# STUDENT RESEARCH 1443

## Public Health Department

# DISSERTATION

## ASSESSMENT OF THE KNOWLEDGE OF OBESITY PREVENTION IN ASEER REGION, KSA

**SUBMITTED BY -** *ABDULAMJEED MOTIQ AL BU DASIR; ID No.: 438801967: SESSION- 2021*
**SUPERVISED BY -** *DR. KHURSHEED MUZAMMIL*
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*King Khalid University, Abha, Kingdom of Saudi Arabia.*

## ABSTRACT

**Background:** Obesity is an unpredictable sickness including an inordinate measure of muscle to fat ratio. Obesity isn't only a corrective concern. It is a clinical issue that builds your danger of different sicknesses and medical issues, like coronary illness, DM, HTN, and certain malignant growths.

**Objectives:** To assess the knowledge, attitude, and various practices of residents about Obesity Prevention in the Aseer Region to prevent themselves from Obesity.

**Methodology –**

**Study Design:** A cross-sectional analytical study was conducted among the Residents of the Aseer region Kingdom of Saudi Arabia.

**Study Population:** The adolescents and adults of the Aseer region.

**Study duration:** Two months (March - April 2021)

**Study Area:** Aseer region of KSA.

**Sample Size:** All the participants (study population) who will respond within 2 weeks of the start of the study will constitute the sample size.

**Sample selection:**

**(a)** *Inclusion criteria:* All the adolescents and adults participating and consenting.

**(b)** *Exclusion criteria:* Those who are <10 years & those who are not consenting.

**Sampling technique:** A convenience, snowball, non-probability sampling technique will be used to recruit the study participants.

**Study tool:** Several key contact persons in specific groups were selected, & asked to send and distribute the web-based electronic platform through online social media network programs such as WhatsApp, Twitter, as well as E-mails.

**Sample Size:** All the participants who will respond within 2 weeks of the start of the study will constitute the sample size. The data will be analyzed for suitable statistical significance. Ethical approval for the conduction of the current study has been obtained from the Research Ethics Committee of King Khalid University.

**Results:** A total of 625 respondents (58.88% male and 41.12% female) constituted the sample size. About 13% of the subjects were underweight, 28.3% were overweight. The prevalence of obesity is found to be 16.8%. The difference between educational level wise, age group-wise knowledge about obesity prevention is highly significant. The difference between the gender-wise, educational level-wise attitude and practices about obesity prevention has been found to be highly significant.**Keywords:** Knowledge, attitude, practice, obesity, prevention, BMI.

# DISSERTATION

## Study of knowledge of Breast Cancer and its preventive behaviors among women in Aseer region, KSA

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*SESSION: 2021*
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## ABSTRACT

**Background:** Breast cancer is a heterogeneous disease, commonly starting as a local lesion in the breast, and then spreading gradually, developed into invasive cancer that attacks the lymphatic nodes in the armpits, and other organs. many factors serve as an alarm and determine the types, treatments, and results. Breast cancer is the most common malignancy among women in Saudi Arabia. Breast cancer in KSA is more common among $\geq 40$ women.

**Objectives:** To assess the knowledge of women about breast cancer Prevention in the Asir Region; To know the attitude of the women of the Aseer region about breast cancer prevention; To identify the various practices of the women of the Aseer region to assess & prevent themselves from breast cancer.

**Methodology - Study Design:** A cross-sectional analytical study will be conducted among the women of the Aseer region Kingdom of Saudi Arabia.

**Study Population:** Women of >18 years of age in the Aseer region of KSA.

**Study duration:** Two months (October- November 2021)

**Study Area:** Aseer region of KSA.

**Sample Size:** All the participants (study population) who will respond within 2 weeks of the start of the study will constitute the sample size.

**Sample selection:**

**(a)** *Inclusion criteria:* Women >18 years of age.
- Women giving consent to be part of the study.
- Women inhabiting the Aseer region of KSA.

**(b)** *Exclusion criteria*:
- Women <18 years of age.
- Women did not give consent to be part of the study.
- Women inhabit other regions of KSA except for the Aseer region.

**Sampling technique:** A convenience, snowball, non-probability sampling technique will be used to recruit the study participants. Study participants include women of >18 years of age in the study area. Firstly, several key contact persons in specific groups will be selected, & asked to send and distribute the web-based electronic platform through online social media network programs such as WhatsApp, Twitter, as well as E-mails. Secondly, the subjects in each social media platform will also be asked to share the web-based electronic questionnaire link with their family members, friends, and neighbors. Third, all responses of the study participants will be retrieved via online communication network programs. All the participants who will respond within 2 weeks of the start of the study will constitute the sample size.

**Results:** A total of 240respondents (100% female) constituted the sample size. About 92% of the subjects were Saudi, 7.2% were not Saudi, age groups-wise knowledge about breast cancer prevention is highly significant.

**Keywords:** Knowledge, Behaviors, practice, breast, cancer, prevention.

**King Khalid University College of Applied Medical Science**

**Public Health Department**

**Assessment of patient's satisfaction regarding services provided in primary health care centers in the Asir region**

**A thesis Submitted in Partial Fulfillment for the Requirements of Bsc in Public Health**

**Prepared by: Atheer Hassan Alshehri**

**Supervised by: Dr. Maha Hamad Mohammed Dr. Mazahir Elhadi Abdallah**

**Associate professor of public health Applied Medical Sciences, College 2021**

**Abstract**

**Background:** PHC Patient' satisfaction represents a key marker for the quality of health care delivery. This internationally accepted factor needs to be studied repeatedly for the smooth functioning of the health care systems.

**Objectives:** the current study was to assess patient satisfaction regarding health care provided in primary health care centres in Asir region, Kingdom of Saudi Arabia;

**Methodology:** The study is descriptive cross-sectional. The study was conducted in the Asir region from February 2021 to May 2021. Kingdom of Saudi Arabia. The sample reached 435 patients who were selected by non-probability sampling, a sampling technique (Convenience sample). Data were collected by questionnaire and analyzed by SPSS v.23 software.

**Results:** Patients' level of satisfaction regarding available health services was 56.5%. Satisfaction was easy to access primary healthcare centres (89.6%) and appropriate working hours in the clinic (67.8%). The study showed that the most stated reason behind dissatisfaction was the failure to provide them with sufficient information about the available services (46.0%) , waiting for a long time, telling them to see a doctor (43.0%) Significant correlation was found between the level of patients' satisfaction about PHC centers services and the participants age, gender and monthly income.

**Conclusion:** The level of satisfaction with the services provided by PHC centres in the Asir region is high. The level of education does not affect the level of satisfaction with the health care provided by PHC centres. Easy access to primary health care centres and appropriate working hours in the clinic are the drivers behind the high level of satisfaction.

**Kew words:** Patients, Satisfaction, Primary health care centers.

**The mission** is to make Asir a pioneering destination for primary health care and aspire to achieve the highest standards of distinction and professionalism in providing care.

**King Khalid University**

**Collage of Applied Medical Sciences**

**Public Health Department**

**Assessment of knowledge and attitude about the risk of smoking among male**

**Students of medical college of King Khalid University, KSA**

**Prepared by:**

**SHAHAD ABDULLAH**

**Under the Supervision:**
**Dr. MAZAHIR ELHADI**
**Dr. MAHA HAMAD AI**
**2021 - 1443**

# Abstracts

**Background:** Tobacco consumption is associated with considerable negative impact on health. Health professionals, including future doctors, should have a leading role in combating smoking in the community. Study Objective: Assessment of the knowledge and attitude about the risk of smoking among medical students - King Khalid University.

**Methods:** A cross-sectional, online self-administered questionnaire, the study 250 responder was taken by convenience technique at King Khalid University medical college in ABHA, Saudi Arabia.

**Result:** Among the 250 responder, the results of the current study showed that the majority of respondents had knowledge and attitude about smoking risk factors. This study showed that there is knowledge (94.4%) and attitude (83.2%) towards the danger of smoking, the high percentage ranges (58.4%) above 26, and the highest percentage was 95.6% of them know that smoking is harmful if used for long years. And their lack of knowledge of passive smoking was (29.6%) and their lack of knowledge that smoking leads to stomach cancer was (18%).

**Conclusion:** Despite good knowledge and attitude about risk of smoking, this supports the result of this study that smoking rates among age 26 and above. Students demonstrated a positive attitude towards reducing secondhand smoke by advocating for smoking bans, in public places and bans smoking in a public transportation as well as being Willing to discuss and advise their patients to quit. Given their important role, as clinicians and future role models a better approach are need to help reduce tobacco use among medical students. In this regard, sessions on "Stress Coping Strategies" can be organized more frequently and regularly for medical students to help them deal with life stressors and reduce stress.

Key words: Smoking, Knowledge and Attitude.

# DISSERTATION

## Assessment of understanding e-learning and associated health problems among residents of Aseer region

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## ABSTRACT

**Background:** E-learning is known as one of the educational means and its transformation into a stage of creativity, where it uses the latest methods in the fields of learning and entertainment, relying on computers and networks. Each thing has advantages and disadvantages, and one of the most important disadvantages that this topic has addressed is the health risks and the learner's enthusiasm to obtain knowledge through e-learning. Because of COVID-19, the world moved more beautifully to E-learning, especially in the Kingdom of Saudi Arabia, (Aseer).

**Objectives:** 1-To Know the level of knowledge the residents of the Aseer region about e-learning health problems. 2-To identify the health problem related to the technology used in e-learning.

**Methodology –**
**Study Design:** A cross-sectional analytical study was conducted among the Residents of the Aseer region Kingdom of Saudi Arabia.
**Study Population:** The adolescents and adults of the Aseer region.
**Study duration:** Oct' 2021. Study Area: Aseer region of KSA. Sample Size: All the participants (study population) who responded within 2 weeks of the start of the study has constitute the sample size.
**Sample selection:**
**(a) Inclusion criteria:** All the adolescents and adults participating and consenting.
**(b) Exclusion criteria:** Those who are < 10 years & those who are not consenting.
**Sampling technique:** A convenience, snowball, non-probability sampling technique has been used to recruit the study participants.
**Study tool:** Several key contact persons in specific groups were selected & asked to send and distribute the web-based electronic platform through online social media network programs such as WhatsApp, Twitter, as well as E-mails.
**Sample Size:** All the participants responded within 2 weeks of the start of the study.
**Statistical analysis:** The data has been analyzed for suitable statistical significance. Ethical approval for the conduct of the current study has been obtained from the Research Ethics Committee of King Khalid University. Results: Out of 93 respondents, 24.7% were male and 75.3% were female. About 96.8% of the subjects were Saudi, 3.2% were Not-Saudi. The difference between educational level wise, age group-wise knowledge about E-learning is highly significant. The difference between the gender-wise, educational level-wise attitude and practices about the E-learning health associated problem has been found to be highly significant.
**Keywords:** Knowledge, attitude, practice, E-learning, Online Learning, Technology.

**Basma Ali Abdalla**

**Abstract:**

**Background:** Sugar-sweetened drinks are drinks with added sugar, including energy drinks and soda drinks and provide little to no nutritional value and less satiety. Whether consumption of sugar-sweetened drinks or artificially sweetened drinks is associated with mortality risk is of public health interest. Sugar affects the body, oral health and cardiovascular health, non-alcoholic fatty liver diseases, and insulin resistance diabetes mellitus. Contain added high fructose corn syrup, sucrose, or natural product juice condensed.

**Objective:** The current study knowledge and practices of the targets in consumption of the sweetened drinks in the Aseer region, southwestern Saudi Arabia.

**Methodology:** The study was a cross-sectional study. The sample reached 423 persons selected by non-probability sampling, a sampling technique (convenience by selection). The data were collected by questionnaire by SPSS v.23

**Result:** This study showed that more than half of the samples had a high level of about Knowledge sugar-sweetened drinks and their effects on health. Regarding the source of Knowledge about the sugar-sweetened drink, half of the participants read the nutritional facts label for a cane of sweetener was the source of Knowledge of 38.1% of this study asked if they think that increases in the price of sweetened drinks reduce the negative health effect, the high proportion (46.1%) agreed to some extent to that. Was a statistically significant relation between Knowledge about sweetened drinks, adverse health effects of sugar-sweetened beverages and gender.

**Conclusion:** This study was conducted among the resident of the Aseer region in 2021

From the findings of this study, it Total of the level of Knowledge about sweetened drinks and Health in Asser region 2021. More than half the sample had a high level of Knowledge, and Knowledge about sweetened beverages by gender had no effect.

# DISSERTATION

## AN ANALYTICAL ASSESSMENT OF THE KNOWLEDGE, ATTITUDE, AND PRACTICES OF DIABETES PREVENTION AMONG THE RESIDENTS IN THE ASEER REGION, KSA

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## ABSTRACT

**Background:** Diabetes mellitus is a chronic disease affecting your body The food you eat is broken down into sugar and released into the blood. When your blood sugar rises, the signal reaches the pancreas to release insulin. Insulin acts like a key to letting the blood sugar into your body's cells for use as energy.

**Objectives:** To assess the knowledge, attitude, and various practices of residents about Diabetes Prevention in the Aseer Region to prevent themselves from Obesity.

**Methodology –**

**Study Design:** A cross-sectional analytical study was conducted among the Residents of the Aseer region Kingdom of Saudi Arabia. **Study Population:** The adolescents and adults of the Aseer region. **Study duration:** Two months (October - November 2021**) Study Area:** Aseer region of KSA. **Sample Size:** All the participants (study population) have been responding within 2 weeks of the start of the study constituting the sample size.

**Sample selection:**

**(a) Inclusion criteria:** All the adolescents and adults participating and consenting.

**(b) Exclusion criteria:** Those who are <10 years and those who are not consenting.

**Sampling technique:** A convenience, snowball, non-probability sampling technique has been used to recruit the study participants. Study tool: Several key contact persons in specific groups were selected & asked to send and distribute the web-based electronic platform through online social media network programs such as WhatsApp, Twitter, as well as E-mails. Secondly, the subjects in each social media platform were also asked to share the web-based electronic questionnaire link with their family members, friends, and neighbors. Third, all responses of the study participants were retrieved via online communication network programs. All the participants who responded within 2 weeks of the start of the study constituted the sample size.

**Results:** A total of 107 respondents (91.6% male and 8.4% female) constituted the sample size. About 14% of the subjects were not afraid at all, 28% were a little afraid of diabetes, 27.1% were medium afraid of diabetes, and 30.8% were really afraid of 8 diabetes. The difference between educational level wise, age group-wise knowledge about diabetes prevention is highly significant. The difference between the gender-wise, educational level-wise attitude and practices about diabetes prevention has been found to be highly significant.

