

# SOCIAL ANXIETY POST LOCKDOWN AMONG UAE ADULTS

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## 1. INTRODUCTION



COVID-19 caused a 25% ↑ in anxiety and depression



SA levels showed a significant increase after COVID-19 lockdown

## 2. AIM



To assess social anxiety levels among UAE adults post-lockdown.



To identify factors associated with social anxiety.



To determine the association between personality traits and social anxiety

## 3. METHADODOLOGY

Participants aged >= 18 years randomly recruited in a cross-sectional online survey between March 17-25, 2022.

Questionnaire included:



Demographics



DASS-21



TIPi

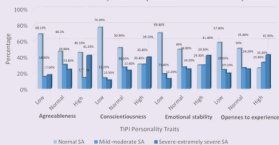


COVID- Infection

## 4. RESULTS

A total of 409 participants were recruited, 274 of whom were females, and 135 were males

Association of TIPi personality traits with social anxiety



FACTORS ASSOCIATED WITH SEVERE LEVELS OF SOCIAL ANXIETY



Social Anxiety correlated to Being in lockdown



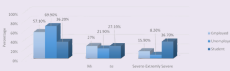
SA CORRELATION WITH AGE



Social Anxiety correlation to COVID infection



Social Anxiety Levels in relation to Employment Status



## 5. DISCUSSION



First study to assess the impact of COVID-19 quarantine on social anxiety in the UAE.



High levels of social anxiety are possibly due to a fear of lifestyle change and the use of negative coping skills.



Findings can be used to investigate potential ways of minimizing the negative psychological impact associated with pandemics and lockdowns.

## 6. CONCLUSION

Factors that showed a significant correlation with SA include:

- Young age
- Single status
- Female gender
- Having excessive levels of certain personality traits:



Scan for references

