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The prevalence of depression and its correlates among school students in Jordan

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This study used cross-sectional design to assess the prevalence of depression and its correlated factors among a group of school students in Jordan. It used the depression subscale from the Depression, Anxiety, and Stress Scale (DASS) and Multidimensional Social Support Scale (MSPSS). Out f 1300 school studetns, 65.6% were females, 34.4% were males with an average of 16.9 (SD=±1.0) years; 39.0% were at their senior year, 27.7%   at a secondary year, 21.8% and 11.5% were tenth and ninth-graders respectively; 57.4%, and 50.4% reported that their fathers and their mothers had completed their secondary schools respectively. Moreover, 97.1% and 44.9% reported that their fathers and their mothers were employed respectively. Also, 43.1% had their family income 250 to 500 JDs. The overall prevalence of depression was75%. Notably, 44.5% of them reported having severe depressive symptoms. Less than 20% reported having mild to moderate form of depressive symptoms. A Point-biserial correlation was used to examine the relationship between depression and the participants' characteristics and social support. A significant positive relationship between gender and depression (r =0.069; p < 0.05), and age and depression (r =0.083; p < 0.05). However, there was a negative correlation between monthly income and fathers' educational level and depression (r =- 0.418; p < 0.001, r=- 0.307; p < 0.001, respectively). This study is important for policymakers and educators, for activating mental health counselling services in schools.

Biography
Entisar Dwikat is an MSc candidate at Isra University-Jordan, and she is a director of the pediatric department at Jordan University-Amman. She has vast experience in clinical nursing, and she is particularly interested in working with adolescents.

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