**Keywords:** Knowledge, attitude, practice, Diabetes, prevention.

# The Effect of Anxiety Versus Social Support on Academic Performance among King Khalid University Students' in Al-Mahala Campus, KSA

**Prepared by:**

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Public Health Department

April 2021

**Abstract:**

**Background:** Mental health is considered a worthy part of a person's wellbeing (WHO). Mental health issues such as anxiety are recurrent in students, influencing their academic achievement physical and psychosocial health. Anxiety has been reported globally among students as they are insecure regarding stressors.

**Objectives:** This study aimed to determine the effect of anxiety versus social support on academic performance among King Khalid University students' in Al-Mahala campus, KSA.

**Methodology:** A descriptive cross-sectional study was conducted in King Khalid University Al-Mahala campus, KSA(Asir Region), 2021. The sample size was equal to 280 students selected by convenience sampling technique. All students completed a questionnaire containing socio-demographic data and the questions regarding anxiety and perceived social support through an online survey. Data were analyzed using SPSS v.23.

**Results:** We found that the majority (88.6%) of students whose ages were between 21-23 years, and (34.0%) of participants were from Applied Medical Sciences College. Two-fifths (41.1%) of participants had a moderate level of academic performance (33.2%) had a low level, and (25.7%) had a high level of academic performance. As we found (41.4%) of participants, their nervousness while taking an exam hinders them from doing well, and there was a correlation between anxiety while taking an exam and academic performance. Two-fifths (40.4%) of participants feel anxious when they give an oral presentation, and there was a correlation between anxiety while giving an oral presentation and academic performance. Nearly a half (46.1%) reported that they always feel anxious about answering teacher questions. Results showed that almost a half of participants reported that they have social support that they receive from their families, friends and other persons. The study shows a correlation between family support and academic performance.

**Conclusion:** The results showed that anxiety could inhibit the capacity of students, hinders students from doing well, make them less efficient, and makes them make mistakes on the easy questions. The results showed a significant correlation between nervousness while taking an exam and academic performance and anxiety while presenting oral presentations. The results also showed that students received social support, and there was a significant correlation between family support and academic performance for students. These findings suggest minimizing the sources of anxiety and optimizing all techniques that motivate learners to work with concentration and enhance students' self-confidence. The families should maintain to provide the needed support to encourage learners.

# DISSERTATION

## A cross-sectional analytical study of Hepatitis-C awareness & its prevention among the Medical & Nursing students of KKU, Abha, KSA

## ABSTRACT

**Background:** This study aims to determine knowledge, attitudes, and practice for Hepatitis C and its prevention among medical and nursing students of KKU.

**Material and methods:** Its a cross-sectional analytical study. The study was conducted at the Colleges of Medical and Nursing, and a convenience sample of 176 students.

**Objectives:** To assess the knowledge, attitude, & various practices of medical and nursing students of KKU about hepatitis C Prevention in Colleges of Medical and Nursing to prevent themselves from hepatitis C.

**Methodology –**

**Study Design:** A cross-sectional analytical study was conducted among of the medical and nursing students of the KKU, Kingdom of Saudi Arabia.

**Study Population:** The students of Medical and Nursing disciples/colleges of KKU.

**Study duration:** One month (October 2021) Study Area: College of Medical and nursing, KKU, KSA.

**Sample Size:** All the participants (study population) who responded within 2 weeks of the start of study constituted the sample size.

**Sample selection:**

**(a) Inclusion criteria:** All the medical and nursing students participating and consenting.

**(b) Exclusion criteria:** Those students who are not from Medical & Nursing disciples & those who are not consenting.

**Sampling technique:** Simple Random sampling technique has been used to recruit the study participants. Study participants include male and female Medical & Nursing students of KKU.

**Study tool:** Several key contact persons/ student leaders from Medical & Nursing Colleges of KKU present in specific groups were selected, & asked to send and distribute the web-based electronic platform through online social media network programs such as WhatsApp, Twitter, as well as E-mails.

**Sample Size:** All the participants who responded within 2 weeks of the start of the study constituted the sample size. The data has been analyzed for suitable statistical significance. Ethical approval for the conduction of the current study has been obtained from the Research Ethics Committee of King Khalid University.

**Results:** The most of participants were aware of HCV transmission and prevention. But also 44% of all participants think there is a vaccine available. The majority of the subjects were aware of what is hepatitis C and what is the cause. More than half think that the male has more rapid hepatitis C progression and the most of students have no idea what are the standards universal precautions & they don't practice it.

**Keywords:** Knowledge, attitude, practice, Hepatitis, prevention, medical, nursing students.

**King Khalid university Applied medical sciences college, Khamis Mushait**

**Public health department**

**Assessment of Knowledge and Practices of Obesity among Female Students of King Khalid University in Al-mahalla campus**

**A thesis Submitted in Partial Fulfillment for the Requirements of Bsc in Public Health Prepared by: Somayh Mohammed Al-shehri**

**Supervised by: Dr. Maha Hamad Mohamed Dr. Mazahir Elhadi Abdullah 2021**

**Abstract**

**Background:** Obesity was defined as abnormal or extreme fat accumulation that may impair health. It is not only the degree of excess fat that is important, but also its distribution in the body that determines the health risks associated with the condition. Obesity was considered to be a pandemic health-related problem affecting both developing as well as developed countries. It was reported that obesity is the fifth leading cause of death all over the world. The prevalence of obesity has risen significantly since the 1980s.

**Objective:** This study aimed to assess knowledge and practice of obesity's causes and effect on health among female students on the Al-mahalla campus.

**Methods:** A descriptive cross-sectional approach was applied for this study. The study was conducted from February 2021 to May 2021 in Al-Mahalla campus in King Khalid University. The questionnaire was used to collect data among the participants. The sample reached 352 Female students selected by non-probability sampling and the convenience sample technique. After the information is extricated, it was analyzed by SPSS v.23 software.

**Results:** The results of our study showed that the majority of the participating students have an average age between 18-24 years (81.8%). In our study, the BMI of most participating students is the normal weight (60.8%). Stress is the most crucial barrier students face in obtaining better health and shape (69.9%). In our present study, the majority of the participating students determined that diabetes is one of the most the health effects of obesity (70.2%). Most students were eating fast food about once a week (40.1%), not doing anything to improve their health or lose weight (49.4%) and not exercising each week (51.1%).

**Conclusion:** This study was conducted among female students in Al-Mahalla Campus 2021, the obesity rates were very low, and this is a good thing and must be preserved. The students' knowledge of obesity-related diseases was measured. The disease they knew most was diabetes and heart disease. With regard to the prevention of obesity, many of them do not exercise and feel that they do not need it, and that exercise is only limited to people who suffer from obesity. There was a great relationship between age, academic major in addition to academic level with the students' knowledge and practice of obesity causes and health effects, and their eagerness to prevent them.

**Keywords**: Obesity, Knowledge, Health effect, Body mass index, physical activity.

# *DISSERTATION*

## Assessment of knowledge of hypertension prevention in Aseer Region, KSA

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**SUPERVISED BY -** *DR. KHURSHEED MUZAMMIL*
*Department of Public Health College of Applied Medical Sciences, Khamis Mushait King Khalid University, Abha Kingdom of Saudi Arabia*

## ABSTRACT

**Background:** Hypertension increases the risk of disease and death in the general public. As a risk factor, it is of major public health importance and compared to other leading risk factors accounts for the third-largest proportion of disability-adjusted life years lost globally after dietary factors and cigarette smoking. **Objectives:** To assess the different knowledge, attitudes, and practices of the population about the prevention of hypertension in the Asir region to protect themselves from hypertension.

**Methodology –**

**Study Design:** A cross-sectional analytical study was conducted among the Residents of the Aseer region Kingdom of Saudi Arabia. Study Population: The adults above (18) years of Aseer region in KSA.

**Study duration:** Two months (October - November 2021) Study Area: Aseer region of KSA. Sample Size: All the participants (study population) who will respond within 2 weeks of the start of the study will constitute the sample size.

**Sample selection:**

**(a) Inclusion criteria:** All the adults above 18 years participating and consenting.

**(b) Exclusion criteria:** Those who are < 18 years & those who are not consenting.

**Sampling technique:** A convenience, snowball, non-probability sampling technique will be used to recruit the study participants. Study tool: Several key contact persons in specific groups were selected, & asked to send and distribute the web-based electronic platform through online social media network programs such as WhatsApp, Twitter, as well as E-mails.

**Sample Size:** All the participants who will respond within 2 weeks of the start of the study will constitute the sample size.

**Statistical analysis:** The data will be analyzed for suitable statistical significance.

**Ethical approval**: It has been obtained from the Research Ethics Committee of King Khalid University.

**Results:** A total of 226 respondents (78.8% male and 21.2% female) constituted the sample size. About 24.8% of the subjects have hypertension, 75.2% did not have hypertension. The respondents have information about hypertension. The difference between educational level wise, age group-wise knowledge about hypertension prevention is highly significant. The difference between the gender-wise, educational level-wise attitude about hypertension prevention has been found to be highly significant.78.8%

**Keywords:** Knowledge, attitude, practice, prevention.

# Knowledge and practice about vitamin D deficiency among residents of Asir region

**Prepared by: Hadeel Hussein Mohammed Alqadi**
**Supervised by: Dr. Mazahir Elhadi Abdullah Dr. Maha Hamad Mohammed**
**College of Medical Sciences**
**Department of public health**
**April 2021**

## Abstract

**Background** Vitamin D deficiency is now considered to be a widespread epidemic. A poor level of knowledge and an inadequate level of awareness are two of the main risk factors for vitamin D deficiency.

**Aims** This study aimed to assess knowledge and practice about vitamin D deficiency among people lives in Asir region

**Methodology** A descriptive cross-sectional approach was done for this study. The study was conducted during the period from February 2021 to May 2021. All Resident in Asir region was targeted to participate in this study. A self-administered questionnaire was used to collect data among the participants. Those who filled the questionnaire were included in the study. A sample size was equal 293 persons. Information was gathered utilizing using convenience sample technique. The data were analyzed by SPSS V23.

**Results** The results showed that most of the participants (92.2%) stated that the sun was the main source of vitamins. Only (33.8%) of the participants had sufficient exposure to the sun. Among the participants, the most common symptoms of vitamin D deficiency were muscle pain (75.1%) and osteoporosis (68.9%). The majority (70.6%) of respondents do not know the daily recommended amount of vitamin D. It was found that most of the participants (75.4%) had a family history of vitamin D deficiency.

**Conclusion** The result found a gap between the participants' knowledge and their behavior and lifestyle since they were educated about vitamin D importance, sources and deficiency but they did not apply that knowledge in their everyday practices.

Further research should investigate the level of knowledge of Vitamin D of the participants via more extensive and validated survey to correlate their knowledge, attitudes and perceptions. Thus, extensive health education campaigns for the public should be implemented, especially to the rural area residents , It is essential to highlight the importance of developing strategies to improve education to public to ensure that accurate information is delivered to the public.

**Knowledge and practice**                **of road traffic accidents**
**among residents in Abha**                      **region, KSA**

**Prepared by:**

Meaad Ali Asiri

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February 2021

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# Abstract

# Background:

Traffic accidents are responsible for a large part of morbidity and mortality and are responsible for the loss of more years of life than most human diseases. As a result of the tremendous development in the city of Abha, an increase in road traffic accidents has been observed. This may be attributed to a lack of caution among the population due to insufficient knowledge, causes and effects that lead to traffic accidents.

## Aim of the study:

To assess knowledge and practice related to traffic accidents among residents of the Abha region.

## methodology:

This cross-sectional analytical study was conducted in the city of Abha, which has a population of 758,957, A questionnaire was used to determine knowledge and practices regarding traffic between the concerned community.

## Results:

The results showed that 609 participants in the study, the number of females was more than males, with females constituting 51.2%, and the study also indicated that most of the population in the average age between 24-18 years increased by 44.7%. The study also indicates that people in secondary schools are the most participating, at 37.6%. It is followed by the university level at 36.5%. The marital status of the population indicates that the number of married people is 10.9%. 86.7% are unmarried. And about having a valid driver's license, the answer was

59.4%.  Mobile phone use was the largest cause of accidents, with a rate of 44.8%.  The most likely segments of society to have traffic accidents, most of them ranged between 18-25 years old, with a rate of 61.9%.

## Conclusion:

 The region of Abha faces the problem of traffic accidents, as it has suffered human, economic and emotional losses as a result of this problem. Therefore, we recommend the compulsory use of seat belts in vehicles and not to use a mobile phone while driving.

