

Prevalence of Self-reported Depressive and Anxiety Disorders among Medical Doctors in the United Arab Emirates; A Multi-Center Cross-Sectional Study

Maryam M. Bashir¹, Shamma J. Almuhairei^{1,2}, Rawan Abdullah¹, Fatma Almheiri¹, Shaikha AlShamsi¹, Ikram A. Ahmed³, Fatma Al-Maskari^{1,4}

¹Institute of Public Health, College of Medicine and Health Sciences, United Arab Emirates University, Al Ain, United Arab Emirates

²Department of Family Medicine, Tawam Hospital, Al Ain, United Arab Emirates

³Department of Obstetrics and Gynecology, Tawam Hospital, Al Ain, United Arab Emirates

⁴Zayed Centre for Health Sciences, College of Medicine and Health Sciences, United Arab Emirates University, Al Ain, United Arab Emirates

Introduction & Objectives

Depressive and anxiety disorders are the most common mental disorders¹, affecting about 300 million people globally.² Prevalence in the MENA region is currently one of the highest in the world.² Due to their high work demand, medical doctors are at high risk of developing these conditions.³ Depression and anxiety among doctors may **result in high morbidity, disability, reduced productivity, increased financial burden, and suicide risk. They could also affect patients' safety and experience.**⁴ Our study aimed to assess the levels of depression and anxiety among doctors in the UAE and associated factors.

Methods & Materials

We surveyed medical doctors working in the Abu Dhabi Emirate's **primary and tertiary government facilities** from October 2023 to May 2024. A validated self-administered questionnaire collected doctors' data on previous diagnosis of depression and anxiety and associated factors. Our analysis was conducted using STATA version 17.0. Ethical approvals were obtained.

Results

We recruited 120 doctors with a median age of 36 years (IQR 17). 86% were females, and 62% were married. Most of the doctors were practicing in the primary health facilities (69%) and their **median years of experience was 10 years** (IQR 13.5). 10.1% of the doctors reported being diagnosed with depressive disorders (Fig.1), and 14.2% reported anxiety disorders (Fig.3).

Prevalence of Depression among Doctors in Abu Dhabi Emirate, UAE (N=120)

