

## ***ABSTRACT(Structured format)***

**INTRODUCTION:** Mental health disorders such as depression and anxiety have been relatively common globally in adolescents and young adults. Kenya has not been an exception, and high school students have been affected by disorders such as anxiety and depression. The primary objective is to determine if a relationship exists between Generalized Anxiety Disorders and demographics such as tribe, age, gender and school.

**METHODS:** Data was collected in the form of questionnaires administered to Kenyan high school students (N=658) containing (PHQ-8), (GAD-7), (MSSS) and demographic questions. The students filled out the questionnaire based on their feelings after two weeks.

**DISCUSSION:** In the study, 51% of respondents were female, 49% were male, 66% were from minority tribes, and 34% were from majority tribes. The minority tribe had a higher overall mean of 1.2 than the majority, with a mean of 1.0 for GAD. Female respondents had a mean of 1.2, compared to their male counterparts, with a mean of 1.0. Older respondents, 25 years old, recorded the highest GAD mean of 3.0 compared to the youngest respondents, 12 years old, who recorded the lowest mean of 0.3.

**CONCLUSION:** Higher anxiety levels can be seen in respondents from minority tribes. Gender-wise, females exhibit higher levels of anxiety as compared to males. The older students (22-25 years) exhibited higher anxiety levels than the youngest students (12 years). Schools with poor resources exhibited higher levels of anxiety.

**Keywords:** *Generalized Anxiety Disorder Screener-7 (GAD-7), Patient Health Questionnaire-8 (PHQ-8), Multidimensional Scale of Perceived Social Support (MSSS), anxiety, depression*

***\*\*For visualizations and more insights, please refer to my other files.\*\****

## **LITERATURE REVIEW(Paragraph)**

Mental health issues, specifically depression and anxiety, have increased among the youth (Yatham et al., 2018). Anxiety and depression can affect high school students based on different demographic factors such as age, tribe, gender and the type of school that the students attend. The above analysis shows that females are more likely to experience anxiety than males. Females are twice as likely to have experienced an anxiety disorder as males at six (Lewinsohn et al., 1998). In low-income countries such as Kenya, females are more likely to experience the pressure of dropping out of school than their male counterparts and the risk of teenage pregnancy, which could result in anxiety (Osborn et al., 2019). Female adolescents are more likely to report anxiety symptoms than male respondents (Hale et al., 2014). One reason that there are disparities between GAD in males and females is interpersonal difficulties. Interpersonal difficulties have been associated with GAD symptoms in adolescent girls (Rapee, 2001). Older students also have higher anxiety levels than younger students from the above analysis because they experience pressure to perform well in national examinations, which could lead to reporting higher levels of anxiety (Osborn et al., 2019). Another reason could be that older high school students are more aware of the living conditions in low-income countries (Osborn et al., 2019). High school students from minority tribes exhibit more anxiety symptoms than those from majority tribes. According to (Hale et al., 2014), growing up as a minority elevates psychiatric risks such as anxiety. Schools with poor resources exhibited higher levels of anxiety. Students from schools with poor resources tend to come from low-income families that face various hardships that might affect their mental health (Osborn et al., 2019).

## References

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