# Chapter1:

# Introduction- Objective

# Introduction:

Traffic accidents are considered an interceptive accident that occurs without prior planning by one vehicle, and with more than one vehicle, and the accident may be with objects on the road, or with an animal, or a facility, and traffic accidents may be defined as an occurrence without Any prior measure or expectation, An event having lead to personal injury or damage to property that has taken place in an area intended for public transport or generally used for transport and in which at least one of the involved parties has been a moving vehicle. due to the availability of several circumstances that are likely to occur, resulting in unwanted results [1-2]. According to the World Health Organization, road accidents have a high cost in terms of lives, which equals about 1.25 million people, and highway accidents cause the death of more than 3 million people and are ranked ninth around the world and the largest number of road accidents occur in low- and middle-income countries, so the costs of accidents are estimated. In developing countries, $ 65 billion annually. The Ministry of Transport revealed a decrease in the number of traffic accident deaths on its 68,000 km roads in the Kingdom to more than 33% in 2018 compared to 2017. More than half of all road traffic deaths are among vulnerable road users: pedestrians, cyclists, and motorcyclists. Road traffic injuries are the leading cause of death for children and young adults aged 5-29 years [3-4-5]. It is the cause of accidents failure to comply with established traffic rules, such as excessive speeding or wrong overtaking. Fatigue and exhaustion: The driver's negligence or sleep while driving the vehicle on the public street may cause a serious accident. The driver's preoccupation while driving, when the driver is distracted from driving, either with one of the passengers with him or by phone. The vehicle is not configured; Where there is a malfunction in the vehicle, either with the wheels or the engine or in the vehicle's body. weather; As it is one of the main causes, as it may be rainy and lead to slides or fog; It blocks visibility to the driver. Highway: Dangerous slopes, excavation work on the side of the highway, unpaved road, and potholes in the road all cause accidents; As these factors lead to the vehicle's lane change and lack of control. there are many types of accidents that happen to vehicles, such as accidents that occur at railways, bicycle accidents, pedestrian accidents, and others. Types of narrated accidents: the collision between two cars (face to face). A collision in the form of an angle (collision between cars at intersections). A collision from behind (care traveling in the same direction). Side collision. Collision while turning (turning). He hit a parked car. Rammed a stationary object. One car accident (usually a rollover or loss of control). Run over pedestrians. Rammed a bike. Rammed an animal. In most traffic accidents, the driver is the one who is most responsible for the occurrence of the traffic problem. Therefore, a driver should know well the methods of preventing mysterious accidents so that he does not fall victim to them. Bad roads and neglecting their maintenance are

among the most important factors that help to provide a suitable environment for their occurrence and spread. Accidents: The more the driver's physical condition does not qualify to have a rapid reaction to avoid a collision, the more He is vulnerable to exposure to road accidents, and among these physical skills and abilities is his ability to move quickly Strong control over the steering wheel, as well as visual acuity and focus on the road. The driver's driving experiences play a major role in avoiding road accidents; Where experience can be seen and drawn And exploring the possibility of an accident even if this is not known to others, the expert in driving and roads is easy for him analyzing drivers' behavior around him and assessing their ability to control turns and speeds The more the sāq's psychological and moral state is weak and confused, the more it negatively affects the extent of your concentration and his ability to avoid Thrush and clashes[6-7-8]. Traffic accidents have become largely an obsession and concern for all members of society, and it has become one of the most important problems that deplete material resources and human energies and target societies in the most important foundations of life, which is the human element in addition to the social and psychological problems and huge material losses they incurred, which has become imperative to work on finding solution and suggestions and putting them into practice to reduce these incidents or at the very least address their causes and mitigate their negative effects. As the driver is the rational and controlling element in how to deal with the vehicle and the road, the greatest responsibility falls on him in avoiding or falling into a traffic accident. Therefore, those interested and specialists in traffic safety must research and study how the driver can be helped to avoid falling into traffic accidents, as well as protecting him and his passengers from the severity of accidents [9-10-11]. This research aims to achieve the identification of the causes, size, and effects of traffic accidents in Abha region.

# Objectives of the study:

## General objective:

To assess Knowledge and practice of road traffic accidents among residents in Abha region, KSA.

## Specific objectives:

**-**To assess knowledge of residents about Causes and effects of accident.

-  To determine practices of residents about Causes and effects of accident.

-To determine the group of society that cause traffic accidents.

**Chapter2:**

**Literature review**

# 2-Literature review:

Road traffic accidents are a must-have public health concern. An interdisciplinary approach is required to understand its causes and provide evidence of support. It is caused by factors. Factors, factor control, and chemical and graphic factor control play a role in consideration before RTA is excluded. It can help with contraception and prevention reduce the burden somewhat. Traffic accidents are a major health problem. It is the second leading cause of death, and more than 50 million others are injured annually in road traffic accidents. The importance of this leaflet highlights an essential service. More than half of traffic accident victims are of working age. In addition to causing untold human suffering, deaths and injuries from road traffic crashes around the world cause an annual cost of hundreds of billions of dollars. In low- and middle-income countries, that cost exceeds the value of the development aid they receive. Therefore, road safety has global social, economic, development and health significance. And because the number of cars on the roads is increasing in many countries, the problem may get worse even faster. Consequently, there is an urgent need to do more to reduce these preventable deaths and injuries                                                                                                                 [13-14].

## 2.1 The factors causing traffic accidents and the main causes for them:

Many traffic accidents happen due to a number of known and avoidable factors. These factors include driving at high speeds or under the influence of alcohol. Failure to use seat belts, child safety systems and helmets, and failure to respect vulnerable road users, including pedestrians and cyclists; And insecure road infrastructure. We know how to deal with these factors. But we must bridge the gap between knowledge and practice on the ground. Studies show that countries targeting traffic accident casualties have a better road safety record and fewer deaths, in contrast to countries that lack these goals. Setting goals can help motivate people to take action, and gain political and institutional support. The RTA is showing decreasing trends during the study period. About 70% of accidents are caused by collisions: 48% with other vehicles and 22% with static objects. Young drivers account for the most accident cases, as 70% of RTAs happen to drivers between the ages of 17 and 36. Excessive speed is the main cause of road accidents (50%) followed by neglect or reckless driving (29%). About 98% of RTAs are related to human factors. Effective road transport planning and traffic safety program, in particular the cruise control system, needs to be strengthened. The results of the study may have important policy implications          for          transport          and          road          safety          planning. The evidence adequately supports that action plans in Saudi Arabia so far have focused mostly on preventing logical interference rather than road and transport agreements, including seat-belt laws, the Sahir system, emergency medical rescue services, and the police's role in documenting road

and transportation agreements. While international recommendations emphasize the development of an institutional framework, safer roads and vehicles, an appropriate monitoring or data system, safer road users, and post-collision care, the kingdom has stepped up police enforcement and enforcement of the traffic law with strict penalties levels. To achieve the goals, the results of the analysis revealed that heavy human and economic losses and negative social and emotional impacts. Poor road implementation, in addition to using a mobile phone, wrongly overtaking while driving, lack of warning signals on the road, looking at the driver, non-compliance by pedestrians with traffic regulations, and inappropriateness of car tires, in addition to bad weather conditions of rain, fog and dust storming, and some Psychological stress, riding a bike while driving [14 to 20].

## 2.2 Adhere to traffic rules:

Adherence to traffic rules is a duty for every citizen, whether he is driving his vehicle or someone walking on the street; The matters covered by traffic rules are numerous, pertaining to the passenger, the driver and the pedestrian, and violating them if they do not lead to accidents then requires the traffic policeman to assess a violation, and among these matters that must be taken into account when using traffic vehicles or public roads; Get a driver's license. Putting the seat belt under any circumstances, and making sure that children are not sitting in the front seats of vehicles. Pedestrians abide by their traffic places. Signals with traffic lights that regulate the driver and pedestrian's movement, stopping, preparing, starting, and not violating them. The pool does not go beyond the maximum limit, and it is not a hindrance to the movement of other vehicles. Link to residence to link to queue. Attach the traffic signs and signs, and knowing the decree, the traffic [21-22].

## 2.3 Community category that causes traffic accidents:

Children, youth and the elderly have a high risk of pedestrian accidents. Young drivers under the age of 25 and elderly people over the age of 60 are excessively prone to crashes. Neglect and aggressive driving behavior were major causes of traffic accidents. The results of the analysis also indicated that the level of mechanization could be used to explain the differences in traffic accidents and fatalities. Moreover, it was found that intensified traffic law enforcement and traffic law enforcement with strict penalties levels had a strong positive impact on safety for accidents and fatalities. With rapid economic growth, modernization and infrastructure development over the past four decades, there has been a massive increase in car use and car ownership, and traffic accidents (RTA) have emerged as a serious public health problem. There is a dearth of literature on the motor problem due to the paucity of data and the limited access to it in the past. The RTA is showing decreasing trends during the study period. About 70% of accidents are caused by

collisions: 48% with other vehicles and 22% with static objects. Young drivers account for the most accident cases, as 70% of RTAs happen to drivers between the ages of 17 and 36. Excessive speed is the main cause of road accidents (50%) followed by neglect or reckless driving (29%). About 98% of RTAs are related to human factors. Effective road transport planning and traffic safety program, in particular the cruise control system, needs to be strengthened. The results of the study may have important policy implications for transport and road safety planning [23-24-25].

## 2.4Susceptibility to RTAs:

Between 21 and 30 years old. About 69.4% of the participants owned a car and 90.5% had a driver's license. 56.1% have good knowledge, 38.9% have moderate knowledge, 5.1% have poor knowledge of driving and traffic lights. On the other hand, 87.9% of individuals had a poor attitude towards. Safe Driving 12.1% have moderate stance and 0% have good stance. We found that 52.9% of individuals are It has bad practices, 44.6% moderate, and 2.5% good practices. There was a significant difference (at $p = 0.05$) between opinion of an individual's driving practices by age and educational level, Financial and marital status [26-27].

## 2.5Means to reduce traffic accidents and the best of them:

A number of procedures and things can be done that will work to reduce traffic accidents, and these procedures differ according to the nature of the entity that performs and follows them, some of these procedures are entrusted to the state and some are related to the individual himself. Carrying out periodic maintenance work for roads and streets, enacting laws and legislations that would work to reduce traffic accidents, and conducting periodic technical checks for cars to ensure their suitability for safe driving. Adherence to the rules and priorities of traffic rules, not to drive a vehicle under the influence of extreme fatigue and fatigue, to take an adequate amount of driving lessons before practicing it Carrying out periodic maintenance work for roads and streets, and construction of these roads must be done in accordance with international standards followed in this field. Enacting laws and legislations that will work to reduce traffic accidents, as it is necessary to increase the penalties for those who exceed the legal speed, and it is necessary to emphasize the use of seat belts and not to use a mobile phone while driving. Carrying out periodic technical checks for cars to ensure their suitability for safe driving. Adhere to traffic rules and priorities. Not to drive the vehicle under the influence of extreme fatigue and fatigue. Take adequate driving lessons before practicing [28 to 31].

## 2.6The most appropriate and effective way to raise awareness of traffic safety:

That the society understands the concepts and requirements of traffic safety through which the correct principles are taught. To deal with the vehicle to get on, get off, and dispose of it while it

is traveling or using the road properly. By avoiding wrong behaviors that put them at risk of inattention during transit. The presence of planned objectives and programs for traffic safety increases the likelihood of implementing safety policies and institutions in those countries that have plans for traffic safety change their behavior once that program is introduced. Planned traffic safety programs can lead to better integration of existing institutional efforts, and generally requires more coordination and often takes place more focused resource allocation. Traffic safety programs with specific goals have a wider range than those that miss such goals. Setting goals leads to Better and more realistic programs. And intensifying traffic awareness programs through various field and media means to spread community awareness in several languages, with the aim of enhancing traffic safety and achieving community safety on the emirate's roads, and reducing severe accidents whose victim is the flower of the nation's youth, which contributed to raising awareness among road users from drivers of vehicles and pedestrians. Finally, it is recommended to restructure and empower the Supreme Council of Traffic Safety to be able to draw up a comprehensive strategy with a clear vision and rational safety policies to address the problem of traffic accidents [32].

## 2.7 The biggest impact in traffic accidents:

Some people may think that the different effects of accidents lie in physical and other physical injuries represented in damage to vehicles, but the fact that there are psychological effects made scientists and researchers shed light on this aspect, which in their view is more dangerous and impactful than the tangible physical effects, as it takes the removal of psychological effects. A long time. Psychological shocks and these psychological effects that accompany the occurrence of a traffic accident are evidenced by many studies and research that have discussed this aspect. Which leads to severe physiological symptoms known as traumatic stress, which is not limited to the perpetrators of the accident only, but may extend to all of his companions and their families [33-34-35].

## 2.8 The impact of traffic accidents on the individual and society together:

Any individual may be exposed to a traffic accident, and often this accident directly affects the life of the individual, and he will face many difficulties in overcoming these effects, and the problem of traffic accidents is a societal problem in the world. The sums that countries lose as a result of traffic accidents are very large. Many countries spend money allocated from their budgets to reduce these accidents, and around the world there are approximately 1.25 million deaths annually in addition to 20-25 million injuries as a result of traffic accidents [36-37].

## 2.9 Using a mobile phone while driving:

Using the phone causes a lot of problems when driving a car, some believe that they are fully aware of what is happening around them when they are busy with the phone while driving, but in fact, according to one study, the busy phone misses many of the surrounding things, and will not pay attention until it is too late and the occurrence of a problem It is worth noting that using the phone by holding it or by turning on the headphones on the high volume mode, in both cases the risk involved is one, so the phone user may not always pay attention to the road exits or to the traffic lights on the sides of the road and other important matters while driving [38].

## Previous study:

-This systematic review was based on evidence of RTAs in KSA. Road safety and road traffic accidents in Saudi Arabia. This study was carried out from December 2013 to May 2014.objective To identify the changing trends and crucial preventive approaches to road traffic accidents (RTAs) adopted in the Kingdom of Saudi Arabia (KSA) over the last 2.5 decades, and to analyze aspects previously overlooked. Results: Road traffic accidents accounted for 83.4% of all trauma admissions in 1984-1989, and no such overall trend was studied thereafter. The most frequently injured body regions as reported in the latest studies were head and neck, followed by upper and lower extremities, which was found to be opposite to that of the studies reported earlier. Hospital data showed an 8% non-significant increase in road accident mortalities in contrast to police records of a 27% significant reduction during the years 2005-2010. Excessive speeding was the most common cause reported in all recent and past studies.

-This analytical cross-sectional study was conducted in Majmaah city which is having a population of 133,000 people. Social media websites, mainly Twitter. Knowledge, attitude and practice of road traffic accidents among car drivers in Majmaa city, Saudi Arabia, 2017 and 2018. Objective used to identify the KAP regarding traffic regulations among the concerned society. Results: We included 157 participants. They were divided into five age groups, and the most preventable age group was from 21 to 30 years old as shown in Figure 1.On the other hand, Figure 2 shows that 47.1% got a university degree (bachelor or higher) followed by 29.9% with high school degree, 16.6% with a diploma, 3.2% with middle school, 2.5% with primary school, and only 0.6% were illiterate. Also, 72% were with moderate financial status, 17.2% with high financial status, and 10.8% with low financial status. Concerning marital status, 50.3% were married and 49.7% were single; 69.4% own a car and 30.6% do not own a car; 90.5% have a driving license and 9.5% do not have a driving license (as shown in Table 1).The data in Figure 3 also show that 56.1% of the respondents have good knowledge about driving and the traffic signs, whereas 38.9% have moderate knowledge and only 5.1% have poor knowledge. On the other hand, Figure 4 shows that 87.9% of the individuals have a poor attitude toward safe driving, while 12.1% have moderate

attitude and 0% have a good attitude. Concerning practice, we find that 52.9% of the individuals have poor practice and 44.6% have moderate practice, while only 2.5% have a good practice (as shown in Figure 5). Data in Table 2 show the distribution of KAP by gender, age, education level, marital status, and economic status. We found that 25% of the people with poor knowledge were males while 75% of them were females. On the other hand, most people with poor.