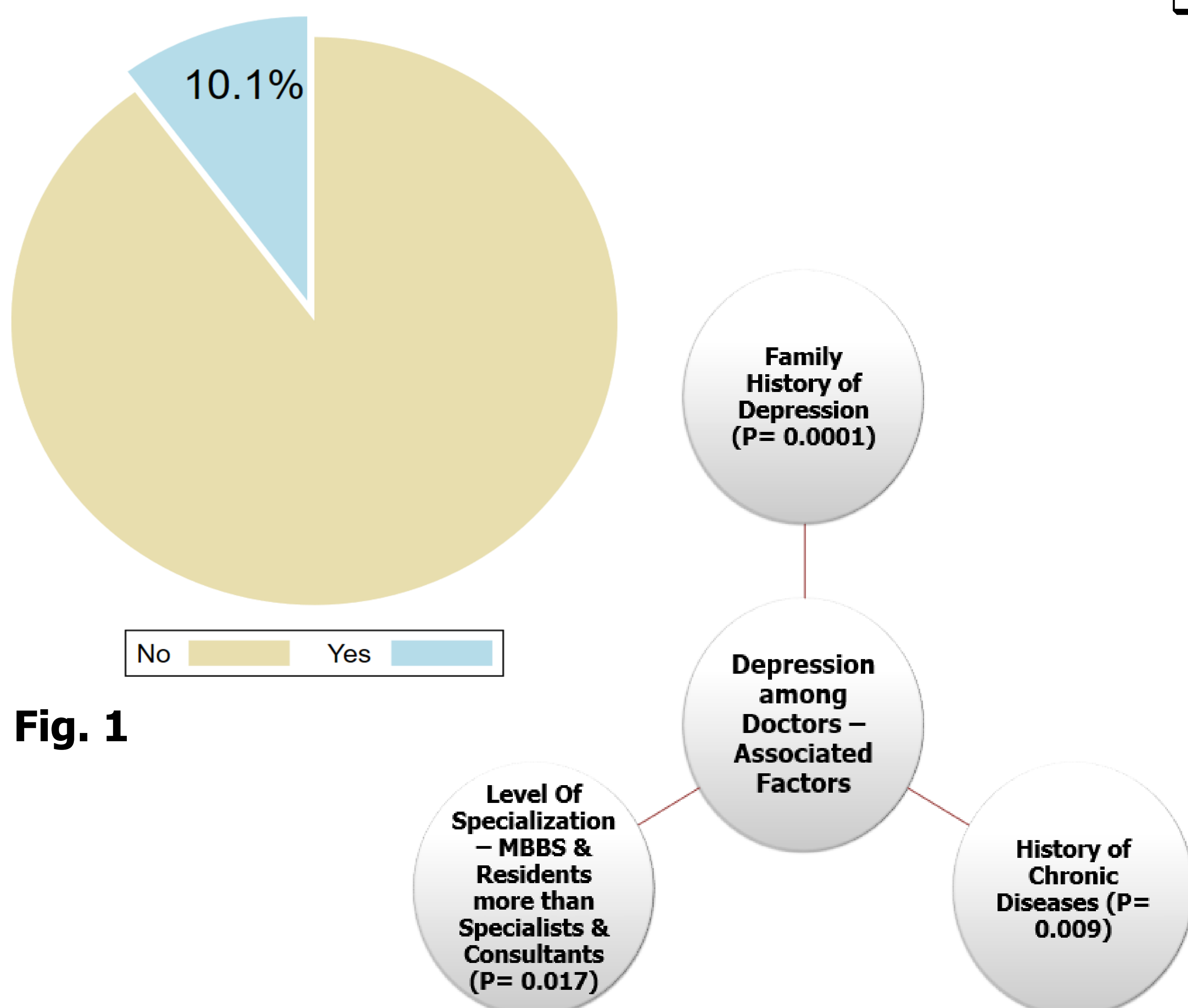


Fig. 2 Associated Factors of Depression

Prevalence of Anxiety among Doctors in Abu Dhabi Emirate, UAE (N=120)

