflected in an individual's affect: the face one presents to the world [1].

Mood and affective disturbances lead to enormous suffering and pain and lead to a significant disruption of patients' work, family relations and social life. Doctors who can identify, diagnose and treat these disorders appropriately can have a dramatic influence on the quality of their lives and can help patients and family members acknowledge these problems, talk about them, and ease their acceptance to psychiatric consultation and treatment [2-4].

Psychological disturbances may appear in one's behavior if a person's moods are experienced outside the normal range or if they no longer have control over these moods. Although it is normal for any persons to experience irritation, sadness or anger based on external events, these emotions can become dangerous, leading to the need for psychological intervention [5].

One of the main characteristics of major psychiatric disorders, such as schizophrenia and mood disorders is the inability to function in everyday life, on a professional and social level. In mood disorders, mood elevation and persistent depression appear to have a direct influence on functioning and on cognitive symptoms, which in turn also impact the daily functioning. In these distinct psychiatric conditions, the severity of functional deficits is associated with depression, other mood symptoms and with cognitive deficits. In turn, cognitive deficits appear to be influenced by mood symptoms. Therefore, depression appears to have both direct and an indirect impact on psychosocial function. This rationalizes the aggressive management of mood symptoms as an essential tool for optimizing the daily functioning in multiple psychiatric disorders [6].

Because mood disorder is one of the most prevalent and the most disabling disorders that affect humankind health, it is important to know its symptoms, how it is treated suitably and how it can be assessed [7,8]. This study aims to assess the mood of the public in order to help them in understanding how they have been feeling recently.

2. METHODOLOGY

This study included an online questionnaire, the questionnaire questions were prepared using the Mood self-assessment of NHS "https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/" [9] and after that converted to online google form. The participation in the study is voluntary and the participants don't take any incentives. Participants of 10years of age and above were included in the study. Additionally, all people with or without already diagnosed medical or psychiatric illness and substance users were included.

The data include the age of the respondents, other personal data, 8 questions related to depression and 10 questions related to anxiety and worrying.

NHS reported that this short questionnaire helps others in better understanding of how they have been feeling over the last 2 weeks in addition to guide them in the correct direction for helpful advice and information.

The data were collected using excel software and after that the data were represented by frequencies and percentages.

3. RESULTS

The online survey was completed by 559 participants. The majority of them were in the age group between 10-29 (94.98%). Table 1 represents the age of the respondents.

Table 1. Age of the respondents

Age	Number	Percentage
10-19	346	61.89
20-29	185	33.09
30-39	25	4.47
40-49	2	0.35
50-59	1	0.17

The majority of the respondents were female (66%). Moreover, the majority were not married (92.7%). Table 2 shows the Personal data of the participants.

About 20.8% of the respondents reported that they have been bothered by feeling down, depressed or hopeless in nearly every day. Moreover, 16.5% of them reported that they have had little interest or pleasure in doing things in

nearly every day. Questions related to depression are shown in Table 3.

frequently. Table 4 shows the Questions that are related to anxiety.

About 59% of the participants reported that they experienced an anxiety attack. The majority of them (89.1%) said that have been bothered by worrying too much about different things

4. DISCUSSION

Depression and anxiety disorders are different, but people with depression often experience

Table 2. Personal data

Variable	Category	Number	Percentage
Marital status	Married	41	7.3
	Not Married	518	92.7
Employment status	Employee	157	28.1
	Not working or students	395	70.7
	Retired	7	1.2
Education	Bachelor	202	36.1
	Schools or illiterate	357	63.9
Gender	Male	190	34
	Female	369	66

Table 3. Questions related to depression

Question	Category	Number	Percentage
Q1. How often have you been bothered by feeling down, depressed or hopeless?	Not at all	32	5.7
	Several days	300	53.7
	More than half the days	111	19.9
	Nearly every day	116	20.8
Q2. How often have you had little interest or pleasure in doing things?	Not at all	40	7.2
	Several days	299	53.5
	More than half the days	128	22.9
Q3. How often have you been bothered by trouble falling or staying asleep, or sleeping too much?	Not at all	201	36
	Several days	187	33.53
	More than half the days	98	17.5
	Nearly every day	73	13.2
Q4. How often have you been bothered by feeling tired or having little energy?	Not at all	52	9.3
	Several days	224	40.1
	More than half the days	149	26.7
Q5. How often have you been bothered by poor appetite or overeating?	Not at all	151	27
	Several days	163	29.2
	More than half the days	122	21.8
	Nearly every day	123	22
Q6. How often have you been bothered by feeling bad about yourself, or that you are a failure, or have let yourself or your family down?	Not at all	130	23.3
	Several days	195	34.9
	More than half the days	106	19
	Nearly every day	128	22.9
Q7. How often have you been bothered by trouble concentrating on things, such as reading the newspaper or watching television?	Not at all	267	47.8
	Several days	167	29.9
	More than half the days	60	10.7
Q8. How often have you been bothered by moving or speaking so slowly that other people could have noticed, or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?	Not at all	243	43.5
	Several days	198	35.4
	More than half the days	69	12.3
	Nearly every day	49	8.8