**-**A cross-sectional study was carried out on randomly selected drivers in Arar city, Northern Saudi Arabia, KSA. A study on road traffic accidents in Arar, Saudi Arabia  Received 20 July 2017. The aim of this study was to determine the type and contributing factors to RTAs in Arar, Northern Saudi Arabia. Results: RTAs were frequent with persons aged less than 20 years old, with a percentage of 36.9%, followed by 33.9% in the age between 20 and 35 years old and just 1.7% above 50 years. Distraction habits while driving were as follows: 49.6% use the cellphone while they drive and 30.5% smoke. Most of the RTAs happened during sunny weather (63.9%) and rainy weather (13.5%). The most frequent occurrences of RTAs were angle collision (40.8%), back collision (19.9%), and hitting a fixed object (13.3%). Place of accidents was main road in 43.2% followed by crossroad in 20.9 and 11.3% at traffic light site. Limbs, head, and upper body parts were the most injuries (35.1, 23.6, and 10.6%, respectively). After treatment, 3.4% of the injured drivers have distortion as a permanent disability, 2.9% have paralysis, and 2.5% have a limp. In all, 5.2% of the accidents resulted in one death, 2.5% resulted in two deaths, and 86% of the accidents did not result in any deaths.

**-**A cross-sectional study was done using a simple random sampling technique. Magnitude and determinants of road traffic accidents in Northern Ethiopia. The study was done in Mekelle city from February to June 2015. This study aimed to assess the magnitude and determinants of road traffic accidents (RTAs) in Mekelle city, Northern Ethiopia. **Results** The magnitude of RTA was found to be 23.17%. According to the drivers' perceived cause of the accident, 22 (38.60%) of the accident was due to violation of traffic rules and regulations. The majority of the victims were pedestrians, 19 (33.33%). Drivers who were driving a governmental vehicle were 4.16 (adjusted OR (AOR) 4.16; 95% CI 1.48 to 11.70) times more likely to have RTA compared with those who drive private vehicles. Drivers who used alcohol were 2.29 (AOR 2.29; 95% CI 1.08 to 4.85) times more likely to have RTA compared with those drivers who did not consume alcohol.

-In Jordan, traffic accidents constitute a major health problem. They are considered the second leading cause of death. This paper investigated the characteristics of traffic accidents in Jordan and evaluated the safety impact of policy measures undertaken in 2008, including intensification of police enforcement and implementation of traffic law with stiff penalty levels. To accomplish these objectives, accidents' data of 1998 through 2007 were obtained from Jordan Traffic Institute and

other related sources. Results of analysis revealed that Jordan has experienced huge human and economic losses as well as social and emotional negative impacts. Children, young and elderly have been exposed to an elevated pedestrian accident risk. Young drivers of ages less than 25 years and elderly of ages over 60 years are over-involved in accidents. Carelessness and aggressive driving behavior were the major causes of traffic accidents. The results of analysis also indicated that motorization level can be used to explain variations in traffic accidents and fatalities. Furthermore, intensifying of traffic enforcement and implementing traffic law with stiff penalty levels were found to have a strong positive safety impact on accidents and fatalities. Finally, it is recommended to restructure and empower the Higher Council for Traffic Safety to be able to draw a comprehensive strategy with clear vision and rational safety policies to tackle the traffic accidents' problem.

# Chapter3:

# Methodology

# 3-Methods& Materials:

## 3.1Study design:

A descriptive cross-sectional was be conduct from February 2021 to May 2021

## 3.2Study Area:

The study was conducted in Abha region, Saudi Arabia, The Abha region is the administrative headquarters and the capital of the Asir region in southwestern Saudi Arabia and its most important city. The area of Abha is about 5,100 hectares. The population of the city of Abha is approximately one million, or 758,957 people, according to (2018) estimates.

## 3.3Study population:

Resident in Abha region was be targeted to participate in this study.

## 3.4Sample selection:

Inclusion criteria: Both gender and all age groups were included. Who would like to participate?

Exclusion criteria: Who did not care to participate.

## 3.5Sample size and Sample methods:

Was determine by using convenience sample. In this study, the convenience sampling technique was used

## 3.6Methods of data collection:

Data was be collected using a questionnaire consists of three sections, Socio-demographic characteristics, Questions regarding the level of knowledge of traffic accidents, Questions regarding the practices and habits of the vehicle driver.

## 3.6.1 tool of data collection:

Tool 1: Social Demographic Characteristics This tool was developed by the researcher to collect the following information: gender, age, and educational level. Nationality

Tool 2: Multiple questions aimed at identifying the level of knowledge of traffic accidents
Tool 3: Questions regarding the practices and habits of the vehicle driver.
## 3.8Methods of data analysis:

The data was be analyzed by using SPSSV23. And was be descriptive analysis of expression of frequencies and percentages. The Chi square was used to find the correlation between the

independent variable (social and demographic characteristics) and dependent variables (the level of knowledge of traffic accidents and the practices and habits of the car driver).

**Chapter4:**

**Results**

# Results

## Data Analysis and Interpretation

The chapter presents the data analysis and interpretation of the results. The analysis was done as per questionnaires that were used to collect data, a descriptive cross- sectional study conducted for targeted population from Abha region**.**

## Demographics characteristics:

**Table (1): Explains the frequencies, percentages of gender, age groups and educational, nationality and marital status of the target group of residents of the Abha region.**

| Demographics characteristics | | N | Percent% |
|---|---|---|---|
| **Gender** | male | 296 | 48.8% |
| | Female | 311 | 51.2% |
| **Age** | Under 18 | 206 | 33.9% |
| | From18 to 24 | 272 | 44.7% |
| | From24 to 30 | 86 | 14.1% |
| | From30 to 40 | 29 | 4.8% |
| | 40 or older | 15 | 2.5% |
| **Educational level** | Primary | 22 | 3.6% |
| | Average | 112 | 18.4% |
| | Secondary | 229 | 37.6% |
| | University | 222 | 36.5% |
| | Postgraduate | 24 | 3.9% |
| **Nationality** | Saudi | 585 | 96.2% |
| | Non-Saudi | 23 | 3.8% |

| Social status | Single | 527 | 86.7% |
|---|---|---|---|
| | Married | 66 | 10.9% |
| | Divorce | 15 | 2.5% |

(n=609)

P-Valo=0.05

Of the 609 people in the study, the number of females was more than males, with females constituting 51.2%, followed by males at 48.8%. The table also indicates that most of the population in the average age between 24-18 years increased by 44.7%. It is followed by people under the age of 18, at 33.9%. It is followed by people aged between 24-30 years, at 14.1%. It is followed by those between the ages of 30-40, at 4.8%. It was followed by older people 40 years of age and over, at 2.5%. The table also indicates that people in high school have the most participation by 37.6%. It is followed by the university level with a rate of 36.5%. It is followed by the intermediate stage with a rate of 18.4%. It is followed by the primary stage with 3.6%. Finally, postgraduate studies at 3.9%. As for nationality, the majority were of Saudi nationality, at a rate of 96.2%. As for non-Saudis, it was 3.8%. The table also indicates the marital status of the residents, that married people were 10.9%. And unmarried, 86.7%. And divorced at 2.5%.

**Question regarding the level of knowledge of traffic accidents:**

**Table(2):Explains the frequencies, percentages of the level of knowledge of traffic accidents in the target group of residents of Abha area.**

| Knowledge level | | N | Percentage% |
|---|---|---|---|
| **Having a valid driver's license** | -Yes | 247 | 40.6% |
| | -No | 362 | 59.4% |
| **Laws in place are deterrent and reduce the rate of traffic accidents** | -Yes | 483 | 80% |
| | -No | 121 | 20% |
| **The biggest cause of traffic accidents** | -Traffic lights cut off | 43 | 7.1% |
| | -Exceeding the legal speed | 189 | 31% |
| | -Use of a mobile phone | 273 | 44.8% |
| | -Lack of maintenance of roads | 104 | 17.1% |

| | | | |
|---|---|---|---|
| One of the causes of traffic accidents is bad weather | -Yes | 322 | 53% |
| | -No | 285 | 47% |
| Full knowledge of traffic signs | -Yes | 239 | 39.4% |
| | -No | 35 | 5.8% |
| | -Some of it | 333 | 54.9% |
| Segments of society most likely to have traffic accidents | -Under 18 years old | 165 | 27.2% |
| | -Between18-25 years old | 376 | 61.9% |
| | -Between25-30 years old | 39 | 6.4% |
| | -30 and over | 27 | 4.4% |
| The number of traffic accidents | -In increase | 237 | 39% |
| | -Stable | 105 | 17.3% |
| | -Decreasing | 58 | 9.5% |
| | -Do not know | 208 | 34.2% |
| The driver bears the largest percentage of traffic accidents | -Yes | 340 | 56.1% |
| | -No | 100 | 16.5% |
| | -I do not know | 166 | 27.4% |
| The biggest impact in traffic accidents | -Psychological impact | 223 | 36.9% |
| | -Physical impact | 253 | 41.9% |
| | -Economic impact(material) | 128 | 21.2% |
| Traffic accidents affect the individual and society together | -Yes | 519 | 86.4% |
| | -No | 29 | 4.8% |
| | -I do not know | 53 | 8.8% |

The above table shows that the level of

knowledge of traffic accidents began with a question about the existence of a valid driver's license, and the answer was no more by 59.4% and yes by 40.6%. Followed by the question about the laws

N=609)

P=Valo=0.05

set as a deterrent and reduce the rate of traffic accidents, and yes by 80% and no by 20%. It was followed by the largest cause of traffic accidents, and mobile phone use was the largest cause, at 44.8%. It exceeded the legal speed by 31%. And lack of maintenance of roads by 17.1%. The lowest is the cutting of traffic lights by 7.1%. After that, the question about the causes of traffic accidents was bad weather, and it was yes by 53% and no by 47%. They are followed by full knowledge of traffic signs, yes it was 39.4%, no 5.8%, some of which were 54.9%. It is followed by the most social segments of traffic accidents, the majority were between 18-25 years of age, 61.9%, followed by less than 18 years of age, 27.2%. They are followed by between 25-30 years, at 6.4%, and the least 30 and over, at 4.4%. Then it indicates the number of traffic accidents, which are increasing by 39%, stable by 17.3%, decreasing by 9.5%, and I do not know by 34.2%. Followed by the question about driver bearing the largest percentage in the traffic accidents problem, which was yes, at a rate of 56.1%. No, 16.5%, I don't know, 27.4%. It was followed by the largest impact in traffic accidents, the physical impact was the largest by 41.9%, the psychological impact was 36.9%, and the economic impact was the least by 21.2%. Finally, he explains that traffic accidents affect the community and the individual together, by yes 86.4%, no 4.8%, I do not know by 8.8%.

**Practices and habits of the vehicle driver:**

**Table (3): Explains the frequencies and percentages regarding the practices and habits of the vehicle driver in the target group of residents of the Abha region.**

| Practices and habits | | N | Percentage% |
|---|---|---|---|
| **Using a mobile phone while driving** | -Yes | 31 | 5.1% |
| | -No | 279 | 46.3% |
| | -Sometimes | 265 | 44% |
| | -Always | 27 | 4.5% |
| **The specified speeds are often exceeded** | -Yes | 113 | 18.7% |
| | -No | 257 | 42.6% |
| | -Sometimes | 233 | 38.6% |
| **Attentionto safety means from** | -Yes | 404 | 67.6% |
| | -No | 86 | 14.4% |
| | -Sometimes | 108 | 18.1% |

| traffic accidents in your car | | | |
|---|---|---|---|
| **Link seat belts whenever riding the car** | -Yes | 424 | 70.4% |
| | -No | 56 | 9.5% |
| | -Sometimes | 121 | 20.1% |
| **Ensure the safety of the car(such as the safety of lights and tires) before any trip** | -Always | 337 | 55.9% |
| | -Frequently | 98 | 16.3% |
| | -Sometimes | 134 | 22.2% |
| | -Never | 34 | 5.6% |
| **The best way to educate and spread public safety principles while driving** | -Through the media | 263 | 43.7% |
| | -Via the internet | 189 | 31.4% |
| | -Education teams in schools, universities and departments | 150 | 24.9% |
| **Awareness programs contributed to increasing traffic awareness and compliance with traffic laws** | -Yes | 349 | 57.8% |
| | -No | 118 | 19.5% |
| | -I do not know | 137 | 22.7% |
| **The best means to reduce traffic accidents** | -Increase in fines | 166 | 27.5% |
| | -Revoke drivers license | 118 | 19.6% |
| | -Disseminate education on general guidelines | 209 | 34.7% |
| | -Capacity building for driver training offices. | 110 | 18.2% |

(n=609)

P-Valo=0.05

The above table shows the practices and habits of the driver of the vehicle, as he started using a mobile phone while driving, so it was yes by 5.1%, no by 46.3%, sometimes by 44%, always by 4.5%. Passing speeds often follow, yes, at 18.7%, no at 42.6%, sometimes at 38.6%. Followed by the interest in the presence of safety means from traffic accidents in your car, the largest percentage was yes, 67.6%, no 14.4%, sometimes 18.1%. Then the seat belts were fastened when riding the car, that was the largest percentage yes by a 70.4%, the least no, 9.5%, and sometimes 20.1%. It also refers to the people making sure of the safety of the car before each trip, so the majority always rose to 55.9%, and then sometimes 22.2%, often 16.3%, and never at 5.6%. This is followed by the best way to educate and spread the principles of public safety while driving, which indicates that the best method was through the media by 43.7%, and through the Internet by 31.4%, and then by education teams in schools, universities and departments by 24.9%. Then the question about awareness programs has it contributed to increasing traffic awareness and adherence to traffic laws, and the answer was yes by 57.8%, no by 19.5%, I do not know by 22.7%. Finally, it refers to the best means to reduce traffic accidents, which was an increase in the value of fines by 27.5%, withdrawal of a driver's license by 19.6%, Spreading education on principles of public safety by 34.7%, capacity building and driver training offices by 18.2%.

**The knowledge table is divided into 3 levels: Low =50%, Moderate=50-70% High<70%.**

**Table 4 : Total of Type of attitude about having a valid driver's license:**

| Level of knowledge | frequency | % |
| --- | --- | --- |
| Low | 247 | 40.6% |
| High | 362 | 59.4% |
| Total | 609 | 100% |

More than half of the sample had a high level of knowledge (59.4%).

**Table5: Total of type of attitude about that the established laws are deterrent and reduce the rate of deterrent and reduce the rate of traffic accidents:**

| Level of knowledge | frequency | % |
| --- | --- | --- |
| Low | 121 | 20% |
| High | 483 | 80% |

| | | |
|---|---|---|
| Total | 604 | 100% |

More than half of the sample had a high level of knowledge (80%).

