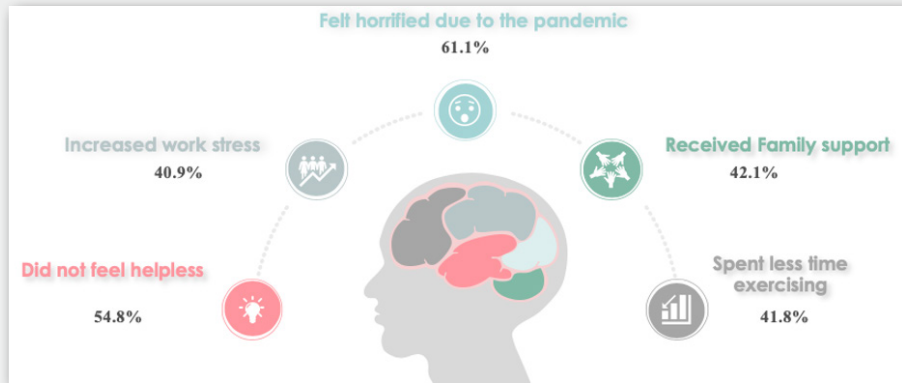


COVID-19 RESEARCH NEWSLETTER

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Impact of COVID-19 on Mental Health and Quality of Life in the MENA Region: A Cross-Sectional Study

A research team from the United Arab Emirates University, led by Prof. Ayesha Salem Obaid Al Dhaheri, and the University of Sharjah, led by Dr. Leila Cheikh Ismail, conducted a study among 9068 adults from the MENA region to examine the impact of COVID-19 pandemic on mental health and quality of life. The study was conducted through an online questionnaire distributed via social media platforms.



The stress score reflected a mild impact of the COVID-19 pandemic on the surveyed participants. The majority of participants (54.8%) did not feel helpless due to the pandemic. However, 40.9% reported increased stress from work during the outbreak and 61.1% were depressed due to the pandemic. Moreover, 42.1% of participants received increased support from family members and 67.4% provided more care and support to their family members during the pandemic. More than one third of the participants reported a reduction in the time allocated for physical exercising during the outbreak.

Findings of this study suggest the need to increase awareness about the important role of physical activities in the management of mental health diseases. Moreover, it is essential to provide stress relief aid and psychological consultations to those in need. Regulating working hours might be needed to reduce the burden on individuals during the current pandemic owing to the negative impacts of increased workload on sleep disorders and mental health.

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If you are interested in sharing your COVID-19 related research, please send your contribution to research.office@uaeu.ac.ae