

Depression and Associated Factors among Adolescent Females in Riyadh, Kingdom of Saudi Arabia: A Cross-Sectional Study

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Abstract : Background: Adolescents who suffer from depression early in life, have an increase in suicidal tendency, anxiety, conduct disorders, substance abuse, and continue to be depressed, later on in life. This study was conducted to identify the prevalence and correlates of depression among adolescent girls in Riyadh city in order to carry out early intervention. Methods: A cross-sectional, school-based survey was conducted among 1028 adolescent girls aged 15-19 years in secondary schools of Riyadh city. Riyadh was divided into clusters and within each cluster, both public and private schools were enrolled. From the selected schools students from grade 10-12 were surveyed. Survey was conducted using a structured questionnaire including the beck depression inventory-II, and questions exploring the correlates of depression. Results: About 30% of participants were found to be depressed. Depression was more prevalent among female adolescents whose household income was inferior to 12,000 Saudi Riyal/month (odds ratio [OR] 2.17, confidence interval [CI] 0.97-6.84), did not have a good relationship with peers and family members (OR 4.63, CI 2.56-8.41), lived with single parent or alone (OR 1.77, CI 0.97-3.23), had been emotionally abused (OR 3.45, CI 2.56-8.41), and those who had been subjected to physical violence at least once (OR 3.34, CI 1.89-5.91). Conclusions: Strategies need to be developed to identify early signs and symptoms of depression among Saudi female adolescents. Training can be given to groups of students to help their peers, and also to the teachers to identify, and help students identify early signs of depression and provide them with better-coping strategies to combat progression of depression and anxiety among such adolescents.

Keywords : adolescents, depression, Saudi Arabia, mental health

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