## Table6: Total of type of attitude about me from the causes of traffic accidents bad weather:

| Level of knowledge | frequency | % |
|---|---|---|
| Low | 285 | 47%% |
| High | 322 | 53% |
| Total | 607 | 100% |

More than half of the sample had a high level of knowledge (53%).


## Table7: Total of type of attitude about knowledge of the passcode:

| Level of knowledge | frequency | % |
|---|---|---|
| Low | 35 | 5.8% |
| Moderate | 239 | 39.4% |
| High | 333 | 54.9% |
| Total | 607 | 100% |

More than half of the sample had a high level of knowledge (54.9%).

## Table8: Total of type of attitude about the driver bears the largest percentage of traffic accidents:

| Level of knowledge | frequency | % |
|---|---|---|
| Low | 100 | 16.5% |
| Moderate | 166 | 27.4% |
| High | 340 | 56.1% |
| Total | 606 | 100% |

More than half of the sample had a high level of knowledge (56.1%).

**Table9: Total of type of attitude about the impact of traffic accidents on the individual and society:**

| Level of knowledge | frequency | % |
|---|---|---|
| Low | 29 | 4.8% |
| Moderate | 53 | 8.8% |
| High | 519 | 86.4% |
| Total | 601 | 100% |

More than half of the sample had a high level of knowledge (86.4%).

**Table(10) correlation between age and segments of society most likely to have traffic accidents;**

Chi-Square Tests

| | Value | df | Asymptotic Significance (2-sided) |
|---|---|---|---|
| Pearson Chi-Square | 27.908[a] | 12 | .006 |
| Likelihood Ratio | 19.669 | 12 | .074 |
| Linear-by-Linear Association | 10.481 | 1 | .001 |
| N of Valid Cases | 606 | | |

a. 6 cells (30.0%) have expected count less than 5. The minimum expected count is .67.

Table (4) shows that there is a statistically significant correlation between age and the groups of society most likely to have traffic accidents, as the value P-Value=.000 represents an enormous level of Significance.

**Table(11) correlation between Gender and Do you check the safety of your car (such as the safety of lights and tires) before your trip?**

Chi-Square Tests

| | Value | df | Asymptotic Significance (2-sided) |
|---|---|---|---|
| Pearson Chi-Square | 7.767[a] | 3 | .051 |
| Likelihood Ratio | 7.811 | 3 | .050 |
| Linear-by-Linear Association | 6.454 | 1 | .011 |

| N of Valid Cases | 601 | | | |
|---|---|---|---|---|

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 16.75.

Table (5) shows that there is a statistically significant correlation between gender and making sure of it is the safety of your car (such as the safety of lights and tires) before your trip, as the value P-Value=.000 represents an enormous level of Significance.

**Chapter5:**

**Discussion**

# Discussion

Accidents are those that occur on the roads when a car collides with another, a person, or animals, or collides with a facility or other things, and these accidents result in material losses, human injuries and deaths. Traffic accidents are a phenomenon that no country is free from, including - of course - the Kingdom of Saudi Arabia. The International Organization for the Prevention of Road Accidents has stated that what the world loses annually due to traffic accidents reaches about (16) million injuries and (700) thousand A death case  In addition to the verticality and spread of this phenomenon, the civilizational and economic shift that took place throughout this country contributed to the growth of this phenomenon, as it resulted in the tremendous increase in the number of vehicles and thus the increase in the number of drivers, which constituted a heavy toll on the traffic services that were provided on roads inside and outside cities. . As a result of this huge increase in the number of vehicles and the number of drivers, an increase in the number of traffic accidents, traffic accidents are considered a major health problem. It is the second leading cause of death, and over 50 million others are injured annually in road accidents. Traffic accidents are a must-have public health concern. An interdisciplinary approach is required to understand its causes and provide evidence of support.  More than half of traffic accident victims are of working age. In addition to causing untold human suffering, road traffic deaths and injuries around the world cause an annual cost of hundreds of billions of dollars. In low- and middle-income countries, and as more and more cars are on the roads in many countries, the problem may get worse faster. Consequently, there is an urgent need to do more to reduce these preventable deaths and injuries. A study found that segments of society between the ages of 18-25 years are more likely to have traffic accidents, and this is consistent with a study conducted by **(Suleiman and Awad, 2003) and (Williams, Lvers et al. 2009; 2003)[43].**This study showed that there is a relationship between age and the method of spreading safety principles through the media that are necessary for children, and this is consistent with a study conducted by **(Al-Masaeid and Zubai 2005)[42].**  It also showed that there is no relationship between marital status and accidents, contrary to expectations, so it is expected that a married person will be much less involved in accidents compared to an unmarried or divorced person, and this study agreed with the study that he conducted **(Johnell et al, 2014)[41].**  When this study also revealed the existence of a relationship to the weather conditions that are sunny, rainy, or unclear to seeing the presence of fog, which reflects the climate, the weather conditions on the driver, and this study agreed with a previous study that he conducted **(Nofal FH, Seaad AAW, 1997)[44].**  And when determining whether the driver bears the largest percentage in the problem of traffic accidents and its relationship to the greater cause of traffic accidents, we do not find a relationship between them as the causes of accidents are things that a driver cannot control, and this is consistent with a study

conducted by **(Calinoiu G, MincaDG ,, 2009  J Intern Med 2012)[44].** A  study also showed that exceeding the speed limit is closely related to the causes of traffic accidents, and this relationship leads to an increase in the occurrence of collisions and an increase in the percentage of fatal accidents. This study is consistent with a study conducted by **(Cameron MH, Vulcan AP, Finch CF, Newstead SV.1994)[40].**

**Chapter6:**

**Conclusion and recommendation**

# Conclusions and recommendations

## 6.1conclusion

Based on the results of this study, the following was concluded: The Abha region is facing a troubling problem of traffic accidents, as it has suffered human and economic losses and social emotional effects as a result of this problem.

_ The age group of youth between the age of 18-25 years is exposed to the highest probability of traffic accidents

_ The biggest cause of traffic accidents is the use of a mobile phone while driving

_ The driver bears the largest percentage in traffic accidents, which makes the physical impact greater in accidents

_ Traffic accidents affect the individual and society together.

## 6.2Recommendations

Therefore, we recommend the compulsory use of seat belts in vehicles, not to use a mobile phone while driving, and that the driver be concerned with the presence of means of safety from accidents in his car, and that the principles of safety from traffic accidents be spread through the media to further communicate them to the community and create a new database to collect, store and analyze information related to traffic accidents on  Roads.

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# Questionnaire:

## -socio- demographic characteristics:

1-Gender:

( ) Male                                  ( )Female

2-Age:

Under18 ( )

From 18 to 24 ( )

From 24 to 30 ( )

From 30 to 40 ( )

40 or older ( )

3-Educational level:

( ) primary( )average ( )Secondary ( )university ( ) postgraduate( )

4-Nationality:

( )Saudi          ( )Non-Saudi

5-Social status:

( )Single ( )Married ( )divorce


## -Questions regarding the level of knowledge of traffic accidents:

6- Do you hold a valid driver's license?

( ) Yes                          ( )No

7- Do you think that the established laws are deterrent and reduce the rate of traffic accidents:

( )Yes                     ( )No

8- what is the biggest cause of traffic accidents?

( )Traffic lights cut off ( )legal speed overrun

 ( )use of mobile phone ( )lack of maintenance of roads .

9-Do you see that the causes of traffic accidents are bad weather:

( ) Yes                ( )No

10-Do you have full knowledge of traffic signs?

( ) Yes              ( )No    ( ) some of them

11-What are the segments of society most likely to have traffic accidents?

( )Less than 18 years old ( )between18-24years old

 ( )between25-30 years old ( ) 30 and over

12-Is the number of traffic accidents:

( )in increase ( )stable ( )decreasing ( )l do not know

13-Does the driver bear the largest percentage of traffic accidents:

( )Yes  ( )l do not know ( )No

14- In your opinion, what is the biggest impact in traffic accidents:

( )psychological impact ( )physical impact ( )Economic impact(material)

15-Do traffic accidents affect the individual and society together:

( )Yes          ( )I do not know            ( )No


**-Questions regarding the level of practices and habits of the vehicle driver:**

16-Do you use a mobile phone while driving:

( )Yes    ( )No  ( )Sometimes  ( )Always

17-Do you fasten your seat belt whenever you ride you car?

( ) Yes                      ( )No        ( )sometimes

18- Do you often exceed the specified speeds:

( )Yes                  ( )No

19-Do you care about the safety of traffic accidents in your car:

( )Yes                  ( )No      ( )sometimes

20-Do you check the safety of your car (such as: the safety of lights and tires) before your trip?

( )always ( )frequently ( )sometimes ( )never

21-What is the best way to teach general safety principles while driving:

( )Through the media ( )Through the internet ( )Education teams in schools, universities and government departments.

22-Do you find that the awareness programs contributed to increasing the effectiveness of traffic and smiling at the palace of the year;

( )Yes    ( )No    ( )I do not know

23- What are the best ways to shed light on traffic:

( )increase in fines ( )Revoke drivers license ( )Disseminate education on general guidelines  ( )Capacity building for driver training offices.

**-البيانات الديموغرافية الاجتماعية:**

1-الجنس

( )رجل          ( )انثى

2-العمر:

-أقل من 18

-من 18الى 24

-من 24الى 30

-من 30الى 40

-40 فما فوق

3- المستوى التعليمي

( )ابتدائي ( )متوسط ( )ثانوي ( )جامعي ( ) دراسات عليا

4 الجنسية -

( ) سعودي     ( )غير سعودي

5- الحالة الاجتماعية:

( )أعزب ( )متزوج ( )منفصل

**-الأسئلة بخصوص مستوى المعرفة بالحوادث المرورية:**

6-هل لديك رخصة قيادة سارية المفعول:

( )نعم     ( )لا

7- هل ترى ان القوانين الموضوعة رادعة وتقلل من نسبة الحوادث المرورية:

( )نعم     ( )لا

8-ماهو أكبر سبب لحوادث السير:

( )قطع إشارات المرور ( )تجاوز السرعة القانونية

استخدام الهاتف المحمول( )

عدم صيانة الطرق( )

9- هل ترى ان من اسباب الحوادث المرورية سوء الأحوال الجوية:

( ) نعم     ( )لا

10-هل لديك معرفة كاملة بعلامات المرور:

( )نعم     ( )لا   ( )بعض منها

11-ماهي أكثر شرائح المجتمع احتمالا لوقوع حوادث السير:

( )أقل من 18عاما ( )بين18-25 عاما

( )بين25-30عاما ( )30 فما فوق

12-هل عدد الحوادث المرورية:

( )في تزايد ( )مستقر ( )في تناقص ( )لا أعلم

13-هل السائق يتحمل النسبة الأكبر في مشكلة الحوادث المرورية:,

( )نعم ( )لا اعلم ( )لا

14- ما هو التأثير الاكبر في الحوادث المرورية:

( ) التأثير النفسي ( )التأثير الجسدي ( )التأثير الاقتصادي(المادي)

15-هل حوادث المرور تؤثر على الفرد والمجتمع معا:

( )نعم     ( )لا اعلم     ( )لا

**-الاسئلة بخصوص الممارسات والعادات لسائق المركبة:**

16-هل تستعمل الهاتف المحمول اثناء القيادة:

( )نعم   ( )لا ( )احيانا ( )دائما

17- هل تتعدى السرعات المحددة غالبا:

( )أحيانا   ( )نعم       ( )لا

18- هل تهتم بوجود وسائل السلامة من الحوادث المرورية في سيارتك:

( )نعم       ( )لا     ( )احيانا

19-هل تربط حزام الأمان كلما ركبت سيارتك:

( )نعم     ( )لا     ( ) احيانا

20-هل تقوم بالتأكد من سلامة سيارتك(مثل: سلامة المصابيح والاطارات)قبل رحلتك:

( )دائما ( )غالبا ( )احيانا ( )ابدا

21-ماهي أفضل طريقة لتثقيف ونشر مبادئ السلامة العامة اثناء القيادة:

( )عن طريق وسائل الأعلام ( )عن طريق الانترنت ( ) فرق التثقيف في المدارس والجامعات والدوائر

22-هل تجد أن البرامج التوعوية ساهمت في زيادة الوعي المروري و الالتزام بقوانين المرور:

( )نعم ( )لا ( )لا اعلم

23-ماهي أفضل الوسائل لتقليل حوادث السير:

( )زيادة قيمة الغرامات ( )سحب رخصة القيادة ( )نشر التثقيف حول المبادئ السلامة العامة

( )بناء قدرات مكاتب تدريب السائقين

# Abstract

The title: Perceived oral health attitudes and behaviors among students of Applied medical sciences college of KKU

Student name : Nadia Rashed

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

University and year: 14431

**Background:** Oral health is a fundamental component of individuals' general health and in general well-being, which is related to individuals' oral wellbeing knowledge and solid verbal cleanliness habits

**Objective:** To assess perceived oral health attitudes and behaviors among student of applied medical sciences college of king Khalid University

**Methodology:** A structured, pre-tested, self-administered is divided into 2 main parts ,12-item questionnaire survey was conducted among student of applied medical Sciences College of King Khalid University, the sample was drawn the data was collected by online questionnaire, included demographic details and questions on the students' oral health attitudes and behaviors.

**Result:** A total of 302 students of applied medical sciences college (108 males, 95 females) Majority of respondents (88.7%) reported cleaning their tongue daily and 55.2% reported that regular dental check-up should be carried out every 6 months. However, 62.6% reported that they do not use a dental floss and 46.8% reported visiting their dentist only when having dental problems.

**Conclusion:** Within the limitations of this study, we also found no gender-based difference among the students with regards to oral health attitude and behavior, educate applied medical sciences the necessary skills in attaining good oral hygiene is as imperative as imparting knowledge on various aspects of oral health.

**Key words:** Oral health, applied medical sciences, educate, student.

# ABSTRACT

The title: Assessment of knowledge and practice of hand washing among students of applied medical sciences college, KKU

Student name: Afnan Abdulrazaq

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

University and year: 14431

## Background: -

Hand hygiene is considered the most effective method to reduce the occurrence of infection and wide spread communicable disease. It is appropriate for every person especially for health professionals and it is associated with appropriate medical care that prevents the disease and its spread.

## Aims: -

This study aimed to assess Knowledge and practices of Hand washing among students of the College of Applied Medical Sciences of King Khalid University in Khamis Mushait and Abha Cities

## Methods:-

A cross-sectional analytical study. The study was conducted in the students of the applied medical Sciences College of King Khalid University with sample size (182).

