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## BACKGROUND



**Quality of life (QoL)** can be defined as an individual's perception of their position in life in the context of the culture & value systems in which they live and in relation to their goals, expectations, standards & concerns. Studies have shown that **poor mental health** was associated with low perceived QoL. Significant association between mental health and QoL has been proposed. However, this literature was lacking locally especially in the lower socioeconomic groups. **COVID-19 lockdown** was also thought to have a significant impact on the association.



## METHODOLOGY

Cross sectional study

Target population: **PPR Sri Pantai** residents, Kuala Lumpur (n=180)

2 online questionnaires: WHOQOL-BREF & DASS-21

The correlation between QoL & DASS-21 was analysed using Pearson's correlation test



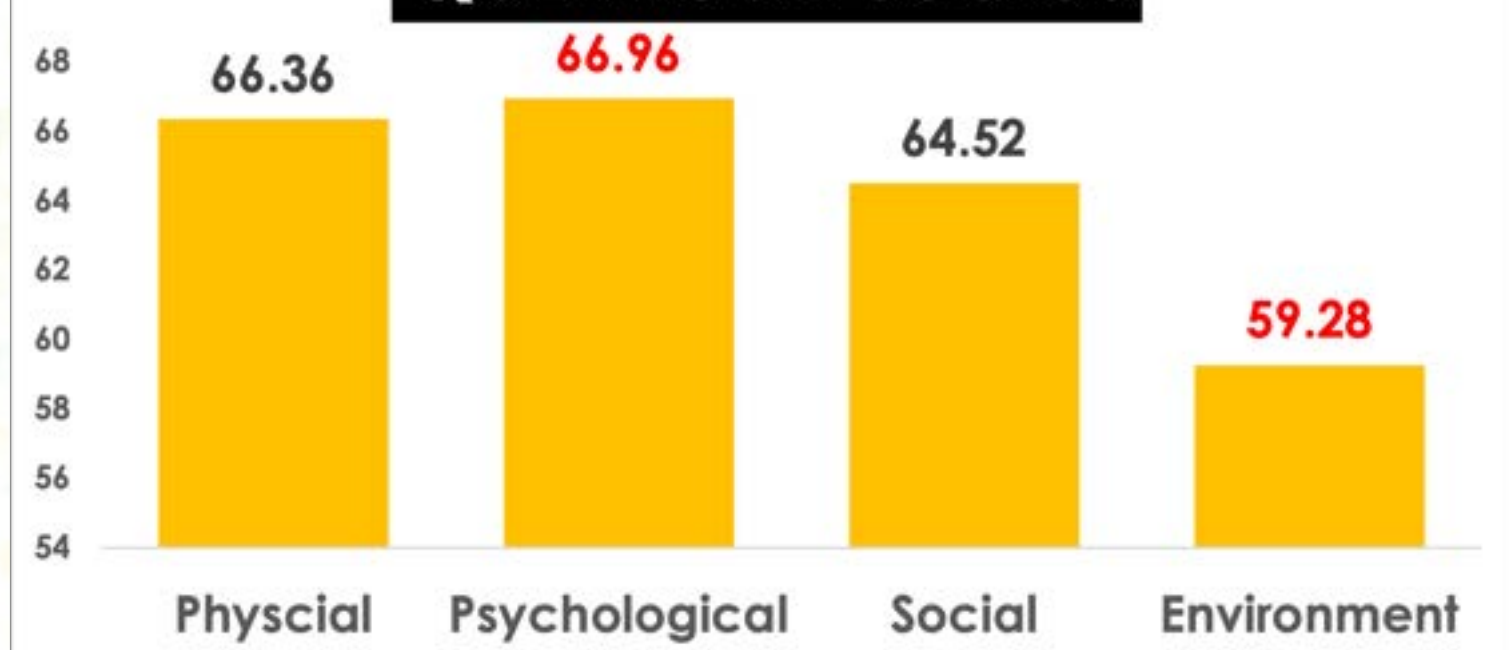
**PPR SRI PANTAI**

## RESEARCH OBJECTIVES

To study the association between depression, anxiety, stress and perceived QoL among a Malaysian urban B40 community during COVID-19 lockdown

