Factors Predicting the Levels of Some Depressive Symptoms in Two Samples of Children and Adolescents from Kuwait and Oman

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Abstract

The present study aimed at (a) investigating the differences among Kuwaiti and Omani students in the following variables: depression, suicidality, physical health, mental health, happiness, satisfaction, and religiosity, and (b) exploring the relationship between depression and the rest of the variables. A sample of 2,536 public school students from Kuwait and Oman participated in this study. Their ages ranged between 11-17 years. Results showed that Kuwaiti females were more depressed than both Kuwaiti males and male and female Omani sample. On the other hand, Omani males were more religious than Kuwaiti females. No other significant differences were found. Significant correlations were found between depression and all other variables in all groups. Depression was positively correlated with suicidality and negatively correlated with the rest of variables, i.e., well – being. Factor analysis

yielded a single bipolar salient factor labeled: "well-being vs. depression and suicidality". It was also found that males were less depressed, had higher mean scores on physical health, mental health, happiness, satisfaction, and more religious than their female counterparts. Discriminant function analysis gave rise to five predictors that significantly discriminate between the low, med, and high depression sub-groups. These predictors were: mental health, satisfaction, suicidality, happiness, physical health, and finally the religiosity. These five predictors were included in function (1), which explained 98.5% of the variance between the different levels of depression groups.

Keywords: Depression, Suicidality, Religiosity, Physical Health, Mental Health, Happiness, Satisfaction, Discriminant Analysis.