

The Impact of Emotional Intelligence and Resilience on Adolescents' Mental Health in Sudan 2022

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Aims. The study aimed to determine the level of Emotional intelligence and resilience in relation to the mental health of adolescents in Khartoum locality, Khartoum state, Sudan 2022.

Methods. This study is a descriptive cross-sectional study. A total of 392 high school students participated from four different high schools chosen using the multistage cluster sampling. An anonymous self-administered questionnaire was filled by the students including both Arabic and English versions consisted of the 30-item trait Emotional Intelligence Questionnaire- short form (TEQ-SF) for emotional intelligence measurement, Brief Resilience Scale-6 (BRS-6) as a brief measure for resilience, and Patient Health Questionnaire-4 (PHQ-4) for anxiety and depression screening as a measure for mental health. Data were analysed using SPSS 25, Pearson correlation test, and linear regression analysis were used to measure the associations between the variables.

Results. In a sample of 392 Sudanese high school students, the emotional intelligence score was high (mean 131.53 ± 22.16). While Psychological resilience was normal (mean 3.20 ± 0.51). Students had mild to moderate degrees of anxiety, and depression at 89%, and 78% respectively. There was a strong positive association between emotional intelligence and psychological resilience ($r = .272$, $p < .0005$). Emotional intelligence had no direct significant relationship with anxiety and depression. Resilience was positively correlated with anxiety scores to a small extent ($r = .105$) i.e., the more resilient an adolescent is, the more anxious he/she is. There was no association between resilience and depression. Anxiety had a strong positive correlation with depression ($r = .540$) and a significant negative association with academic performance ($r = -.102$) indicating students' suffering from anxiety had poorer academic scoring.

A significant unique contributor to the prediction of the resilience levels was the parents' status, p value = 0.011 with an unstandardized beta coefficient of .368 i.e., if the parents were separated, a student has higher resilience and vice versa.

Conclusion. It is crucial to investigate the causes of the reported levels of anxiety and depression in secondary school students. Rapid detection will potentiate the possibility to provide suitable care, prevention from psychiatric morbidities and improvement of students' academic performance by means of comprehensive psychological programs for screening, educating and training students including emotional intelligence training boosting their happiness, mental stamina and success.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

Generalized Anxiety Disorder as a Precipitant to Perceived Stress and the Outcomes Associated With Academic Performance and Lifestyle: A Cross Sectional Study Among Medical Students in Sudan 2022

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Aims. To examine the prevalence of Generalized anxiety disorder (GAD), levels of anxiety and perceived stress in Sudanese medical students. Also measuring students' academic performance, the satisfaction with the former, and lifestyle characteristics. Then investigating the different correlations between all these factors.

Methods. We conducted a cross-sectional study at University of Khartoum, among Sudanese medical students. A self-administered anonymous online questionnaire was filled by 340 medical students, which includes Generalized anxiety disorder-2 (GAD-2), and Perceived Stress Scale (PSS-10), beside academic performance and lifestyle characteristics questions.

Results. The data obtained from 340 medical students revealed 3.8% ($n = 13$) had a previous GAD diagnosis and 29.1% scored ≥ 3 in GAD-2, indicating the possibility of having GAD, 7 of them have a previous GAD diagnosis. Among participants 9.7% use addictive substance, with 42% of them having a high GAD-2 score. Higher anxiety levels were associated with high stress scores ($p = 0.000$). High GAD-2 scores were significantly associated with those spending less than 10,000 SDG (18\$/week), increased hours of smart devices usage for entertainment (p -value = 0.004), and unhealthy diet (p -value = 0.004). Low anxiety scores were associated with improved quality of sleep (p -value = 0.00), satisfaction with religious practices (p -value = 0.00) and increased leisure/hobbies time (p -value = 0.018). Elevated stress levels were higher in females (p -value 0.035), students with lower academic performance satisfaction levels, and increased hours of smart devices usage for entertainment (p -value = 0.001). Reduced stress levels were associated with age > 23 , increased time spent on leisure/hobbies (p -value = 0.002) and eating a healthier diet (p -value = 0.006). Mean academic score was positively associated with academic performance satisfaction (p -value = 0.00), making the mean academic score an indirect modulator for anxiety and perceived stress.

Conclusion. The study elaborates that GAD diagnosis is quite low; with almost third of participants having the probability of developing GAD, asserting the significance of implementing periodic mental health screening programs for medical students, early diagnosis of high-risk individuals, and early interventions through confidential access to mental health services to prevent further harm to the students' health. The impact of financial burden on medical students' elevated the GAD-2 score; as well as poor lifestyle, i.e. habits such as unhealthy diet, increased hours of using smart devices, low sleep quality and low satisfaction with religious practices, which are all modifiable risk factors of GAD.

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The Effect of Perinatal Depression on Child Development

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