## Results: -

The current study appeared that the majority of the participants had a very good knowledge regarding Hand hygiene with mean of (75.5%). The majority also had a good practice regarding Hand hygiene as most of them always washed their hands.

## Conclusion: -

Our study found that the majority of the participants had a very good knowledge and a very good practice about hand hygiene. Improved knowledge was found to be associated with improved compliance with hand hygiene best practices.

**Keywords: -** Knowledge, practice, hand hygiene, students.

# Abstract

The title: Energy drinks consumption pattern among students of applied medical sciences college, KKU

Student name: Bayan Hamed

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

University and year: 14431

**Background:** Consumption of energy drinks represents an escalating global public health problem especially among adolescents and young adults. The use of these drinks by university students is on the rise despite concerns about their safety. Energy drink contains stimulants mainly caffeine that is marketed as a mental and physical stimulator although there are many safety concerns against use. This study identified the knowledge and practice of the consumption of energy drinks among students of applied medical sciences college of king Khalid university **Aim:** The aim of this study was to assess energy drinks consumption Patterns among students of the applied medical sciences college of king Khalid university.    **Subjects and methods:** A cross-sectional descriptive study was carried out at the applied medical sciences college of King Khalid University A total of 255 of the studied student's adults were selected by convenience sampling questionnaire Sociodemographic, and health status data of the subjects Interview was used in this study. Knowledge and Practices of energy drinks questionnaire were also used to determine the pattern of consumption of energy drinks. Data was collected using a validated, self-administered questionnaire.    SPSS    version    21    was    used    for    statistical    analysis. **Results** Results In this study, 255 adults student were interviewed Of the respondents The results of the present study showed that the more than two-fifths (42.7%) of the studied student aged (20 – 25) years, and the majority (74.5%) were female, while that the majority  (81.2%) of the studied student have knowledge reported regarded of energy drinks,  More than one-third (35.7%) of the studied student reported the caffeine is the substance of energy drinks, while that more than one-half (54.1%) of the studied student reported regularly drinking energy drinks, While of more than one-half (51.4%)of the studied student reported is usually preferred the energy drinks Sugar-free energy drinks, whilst more than two-fifths (42.7%) of the studied student reported is usually drinked of energy drink 1-3 cans a week, whilst nearly two-third (60.4%) of the studied student reported had side effects after Energy Drinks consumption, while of the more than one-third (36.9%) of the studied student suffer Headache owing to consumption of Energy Drinks, minority

(0.4%) of the studied student reported don't usually drink Energy Drinks to Because it's harmful.

**Keywords:** Energy drinks, consumption pattern, students, knowledge, practice, prevalence.

# Assess Maternal Knowledge About Breast-Feeding Of Child At Khamis Mushayt.

## Prepared by : **Ashwag Ayed Alasmari**

Supervisors: Prof. Wagida Wafik& Mrs. Hala Awad

College of Applied Medical Sciences – Khamis Mushayat

King Khalid University- Kingdom of Saudi Arabia

2021

# ABSTRACT

The aim of this study: To Assess Maternal Knowledge about Breastfeeding of Child at Khamis Mushait.

Methodology - Research Design: A The design of a descriptive study was used to assess Maternal Knowledge about Breast-Feeding of Child at Khamis Mushait. Study Area: Health center at Khamis Mushait. Sample Size: The sample size (421) was determining by using convenience sample technique. Sample selection: (a)Inclusion criteria : All Mothers in Khamis Mushait. (b) Exclusion criteria : Mothers who refused to participat.

Results: A total of 421 respondents prefer breastfeeding with a rate of 91.7%, as mothers' opinions show that formula milk does not contain the same components of breast milk, and that more than half of the sample has high knowledge of breastfeeding, the benefits of breastfeeding are widely accepted by the majority of mothers , the opinions of the study sample about their awareness of breastfeeding were clarified by 64.1%.

Conclusion:  The study concludes that the most of maternal participated in the sample had high level of knowledge regarding breastfeeding.

Recommendations:Further research to determine the factors affecting on the level of knowledge about breastfeeding

Key words: Breastfeeding , Knowledge, Maternal , Child

# Assess Maternal Knowledge About Psychological State Of Child at Khamis Mushayt

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2021

## ABSTRACT

**Aim:** To assessment knowledge about psychological state of child at Khamis Mushait.

**Methods**

This was a descriptive study design that contained 725 maternal who had at least one child at Khamis Mushait. The required data to meet the specified objectives was collected solely by using a comprehensive structured online questionnaire. The questionnaire consisted of two part of questions: Socio-demographic and maternal knowledge about psychological state of child.

**Results:**

The study explored that the majority of participants (84%) in the study had a moderate level of knowledge. In addition, most of participants (67.4%) consult a specialist or family regarding psychological state of child.

**Key words:** Psychological state, Maternal, Knowledge, Behavior, and Child.

# Maternal Knowledge Regarding Weaning of The Child at Khamis Mushayt

Prepared by : Maram Ahmed Abu Sarha

Supervisors: Prof. Wagida Wafik& Mrs. Hala Awad

College of Applied Medical Sciences – Khamis Mushayat

King Khalid University- Kingdom of Saudi Arabia

2021

## Abstract

**Aim: To** Assessment maternal knowledge regarding weaning of the child at Khamis Mushayt

**Methods :** this was a descriptive study design that contained 706 maternal who had at least one child at khamis Mushait . The required data to meet the specified objectives was collected solely by using a comprehensive structured online questionnaire. The questionnaire consisted of two part of questions: Socio-demographic and maternal knowledge about weaning of the child

**Results :**The study explored that more than of the participating (56.5%) in the study had a moderate level of knowledg . In addition, and on other hand there are negative practices in applying the weaning process for mor than half of the sample .

CONCLUSION: The study concluded that more than three quarters of the mothers participating in the study had a moderate knowledge of the meaning of weaning, and in contrast, and on other hand there are negative practices in applying the weaning process for mor than half of the sample . There are significance relationship between age and level education . of study sample and total level of knowledge about  knowledge of maternal about  Weaning.

Recommendation

Health Education program to raise awareness of maternal about weaning . Farther research to determine the factor effect the weaning . Education program to increase the knowledge of child weaning

**Key words:** Weaning , Maternal, .Knowledge, Behavior, and Chide

# Assess Knowledge of female students About Physical Activity at King Khalid University

Prepared by : Wejdan Abdullah Nasser

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College of Applied Medical Sciences – Khamis Mushayat

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2021

## ABSTRACT

Aim: The study aimed to assess the level of female students' knowledge about physical activity at King Khalid University

Methodology: The study was designed as descriptive study involving a total of 400 students from the facility of applied medical science , and facility of science and arts in King Khalid University at Al-mahalla campus. The required data to meet the specified objectives was collected by using online questionnaires to assess the socio-demographic characteristics , level of knowledge about physical activity , habit of physical activity , and most effective barrier to doing physical activity

Results: The results informed that less than three quarter of studied sample had high level of knowledge about physical activity , while one quarter of studied sample had moderate level of knowledge about physical activity. The factors effect on total level of knowledge about physical activity there are significant relationship between department of students ,father occupation ,mother education, income ,and total level of knowledge about physical activity & other variables non-significance relation with level of knowledge about physical activity .

Conclusion and Recommendations: Physical activity has many benefits on health , including reduce stress , increase feelings of happiness, and other benefits on health . This helps students improve their academic level, improve their lifestyle and health status , also physical activity help to reduce risk of NCD among university students.

Recommend: -Health Educational program to improve the awareness and to modify attitude and practice toward physical activity. - Further research need to determine the factors affecting on the level of knowledge about physical activity

Keywords: Physical activity , assess , knowledge level , barriers , and female students .

# ABSTRACT

The title: Benefits and barriers of physical activity among students of applied medical sciences college, KKU

Student name: Asma Mohammed

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

 University and year: 14431


## Background:

Exercise can be defined as regular and repetitive physical activity with the goal of human health and maintain fitness. Most of people are ignorant of the damages resulting from ignoring it. Lack of knowledge and confidence, lack of skills, limited time, reimbursements, current workload, and social discouragement are the most influencing barriers for not practicing exercise.

## Aims:

 This study aimed to assess knowledge of Benefits and Barriers of Physical Activity among Students in the College of Applied Medical Sciences of King Khalid University Abha and Khamis Mushiyt.

## Methods:

A descriptive cross-sectional approach was done for this study. The study was conducted in students of the applied medical Sciences College of King Khalid University. A self-administered questionnaire was used to collect data among the participants. Those who filled the questionnaire were included in the study. Information was gathered utilizing using convenience sample technique. After information were extricated, it was overhauled, coded and taken care of factual programming IBM SPSS variant 22 (SPSS, Inc. Chicago, IL).

## Results:

 less than half of the participants were in the average age between 21-23 years and who were from18-20 years more than one third. Less than half were at the eighth level.

In our present study, we concluded that people who exercised more than people who did not play exercise and the percentage of people who enjoyed exercises was high compared to others. In our study also, we found that there was high awareness of the female students about the benefits of exercise. The distance of the clubs, high cost of clubs, no places for exercise, non-social support, inconvenience of exercise, exhaustion by exercise and taking time from their responsibilities were identified as barriers for most of the participant.

## Conclusion:

the findings were consistent with that female Saudi students generally tend to have a high level of belief in the benefits of physical activity indicating their awareness of the importance of exercise and avoiding barriers, However, they tend not to engage in high levels of physical activity due to various perceived barriers.

## Keywords:

Exercise, benefits, barriers, female students, perception, knowledge.

<div align="center">Abstract</div>

<div align="center">The title: Assessment of mental and physical fatigue among students of applied medical sciences college, KKU</div>

<div align="center">Student name: Lama Abdullah</div>

<div align="center">Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal</div>

<div align="center">Department: Public health</div>

<div align="center">Faculty name: Applied medical sciences</div>

<div align="center">University and year: 14431</div>

## Background:

Physical and Mental Fatigue represents an escalating global public health problem especially among adolescents and young adults. Feeling tired, whether physically or mentally , is increasing despite many attempts to avoid it. The causes of feeling tired were many and varied from one agegroup to another, and also differed whether the person had a chronic disease or not. This study identified the knowledge and practice of the assessment of physical and mental fatigue in a cohort of Saudi university students.

## Aim and objectives:

The aim of this study was To assess fatigue patterns among students of the applied medical sciences college of king Khalid university.

## Subjects and methods:

A descriptive cross-sectional study was carried out at the applied medical sciences college of King Khalid University A total of 242 of the studied student's adults were selected by convenience sampling questionnaire Sociodemographic, and health status data of the subjects Interview was used in this study. Knowledge and Practices of physical and mental fatigue questionnaire were also used to determine the pattern of fatigue. Data was collected using a validated, self-administered questionnaire. SPSS version 21 was used for statistical analysis.

## Results:

In this study, 242 adults student were interviewed Of the respondents The results of the

present study showed It is obvious that nearly one half (48.4%) of the studied student teenage aged(18 – 22) years, and less than a quarter (13.6%) of them aged (>26), and more than two-thirds (71.9%) were female. As well, almost more than two- thirds (73.6%) of the studied student adults were single.  and nearly one fifth (19.4%) of studied students were married. Furthermore, more than two- thirds (76.0%) of the studied student adults studied for bachelor's degrees. Also, nearly a quarter (14.0%) of the studied student adults studied for diplomas. Additionally, nearly two-thirds (65.7 %) of them reported that their income was  enough  and more than two-thirds (72.3%) of them reported they have not any chronic disease.

It is obvious that more than one-third (36.0%) of studied students sometimes feel bothered by fatigue. As well, almost  more than two-fifth (44.6%) of studied students sometimes  get  tired very quickly. Furthermore, morethan one-fifth (26.9%) of studied students sometimes have enough energy for everyday life. Also, more than one-third (37.6%) of studied students sometimes feel exhausted Physically. Additionally, nearly one-third (31.8%) of studied students sometimes when doing something, can concentrate quite well. It is obvious that more than one-third (33.9%) of studied students sometimes don't do much during the day. As well, almost nearly one-third (33.1%) of studied students  sometimes  have  problems  to  start  things. Furthermore, more than one-third (34.7%) of studied students sometimes have problems to think  clearly. Also,  nearly  two-fifth  (40.1%)  of  studied  students sometimes feel no desire to do anything.  Additionally,  nearly  one-third  (32.6%)  of studied students sometimes feel exhausted Mentally.

# Abstract

The title: Toileting behaviours of female students in Applied medical sciences of KKU, Abha & Khamis

Student name: Meaad Yahya

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

University and year: 14431

## Background

Urination is an important physical function and the behaviors which can be used to meet this function may be instrumental in keeping women's health and irregular or infrequent emptying due to avoidance of college bathrooms can contribute to some urinary tract problems among female students. The most common behaviors consist of issue about public toilet cleanliness, delaying urination whilst busy or away from home, and the use of different toileting postures at and away from home. Determinants of toileting behaviors consist of environmental factors, persistent health conditions, and cognitive/mental factors. Associations had been discovered among toileting behaviors and lower urinary tract signs and symptoms (LUTS) and among toileting postures and uroflowmetric parameters and post-void residual volume.

## Aim and objective:

The aim of this study was to assess toileting behaviors among female students of applied medical sciences college of King Khalid university, Abha and Khamis Mushayt Cities.

## Subjects and methods:

A descriptive cross-sectional study was carried out at the applied medical sciences college of King Khalid University. A total of 209 of the studied student's adults were selected by convenience sampling. Sociodemographic, and health status data of the subjects Interview was used in this study. Women's elimination behaviors TB–WEB Scale was also used to determine the toileting behaviors among female students.

**Results:**

The results of the present study showed that approximately exactly half (50.5%) of the students were suffered from tract illness disease, and all (100%) of them were female. While, more than one-half (52.3%) of the female students aged (21-24) years. Additionally, more than one-third (39.2%) of the participants at Al-Mahalla Campus for female students. Also, that more than two-third (68%) of female students are worried about sanity in public toilet, and more than one-half (55.9%) of them trying to avoid public toilets. Also appears nearly one-half (48.2%) of female students always empty the bladder at home. As well, nearly one-half (48.6%) of them always trying to wait until they come home. It is appeared nearly one-third (33.3%) of female students sometimes void without desire at home, and more than one-third (33.8%) of them often void without desire at work / school. Also, nearly two-fifths (37.8%) of female students sometimes void without desire in the home of someone else, while exactly half (50%) of them always void without desire in a public place. As well, more than one-third (34.2%) of female students sometimes try to delay voiding if they are busy, also more than one-third (34.2%) of them always restrain the desire as-long-as possible. While nearly two-fifths (34.2%) of the female students always restrain the desire at work/school, and that nearly one-third (30.2%) of female students rarely strain to initiate urinating, and more than one fifth (27.5%) of them always strain during the whole urinating process. Additionally, nearly two-fifths (39.6%) of female students always strain to empty the bladder completely. Also, nearly one-third (32.9%) of them always strain to empty the bladder faster. Additionally, they differ in their position for voiding, nearly one-third (32.9%) of the female students always prefer to sit down on the seat, while more than one-third (38.7%) of them were often hover over the toilet. Additionally, nearly one-half (48.2%) of the female students always take squat position on the toilet seat.