## RESULTS

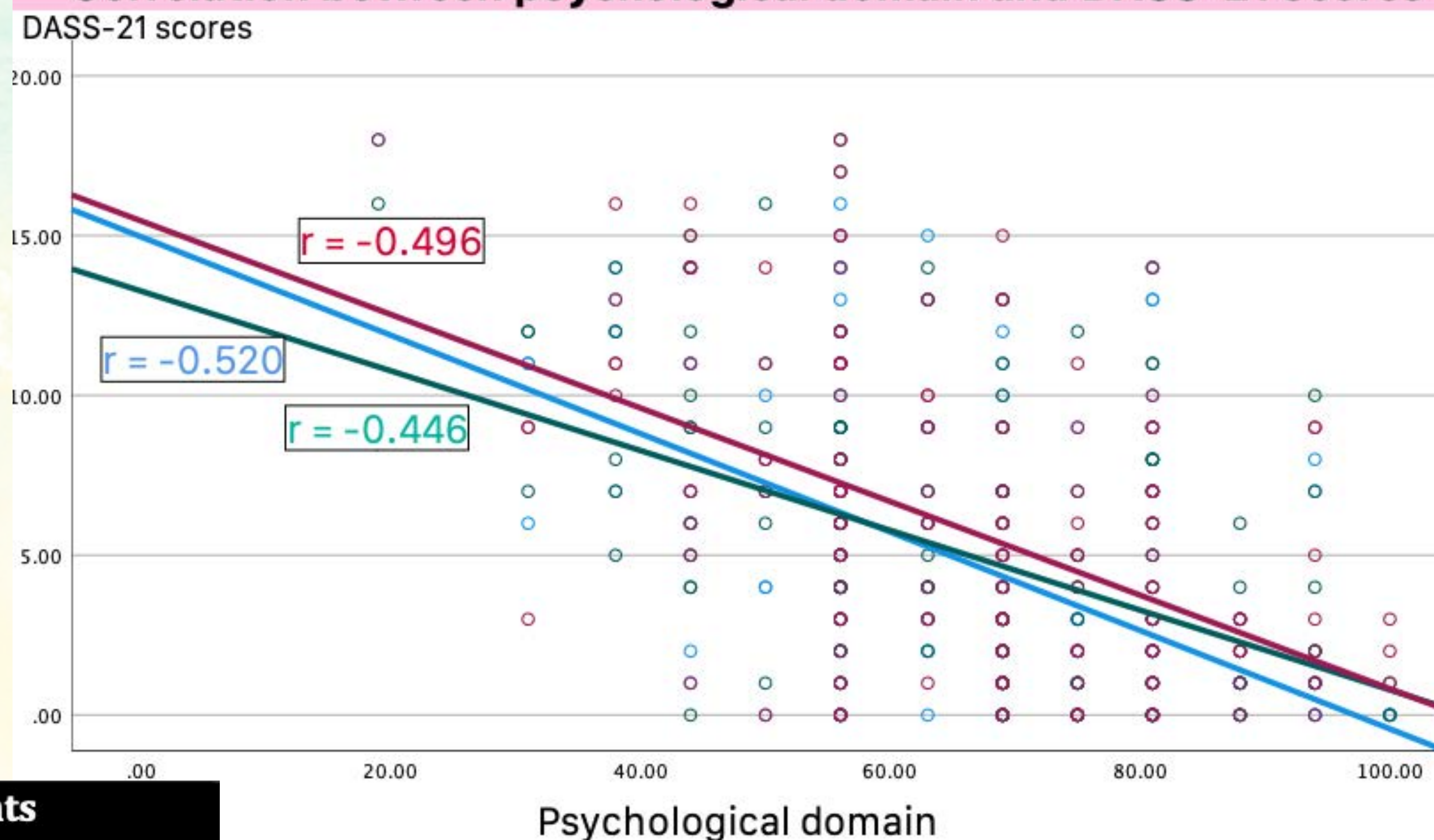
### QoL mean scores



### DASS-21 mean scores



### Correlation between psychological domain and DASS-21 scores



### WHOQOL-BREF

### Pearson's coefficients

### DASS-21

#### Depression

#### Anxiety

#### Stress

#### Physical

-0.294\*\*\*

**-0.330\*\*\***

-0.274\*\*\*

#### Psychological

**-0.520\*\*\***

**-0.446\*\*\***

**-0.496\*\*\***

#### Social

**-0.448\*\*\***

**-0.388\*\*\***

**-0.427\*\*\***

#### Environment

-0.218\*\*

-0.202\*\*

**-0.209\*\***

The **strongest correlation** was observed in between **depression & psychological domain** (clinically relevant)  
→ **Ground-to-halt economy, restricted social activities, compromised health & disruption of normal routines**  
→ **Social isolation** is also a risk factor for mental health issues

\*\* indicates correlation is significant at the level of  $p < 0.01$

\*\*\* indicates correlation is significant at the level of  $p < 0.001$

## REFERENCES

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## CONCLUSION & RECOMMENDATIONS

We found a **significant negative association between depression, anxiety, stress and perceived QoL** with the strongest correlation being observed in between **depression & psychological domain**.

Further investigation to determine its causal relationship needs to be conducted with a wider scope of study. It is also vital to **address any potential devastating mental health consequences** owing to **lockdown** which can be reflected on QoL.