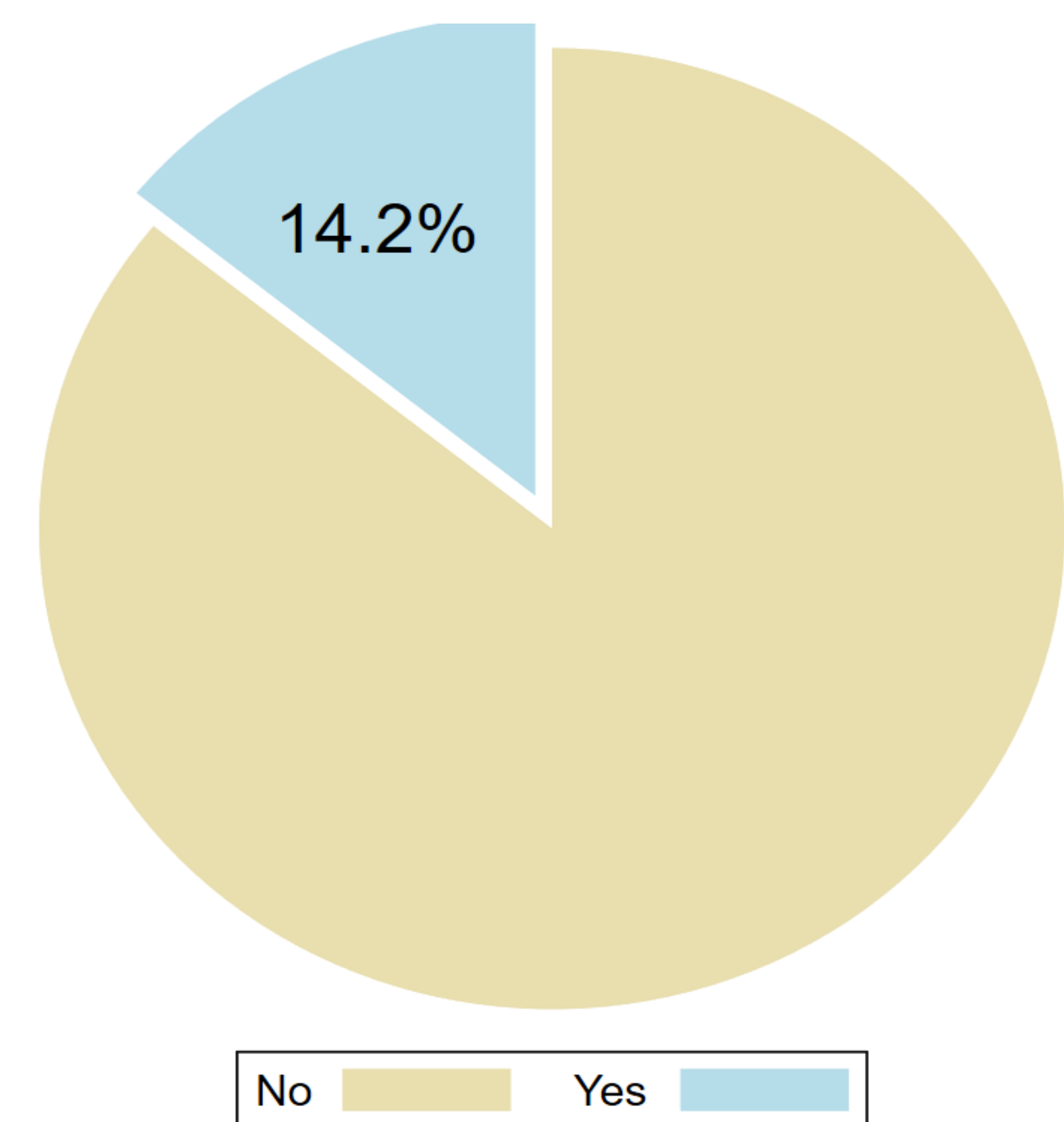


Fig. 3

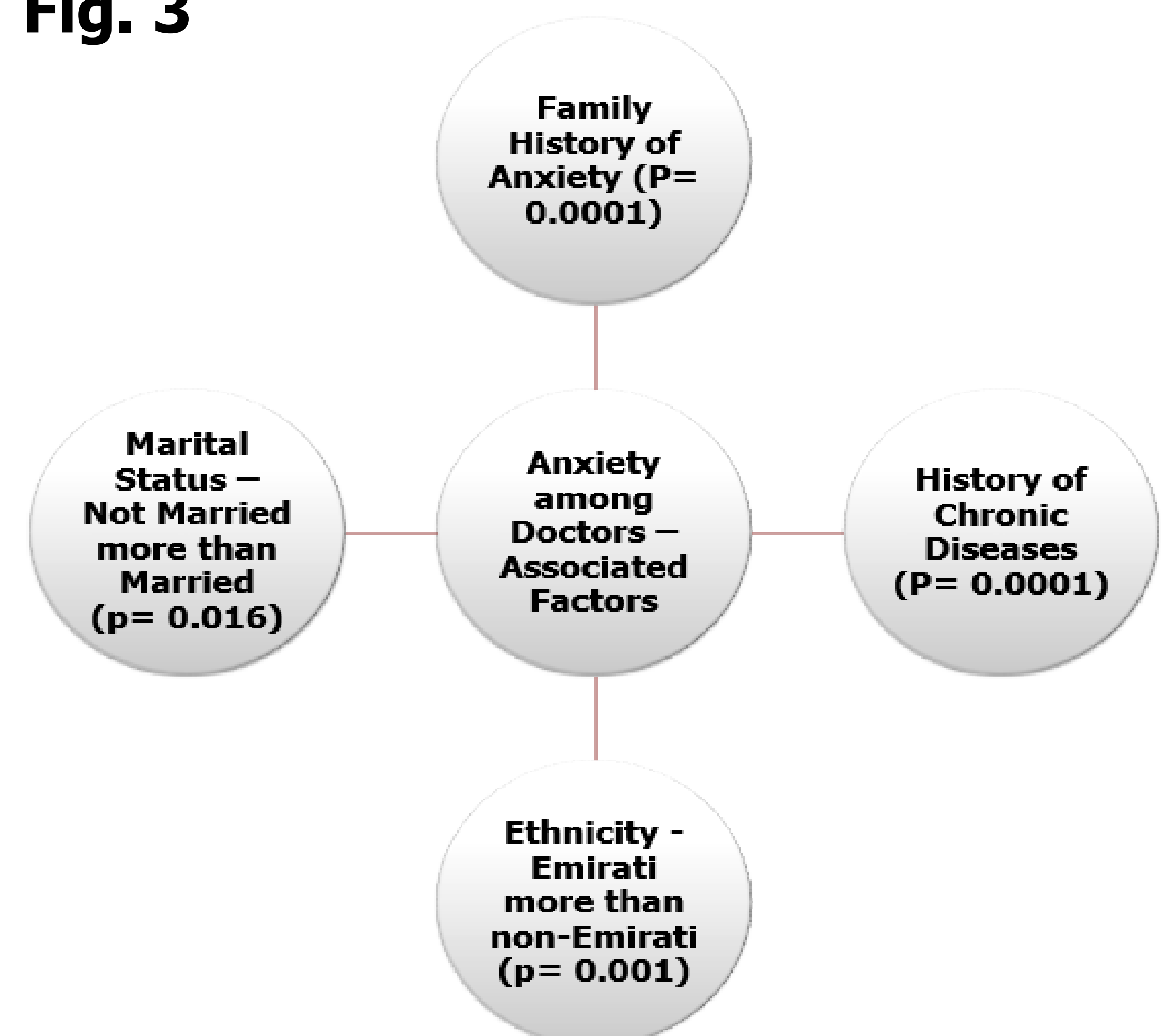


Fig. 4 Associated Factors of Anxiety

□ 92% of doctors who had depression also had anxiety (p= 0.0001)

Conclusions

The prevalence of depression and anxiety among the assessed doctors was **higher than that of the UAE general population.**² Targeted **mental health interventions** and support are needed, especially among doctors at lower specialization levels. **Assessment of mood disorders in all doctors with chronic diseases must be recommended.**

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