**Key words:** female; urination; lower urinary tract symptoms; urinary bladder; posture**.**

**The study of the prevalence of diabetes and preventive measures among students of the College of Applied Medical Sciences, Khamis Mushait- king Khalid university Kingdom of Saudi Arabia 2021.**

**Student Name: ABDULAZIZ MUBARAK ALSHAHRANI**

**ID: 437801624**

**Supervisor Dr.Abd Rahaman ELtagani**

**Background:** Type 2 diabetes is a common condition in all over the world. Over the past four decades major socio-economic changes have occurred in Saudi Arabia, because of the growth and prosperity that have changed the lifestyle of the people, such as unhealthy eating habits and the level of physical activity that has declined.

**Objective:** To identify the prevalence of diabetes and determine the knowledge of students about the disease among the college of applied medical sciences – khamis mushet – king Khaled university, Kingdom of Saudi Arabia.

**Methodology:** a descriptive cross-sectional study was conducted. The sample size was 244 subjects, but the response just 132 respondents due to the shortage in the time of the study.

**Result:** the percentage of diabetes was (9.2%). Then the percentage of knowledge about the disease was (67.2%).

**Recommendation:** There is a pressing need to remedy the areas that received low level of patient satisfaction in the present study such as (i.e., pre-clinic and post-clinic items), to improve patients' satisfaction toward clinic-items, physicians in PHCCs should be better trained to increase their clinical and communication.

# The study of knowledge, attitudes and practice (KAP) about personal hygiene among the students of the third Higher school at Khamis Mushait; Asir region KSA (2021).

**Student Name: Abdullteef Saad Alshahrani .**

**ID: 438801990**

**Supervisor Dr.Abd Rahaman ELtagani**

## Abstract

**Bach ground:** Personal hygiene is the process of self-care, also referred to as the act of keeping one's body and clothing clean to improve overall health and well-being[1]

Poor health among school students results from a lack of awareness of the health benefits of personal hygiene. Diarrheal diseases, skin diseases, worms and dental diseases are most common with poor personal hygiene. [3]

**Methodology:** A cross sectional study was conducted among the students of the third Higher school at Khamis Mushait; Asir region KSA (2021).

**The objective** of the study to determine the knowledge of girls about the personal Hygiene.

**Result:** the knowledge of students about the personal hygiene was (98.33%); the female students who wash their hands after leaving the bathroom was 93.26%. however, washing hands before preparing vegetables and meat was 99.33%

**Recommendation**: To reduce the level of ignorance among students, we must raise the level of knowledge of the importance of personal hygiene by adding more topics and lectures related to personal hygiene and its damages.

# The study of Physical activity, Sedentary behavior and dietary habits among adolescents at Abha city, Asir region KSA 2021-2022.

Student Name: IBRAHIM YAHYA AL-MAZNI

ID: 438801371

Supervisor Dr.Abd Rahaman ELtagani

## Abstract

**Background:** adolescence is an important stage for health prevention and promotion through the study of teenagers' lifestyles, physical activities, and nutritional habits ,so our main goal of this research is to design a questionnaire about the habits, patterns and behavior of adolescents to determine the most prevalent ones, specifically in the abha city ,Asir region KSA.

**Methods**: A cross-sectional study (descriptive study) was conducted among adolescents at the community- Abha city,( then the sample size is 384).

**Objectives**: To identify the Physical activity, Sedentary behavior and dietary habits among adolescents at Abha city, Asir region KSA 2021.

**Result**: In this study, the rate of teenagers eating fast food was high (73.3%), his percentage, With regard to physical activity related to this study, this study showed that (40.9%) practice sports activities and (59.1%) do not practice sports activities, The prevalence of smoking among adolescents in this study was low (39.1%), and the rate of non-smokers (60.9%).

**Recommendation**: Interventional programs should be developed in the Kingdom of Saudi Arabia to combat detrimental lifestyle patterns among children and adolescents

# The prevalence of electronic cigarettes among the students and staff of the College of Applied Medical Sciences Khamis Mushait at KKU - Saudi Arabia 2021 – 2022.

**Student Name: Naif Moed Nasser AlQahtani**

**ID: 438802578**

**Supervisor Dr.Abd Rahaman ELtagani**

## Abstract

**Background:** The vaping epidemic is one of the biggest threats to public health in the world, infecting the lung and causing respiratory illness in its users. This makes quitting vaping one of the most important steps a person can take for vaping safety.

**Methodology:** A cross-sectional study was performed among the staff and students of the college of Applied Medical Sciences Khamis Mushait at King Khalid University -Saudi Arabia, the sample size was 288 subjects, but the response just 60 respondents due to the shortage in the time of the study.

**Objective:** To study the prevalence of electronic cigarettes among the Students and Staff of the College of Applied Medical Sciences khamis Mushait at KKU.

**Results:** The study showed that the percentage of electronic cigarette smoking among the participants were (35%). However, regard to the reason make the participants were used the vaping comparing the traditional smoking, the study

showed that (51.7%) of the participants said the vaping safer than traditional smoking.

**Recommendation:** To minimize the uses of vaping, the Ministry of Health must increase the centers to control and treatment of vaping, and this must be completely free and confidential.

# Abstract

The title: Knowledge of dehydration and fluid intake practices among students of applied medical sciences college, KKU

Student name : Salwa Masoud

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

University and year: 1443

**Background:**

Dehydration is caused by a decrease in the body's total water content due to low water intakeor high water loss. The most common symptoms of dehydration are dry mouth / tongue, thirst,headache, and lethargy. It may lead to many damages to the body, such as kidney stones andbrain damage. This study is identified the knowledge of dehydration definition, symptoms, causes, prevention, and water intake practices among public health students at the College ofApplied Medical Sciences at King Khalid University.

**Aim and objectives**:

the aim of this study was to assess knowledge of dehydration and fluid intake practice amongstudents of public health in applied medical science college of king khalid university.

**Subjects and methods:**

A cross-sectional descriptive study was carried out at the College of Applied Medical Sciencesat King Khalid University, specializing in Public Health. 319 adult students were selectedthrough a sociodemographic appropriate sampling questionnaire, and interview health statusdata were used in this study. Knowledge of dehydration questionnaire and fluid intake practices was also used. Data were collected using a self-verified questionnaire. SPSS version 21 wasused for statistical analysis **.**

**Results:**

319 people between the ages of 20 and 24 took part in the survey, a percentage of 42.6%. The percentage of those who do not have diseases is 79.3%. It was observed that 90% of theparticipants had a good level of correct definition of dehydration. It was observed that 80.3%of the participants answered yes to sweating as a cause of water loss (dehydration) 91.2%

ofparticipants answered yes that dry lips is a symptom of dehydration , which indicates goodawareness of this symptom . 52.4% of the participants were observed drinking a 0.6 liter bottle.

# Abstract

The title: Knowledge, attitude and practices among breast self-examination among female students in Applied medical sciences of KKU,  Abha & Khamis

Student name: Wasaif Safar

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

University and year: 14431

## Background:

Breast self-examination is a screening method used to try to detect breast cancer and other breast diseases early. The method involves the woman examining her breasts for any possible lumps, abnormalities or swelling. Breast self-examination has largely been considered a way to detect cancer at a more curable stage, but large randomized studies have found that it was not effective in preventing death, causing harm through unnecessary biopsies or surgeries, and causing concern. But it remains of great importance.

## Aim and objectives:

Assess Knowledge, Attitude And Practice Of Breast Self-Examination Among Female students of College of Applied and Medical Sciences King Khalid University in Abha and Khamis Mushait cities .

## Subjects and methods:

This study was conducted as a descriptive cross-sectional study on female students of the College of Applied and Medical Sciences at King Khalid University in Abha and Khamis Mushait.The sample size was calculated using Raosoft online sample size calculator. With a total population of 941 students, the estimated sample size was 209.

## Results:

The results of the present study showed, it can be concluded that most of the female students have heard about breast self-examination and that it is widespread in their society, and they know

that early detection increases the chances of surviving breast cancer, and this is more than half of the female students do the self-examination monthly, and that most of the female students started performing above the age of 19 In general, they do self-examination in the morning, and also prefer to do the examination in front of the woman, and most reported that they are interested in learning more about breast self-examination. Breast self-examination has been associated with sociodemographic factors such as age, gender, income and marital status, and is a realistic and useful method in low- and middle-income countries to reduce breast cancer incidence and death through early diagnosis.

# Asses Knowledge of Female Students about Dietary pattern at King Khalid University

Prepared by : Hind Mohammed Nazeh

Supervisors: Prof. Wagida Wafik& Mrs. Hala Awad

College of Applied Medical Sciences – Khamis Mushayat

King Khalid University- Kingdom of Saudi Arabia

2021

## ABSTRACT

**Aims:** This study aimed to assess knowledge of Adolescents about dietary patterns in Asir region.

**Methods:** The design of a descriptive study was used to asses the knowledge of adolescents about dietary patterns in Asir region.The study was conducted on the adolescents in Asir region. The sample size (405) was determining by questionnaire was used to collect data among the participants.

**Results:** the characteristic of study sample more than half of study was female, more than half of study from 16 to 18 years , university educational level of father and mother showed that there is high level of education , the father's job indicated that the percentage of professional is more than other professions .

## Conclusion:-

In the aspects of knowledge on dietary patterns, it was found that most of the participants have heard of dietary patterns and there is high level of knowledge among the participants

## Recommendations: -

It is essential to highlight the importance of developing strategies to improve education to adolescents about healthy dietary habits in schools, colleges, media and educational institutes.

**Keywords: -** dietary patterns, adolescence, eating habits, cognition, knowledge, requirements

# Study on Estimation of prevalence of Obesity and its risk factors among King Khalid University employees Abha KSA

*By*

**Student name**                                    **ID**

**Mohammed Awadh Asiri**                **438801981**

Guided by

*Dr. Bayapa Reddy N*

Submitted to King Khalid University in fulfilment of the requirements for the B.Sc. Degree in Public Health

Academic Year 2020-21/1442-43(Semester II)

Department of public health

College of Applied Medical Science

King Khalid University

# Abstract

**Background:** In general, nutritional status is playing a crucial role in the development of Non-Communicable Diseases (NCDs) and communicable diseases. Nutritional status is playing a double-edged sword in non-communicable diseases like malnutrition associated diabetes and where obesity is also a risk factor for the development of diabetes, so nutritional status is one of the important risk factors for the NCD. Increasing trends of overweight and obesity are the biggest threat to public health globally. The World Health Organization (WHO) also notified that obesity has increased at a more rapid speed than previously in the last two decades the global rates doubled in 2014 compared with 1980 statistics, (39% and 13% of adults were overweight and obese respectively) (World Health Organization, 2015). In contrast to the world the rise of overweight and obesity in the Kingdom of Saudi Arabia (KSA) is many alarming rates; about 67% of adults (male < females) were overweight and 29%-39% of adults were obese (female>male) (World Health Organization, 2016) Recently because of the lockdown imposed due to the COVID 19 pandemic in the kingdom of Saudi Arabia almost three months this leads many of them were bound to stay back in their homes without any exercise and another side more foods consumed. with this background, we planned to find the current trends of the nutritional status among the white colour employees. Associated contributing factors for obesity like bad habits or heredity as the most important risk factors. Obesity is one of the most important public health problems that can be prevented or averted the epidemic by educating people about the most important risk factors that contribute to obesity by eliminating these risk factors we can root out obesity from KSA.

**Objectives:** Estimation of the prevalence of Obesity and its risk factors in KKU employers

**Methodology - Study Design** A cross-sectional study was designed.

**Study Population:** King Khalid University employees.

**Study duration:** Three months (17th Jan – 07th April 2021) **Study Area:** King Khalid University in Abha, KSA. **Sample Size:** Out of a total of 6401 employees of KKU 209 were selected for the study with convenient sampling technique was used to select the study subjects**: (a) The inclusion criteria:** Both genders, 20-60 years age group, currently working and living in the Kingdome of Saudi Arabia and willing to participate in study **(b) Exclusion criteria:** Those who has no desire to participate to the study **Materials and Methods:** This study aims to identify the risk factors and estimation of Obesity prevalence among King Khalid University employees using a predesigned questionnaire with help of google forms. The questionnaire consisted of Three main parts: 1. demography details, 2. anthropometric measurements 3. Risk factors; physical activity, dietary habits, and lifestyle: **Study tool:** __Instrument 1__: Demographic details: This tool has been

developed by the researcher and reviewed by the guide to collect the following information such as age, gender, height, weight, BMI. **<u>Instrument 2</u>:** Lifestyle questions that affect health. This part consists of food habits and physical activity, and smoking, each question has a different format. **<u>Tool 3:</u>** Body Mass Index scale developed by the World Health Organization (WHO BMI Scale).

**Results:** Among 209 study participants 54% of the males were obese and 35.8% of the females were had obesity. But overweight is more among the females (45.9%) than males (27.9%).

**Key words:** Obesity, Risk factors, Non-communicable diseases, employees, Saudi Arabia.

# Study on estimation of prevalence of Hypertension among employees of King Khalid university Abha.

| Student name | Faisal Faya Al-masoudi |
|---|---|
| ID | 438801969 |
| level | 8 |

Guide by

Dr. Bayapa Reddy N

Academic Year 2020-21/1442-

43(Semester II) Department of public

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# Abstract

**Background:** High blood pressure (hypertension) is a common condition, and This study is planning to light on the prevalence of hypertension and its risk factors among the white-collar employees of the university. This study will provide input to help the policymakers of the university and the country to make appropriate preventive strategies in KKU and KSA.