Table 4. Questions related to anxiety

Question	Category	Number	Percentage
Q9. Have you had an anxiety attack (suddenly feeling fear or panic)?	Yes	330	59
	No	229	41
Q10. How often have you been bothered by feeling nervous, anxious or on edge?	Not at all	118	21.1
	Several days	276	49.4
	More than half the days	110	19.7
	Nearly every day	55	9.8
Q11. How often have you been bothered by not being able to stop or control worrying?	Not at all	154	27.5
	Several days	230	41.1
	More than half the days	109	19.5
	Nearly every day	66	11.8
Q12. How often have you been bothered by worrying too much about different things?	Not at all	61	10.9
	Several days	278	49.7
	More than half the days	113	20.2
	Nearly every day	107	19.1
Q13. How often have you been bothered by having trouble relaxing?	Not at all	410	73.3
	Several days	99	17.7
	More than half the days	30	5.36
	Nearly every day	20	3.57
Q14. How often have you been bothered by being so restless that it is hard to sit still?	Not at all	267	47.8
	Several days	204	36.5
	More than half the days	52	9.3
	Nearly every day	36	6.4
Q15. How often have you been bothered by becoming easily annoyed or irritable?	Not at all	92	16.5
	Several days	262	46.9
	More than half the days	100	17.9
	Nearly every day	105	18.8
Q16. How often have you been bothered by feeling afraid as if something awful might happen?	Not at all	102	18.2
	Several days	264	47.2
	More than half the days	114	20.4
	Nearly every day	79	14.1
Q17. Have you been bothered by worrying about any of the following?	Your health	239	42.75
	Your weight or how you look	340	60.82
	Little or no sexual desire or pleasure during sex	53	9.48
	Difficulties with your partner	89	15.92
	The stress of taking care of family members	177	31.66
	Stress at work, school or outside home	317	56.70
	By financial problems or worries	217	38.81
	Having no one to turn to	234	41.86
	Something bad that happened recently	223	39.89
None of the above	31	5.54	
Q18. If this questionnaire has highlighted any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all	150	26.83
	Somewhat difficult	323	57.78
	Very difficult	56	10.01
	Extremely difficult	30	5.36

symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping and concentrating. But each disorder has its own causes and its own emotional and behavioral symptoms [10].

The majority of the respondents were in the age group between 10-29 (94.98%), they were mainly adolescents or adults. Most of them were students or not working and only 36.1% of them had bachelor degree.

The majority of the participants have been bothered by feeling down, depressed or hopeless and only 5.7% of them said that they didn't feel down or depressed at all. Moreover, the majority of the participants stated that they are commonly feeling a little interest or pleasure in doing things, they have been bothered by trouble falling or staying asleep or sleeping too much, they have been bothered by feeling tired or having little energy, they have you been bothered by poor appetite or overeating, they have been bothered by feeling bad about themselves or that they have let themselves or their family down, they have been bothered by trouble concentrating on things, such as reading the newspaper or watching television and they have been bothered by moving or speaking so slowly that other people could have noticed, or the opposite - being so fidgety or restless that they have been moving around a lot more than usual (long sent – break sent, Grammatical correction).

All of these questions are related to depression, these results showed the high occurrence of depression characteristics. We can find that only a small percentage reported that they didn't suffer from depression symptoms.

Several previous studies reported a high prevalence of depression; Lönnqvist J (2009) stated that depression is expected to have a point prevalence of about 5% in the general population [11]. Other study reported that more than 350 million persons of all ages are supposed to suffer from depression in general [12]. Wittchen H-U et al reported that just in the European Union, an annual prevalence of 6.9% of depression is supposed to affect about 30.3 million residents [13].

The questions between 9 to18 are related to anxiety. About 59% of the respondents reported that they have had an anxiety attack and the majority of them were bothered by feeling nervous or anxious, worrying too much about different things, becoming easily annoyed or irritable and feeling afraid as if something awful might happen. These results also showed the

high rate of worrying and anxiety among the respondents.

Similarly, Travis Tian-Ci Quek et al reported a high prevalence rate of anxiety but his study was for medical students not for the public. He reported that the prevalence of anxiety was in Middle East (42.4%), in Asia (35.2%) and in rest of the World (27.5%) [14]. Mohsen Mirzaei et al reported that among adult residents of Yazd Greater Area, the depression, anxiety and stress were seen in 29%, 32.2%, and 34.8% of them [15].

Another study conducted by Wetherell JL et al reported low prevalence of anxiety and stated that nearly 15% of the participants had a diagnosis of an anxiety disorder [16].

If we calculate the average for the answers of 559 participants regarding Depression (questions 1-8), we can find that about 24.97% of them didn't feel depressed at all, 38.7% of them felt depressed for several days, 18.85% felt depressed more than half the days and 17.47 felt depressed nearly every day. These results show that a high percentage of the respondents were feeling down or depressed.

If we calculate the average for the answers of 559 participants regarding anxiety (questions 10-16), we can find that about 30.74% of the respondents didn't feel worry or anxiety at all, 41.21% of them felt anxious or worried for several days, 16.05% of them felt anxious or worried for more than half the days and 11.93% felt anxious or worried for nearly every day. These results show that a high percentage of the respondents were anxious or worried.

There are many causes of depression that include stressful events, personality traits, family history, giving birth, loneliness, alcohol and drugs and longstanding or life-threatening illness [17].

One of the main limitations in the study is that there were no questions about the causes of the participants' depression and anxiety disorders.

5. CONCLUSION

The results of this study show a high percentage of anxiety and depression among the public. It is

important to increase the public awareness about anxiety and depression and how to deal with these disorders. It is important to know that we should not tell ourselves that we are alone and that utmost every one of us experienced anxiety and felt low at some point in our life. It is important to the public also to talk with health care professionals if they have anxiety or depression that affect their life.

CONSENT

As per international standard or university standard written participant consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

It is not applicable.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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