

COVID-19 RESEARCH NEWSLETTER

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The Impact of COVID-19 on Psychological Health of University Students in UAE and their Attitudes towards m-Mental Health Solutions

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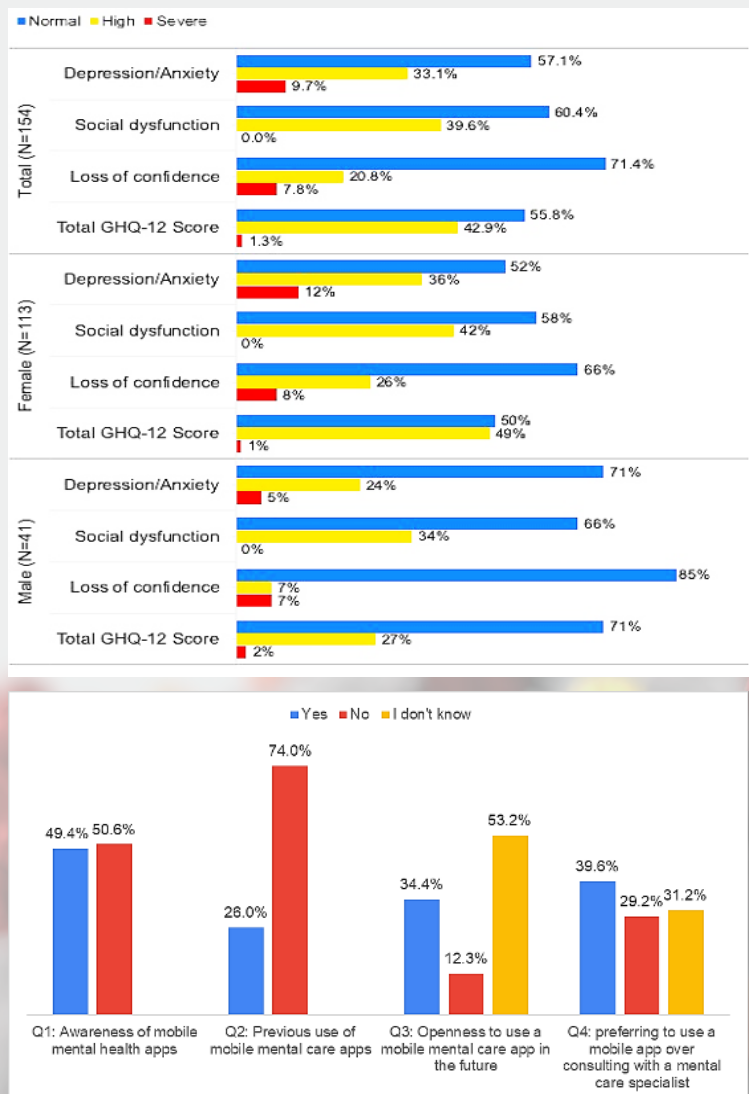
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A research team from UAEU, including four undergraduate students, conducted an investigation on the impact of the COVID-19 outbreak on the psychology of university students in the UAE after two weeks of the lockdown. The study included 154 university students using an online questionnaire.

The results showed that students were experiencing psychological issues related to depression and anxiety, as well as social dysfunction.

The study also investigated the attitudes of the participants towards mobile mental health care applications. The results showed that there was a significant lack of awareness about such applications, and that the majority of participants were hesitant to use apps for their mental care.

Like many groups of people around the world, university students in the UAE were also psychologically impacted by the lockdown due to the COVID-19 outbreak. The study revealed that there is a need to raise awareness about mobile mental health care applications in the UAE.



Research Team: Nidal Drissi (Research Assistant, Department of Computer Science & Software Engineering, UAEU); Ayat Alhmoudi, Hana Alnuaimi, Mahra Alkhyeli, and Shaikha Alsalami (Undergraduate students, CIT, UAEU) and Dr. Sofia Ouhbi (Assistant Professor, Department of Computer Science & Software Engineering, UAEU). The research team would like to thank Dr. Leena Amiri (Assistant Professor, Department of Psychiatry, CMHS, UAEU) for confirming the survey's suitability for university students.

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