**Objectives:** Estimation of the prevalence of high blood pressure among King Khalid its risk factors in KKU employers

**Methodology - Study Design** The study was designed as A cross-sectional study.

**Study Population:** King Khalid University employees.

**Study duration:** Three months (17th Jan – 07th April 2021) **Study Area:** King Khalid University in Abha, KSA. **Sample Size:** Out of a total of 6014 employees of KKU 203 were selected for the study with convenient sampling technique was used to select the study subjects**: (a) The inclusion criteria:** Both genders, 20-60 years age group, currently working and living in the Kingdome of Saudi Arabia and willing to participate in study **(b) Exclusion criteria:** Those who has no desire to participate to the study **Materials and Methods:** This study aims to identify the risk factors and estimation of Obesity prevalence among King Khalid University employees using a predesigned questionnaire with help of google forms. The questionnaire consisted of three main parts: 1. demography details, 2. anthropometric measurements 3. Risk factors; physical activity, dietary habits, and lifestyle: **Study tool:** <u>**Instrument 1**</u>: Demographic details: This tool has been developed by the researcher and reviewed by the guide to collect the following information such as age, gender, height, weight, BMI. <u>**Instrument 2:**</u> Lifestyle questions that affect health. This part consists of food habits and physical activity, and smoking, each question has a different format. <u>**Tool 3:**</u> Body Mass Index scale developed by the World Health Organization (WHO BMI Scale). Tool 4 Hypertension classification international diabetic forum.

Results: Descriptive cross-sectional study was conducted on employees of King Khalid University that reached the sample size 203 (n=203) and the analysis was done by means and proportions and Chi-square statistical tests and significance of p-value considered when below 0.05s.

# Project name

## Assessment of the knowledge and practice of handwashing among the students at College of Applied Medical Sciences Khamis Mushait. KSA

| **Student name** | **Hussain Taffah** |
|---|---|
| **ID** | **438801972** |
| **level** | **8** |

Guided by:

*Dr. Bayapa Reddy N*

Submitted to King Khalid University in fulfilment of the requirements for
the B.Sc. Degree in Public Health

Academic Year 2020-21/1442-43(Semester
II) Department of public health
College of Applied Medical Science
King Khalid University

# Abstract

**Background: -** A huge number of individuals bite each day throughout the planet, because of diseases procured while getting medical services, as hands are the primary pathways for germs to send; In this manner, hand cleanliness is perhaps the main approach to keep away from the transmission of unsafe germs

**Objective: -** Assess the knowledge and practice of handwashing among the students at the College of Applied Medical Sciences in Khamis Musait.

**Study setting:** This study will conduct in the college of applied medical sciences King Khalid University Khamis musait of Saudi Arabia.

**Study type:** An Institutional based cross-sectional study was planned to assess knowledge and practice among the students at the college of applied medical sciences Khamis Mushait **Study population:** Those who are currently pursuing the studies in various departments of the college of applied medical sciences Khamis Musait. **Study duration:** This study was conducted from February 2021 to April 2021

**Study area:** College of applied medical sciences Khamis Musait Asir region Khamis Musait in Kingdom of Saudi Arabia **Sample size:**

The minimum sample size calculated based on the previous studies conducted in the kingdom of Saudi Arabia using the formula for sample selection 4pq/d2 where p=56 q=44 **Sample selection:**

(a)Inclusion criteria: Male students who want to volunteer and currently pursuing the course in the College of Applied Medical Sciences Khamis Mushait. (b)Exclusion criteria: Male students who do not want to volunteer, seriously ill persons, COVID-19 positives were excluded.

**Methods:** A pretested predesigned questionnaire was developed with the help of the expert and some questions were adopted from the previous studies. The

questionnaire was developed in English language and made google form, after obtaining permission from the college administration and after explaining the objectives and purpose of the study induvial consent was taken, then the link of google form has been shared with students. In the questionnaire, we included their basic social and demographic data, knowledge of handwashing, training on handwashing, and practice of handwashing was included.

**Results**: Among the 155 study subjects, only 13 (8.3%) were married and 142 (91.6%) were unmarried. And the study subjects were distributed almost equally in all the academic levels. Among the 155 study subjects, only 2 (1.2%) were not practising the handwash before taking food followed by 23 (14.8%) who were sometimes practising the handwash before taking food. Out of the 155 study subjects only 3 (1.9%) were not practising the handwash after using the toilet followed by 18 (11.6%) were sometimes practising the handwash after using the toilet Out of the 155 study subjects only 3 (1.9%) were not practising the handwash after using the toilet followed by 18 (11.6%) were sometimes practising the handwash after using the toilet Out of the 155 study subjects, 53 (34.2%) were not received health education and 102 (75.8%) were received health education or training on handwashing

**Keywords: Hand washing, students, COVID-19, Knowledge, Practice.**

# Estimation of Diabetes Mellitus Burden Among Employees of King Khalid University Abha

By

| Researcher name | ID |
|---|---|
| **Saud Saad Alotaibi** | **438801971** |

**Guided by**

**Dr Bayapa Reddy N**

Submitted to King Khalid University in fulfilment of the requirements for the B.Sc. Degree in Public Health

Academic Year 2020-21/1442-43(Semester II) Department of public health

College of Applied Medical Science King Khalid University

# Abstract

## Background

The origin of the word "diabetes", DIABETES, is Greek, which means "passing through." The disease was described by a Greek scientist in the second century BC, an accurate description that is quite similar to describing the clinical condition of the disease in our present time, especially for the first type of diabetes, which depends on its treatment on insulin.

## Objectives

Main objective: find out the prevalence of diabetes mellitus among king Khalid university employees

Specific objectives: To determine the socio-demographic status of diabetes among king Khalid university employees, to find out the morbidity status of king Khalid university employees, to know the treatment compliance of diabetic individuals among king Khalid employees.

## Methodology –

**Study Design** The study was designed as A cross-sectional study.

**Study Population:** King Khalid University employees.

**Study duration:** Three months (17th Jan – 07th April 2021) **Study Area:** King Khalid University in Abha Asir region, Kingdom of Saudi Arabia. **Sample Size:** Out of a total of 6401 employees of KKU 211 were selected for the study with convenient sampling technique was used to select the study subjects**: (a) The inclusion criteria:** only Male gender, 20-60 years age group, currently working and living in the Kingdome of Saudi Arabia and willing to participate in study **(b) Exclusion criteria:** Those who has no desire to participate to the study **Materials and Methods:** This study aims to identify the risk factors and estimation of Obesity prevalence among King Khalid University employees using a predesigned questionnaire with help of google forms. The questionnaire consisted of three main parts: 1. demography details, 2. anthropometric measurements 3. Risk factors; physical activity, dietary habits, and lifestyle: Statistical methods: The data will be entered and analyzed using

the SPSS and expressed the data in means, proportions and applied appropriate statistical tests.

Results: Of 211 subjects, diabetes mellitus was present in 24 (11.3%) patients. The mean age of patients was 36.3 years. The prevalence of diabetes was 11.3%.

Keywords: BMI, Diabetes, Risk factors, Non-communicable diseases, employees, Saudi Arabia.

# KAP Study On Usage of Electronic Devices And Its Effects On Health Among High School Students of Khamis  Mushait, KSA

*By*

| Student name | ID |
|---|---|
| Abdullah Saeed Saad | 438802586 |

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# Abstract

**Background:** The world has witnessed continuous growth in the process of digitization that has led to the increasing use of various electronic entertainment and communication devices, including mobile phones, tablets, computers, and television. The Kingdom of Saudi Arabia ranked second after Egypt (87%) in the percentage of high mobile phone use among children, according to a study conducted in 2013 to compare the use of mobile phones among children in 4 different Arab countries[1]. The study also showed that about 80% of children between the ages of 8 and 18 use mobile phones in the Kingdom. Excessive use of various electronic entertainment and communication devices, particularly among children, has been associated with increased behavioural problems. Despite children's escalating use of these devices, parents' awareness about the impact thereof is still lacking. **Objectives:** The awareness of electronic devices among high school students. **Methodology - Study Design** The study was designed as A cross-sectional study. **Study Population:** High School Students. **Study duration:** Three months (October to December 2021) **Study Area:** Aseer region in Khamis Mushait, KSA. **Sample Size:** In this study 4pq/d2 where p= (**58.3**), q= (**41.7**) and d2 allowable error was taken of the p after substituting we determined. A total of  Khamis Mushait children in Saudi Arabia will be included in this study**: (a) The inclusion criteria:** Both gender and all age groups will be included, who is willing to participate in study **(b) Exclusion criteria:** Those who have no desire to participate to the study **Materials and Methods:** Identify the awareness of electronic devices effects on health among high school students using a questionnaire. The questionnaire consisted of four main parts: **demographic, knowledge, educational performance, social behaviours, and health issues**. **Study tool:** <u>Instrument 1</u>: Demographic details: This tool has been developed by the researcher and reviewed by the guide to collect the following information such as age, gender, marital status. <u>Instrument 2:</u> Lifestyle questions that affect health. This part consists of socio-demographic, knowledge, educational level and health issues, each question has a different format.  **Results:** Mean age of the study participants was 16.9 years; the male is 17.1 years and the female was 16.8. In this study, 98.8 % of the males were using electronic devices and 98.7 % of the females were using electronic devices. Among the participants, 14.7% used electronic devices for only academic purposes and 85.3% used an electronic device for only academic purposes**.** among the participants, 77.6% spend most of their time on electronic devices, and 22.4% do not spend most of their time on electronic devices.

**Keywords:** Electronic devices, Risk factors, Students, Saudi Arabia.

## Study on The Awareness of Physical Activities and Its Health Benefits Among Students of College of Applied Medical Sciences

*By*

| Student name | ID |
|---|---|
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Academic Year 2021-22/1443-44(Semester I)

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King Khalid University

**Background:** Regular engagement in physical activity offers many well-established health benefits, including reduced risk of obesity, type 2 diabetes, cardiovascular disease, and some cancers. According to previous national and international guidelines, adults should accumulate at least 30 minutes of moderate to vigorous physical activity on 5 or more days of the week to derive such benefits (current guidelines encourage adults to engage in moderate-intensity aerobic physical activity for at least 150 minutes per week)

**Objectives:** to know the Perception of the awareness of physical activities and their health benefits among College of Applied Medical Sciences students.

**Methodology - Study Design** Institutional based cross-sectional study design was planned to conduct this study.

**Study Population:** All the students both male and female of the College of Applied Medical Sciences in Khamis Mushait.

**Study duration:** Three months (**October to December 2021**) **Study Area:** Aseer region in Khamis Mushait, KSA. **Sample Size:** In this study **4pq/d²** where **p=79.5**, **q=20.5** and **d²** allowable error was taken of the p after substituting we determined a total of the student's College of Applied Medical Sciences Khamis Mushait, Saudi Arabia was included in this study.**: (A) The inclusion criteria:** Both gender and all age groups have been included, who are willing to participate in study **(B) Exclusion criteria:** Those who have no desire to participate to the study. Those who are on long leave, not well and disabled have been excluded. **Materials and Methods:** Identify the awareness of physical activities and their health benefits among the students at the College of Applied Medical Sciences using a predesigned and pretested questionnaire. The questionnaire consisted of socio-demographic information, health benefits, knowledge, dietary habits, and health issues. **Study tool: <u>Instrument 1</u>**: Demographic details: This tool has been developed by the researcher and reviewed by the guide to collect the following information such as age, gender, marital status. **<u>Instrument 2:</u>** Lifestyle questions that affect health. **Results:** Among all 58.6% chose Strongly to agree for regular physical to gain good health with normal nutrition, and 38.6% chose to agree for regular physical to gain good health with normal nutrition. And 40.0% who chose to disagree with regular physical to gain good health with normal nutrition. And 40.0% who chose don't know for regular physical to gain good health with normal nutrition.

**Keywords:** Physical activities, Risk factors, Students, Saudi Arabia.

# Perception of students on preparedness of King Khalid University to bring back to traditional teaching in post COVID-19 pandemic

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Academic Year 2021-22/1443-44(Semester I)

Department of public health

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# Abstract

**Background:** The pandemic of COVID-19 has disrupted the whole world. It was evolved in China and now spreading globally. The COVID-19 is a pandemic health crisis that is affecting the economic growth of the country. This pandemic COVID-19 has resulted in disruptions in normal daily life. Countries are taking various measures to control the spread of COVID-19. To promote social distancing, the government of India has declared a lockdown on the whole country. Due to the pandemic, all schools, colleges, and universities are declared to be closed. This is disrupting the whole education system. Policymakers are facing many problems in making the policy related to the education system. Teaching is taking place from offline to online. Due to this transformation in teaching methodology, students, teachers, and parents are facing many problems. The present paper addresses the various consequences of the COVID-19 in the education system [1].

**Objectives:** Preparedness of King Khalid University post COVID-19 pandemic to bring back to traditional teaching

**Methods:** The study was designed as A cross-sectional study.

**Study Population:** King Khalid University students in Saudi Arabia

**Study duration:** Three months **(October to December 2021) Study Area:** Asser region in Khamis Mushait, KSA. **Sample Size:** In this study **4pq/d2** where **p=79.5**, **q=20.5** and **d2** allowable error was taken of the p after substituting we determined a total of the student's King Khalid University Saudi Arabia will be included in this study.**: (a) The inclusion criteria:** Both gender and all age groups will be included, who is willing to participate in study **(b) Exclusion criteria:** Those who have no desire to participate to the study.

**Results:** Among 301 study participants 44,9% of the males and 55.1% of female, 56.2% of them had infected with COVID-19

**Keywords:** COVID-19, Education, students, (KKU), Vaccine, communicable diseases, E-Learning, Risk factors.

STUDY ON PERCEPTION OF THE QUALITY OF SERVICES AVAILABLE AT COVID-19
VACCINATION CENTERS OF ASIR REGION, KSA

*By*

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Academic Year 2021-22/1443-44(Semester I)

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# Abstract

**Background:** The COVID-19 pandemic, also known as the coronavirus pandemic, is an ongoing global pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The novel virus was first identified in Wuhan, China, in December 2019; and it spread to other parts of mainland China and the entire world. The World Health Organization (WHO) declared a Public Health Emergency of International Concern on 30 January 2020, and a pandemic on 11 March 2020, The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. Get vaccinated when their turn and follow has local guidelines. After more than a year, the COVID-19 vaccine was released to the world. All the countries planned to deliver the vaccine to the largest number of citizens so that the COVID pandemic will be curbed. Despite the robust plan, many countries could not achieve herd immunity by the vaccine. With this background, we planned this study to find the facilities available and the quality of services delivered at the vaccination centres. So that this study's findings on the quality of services at vaccination centres in the kingdom, will help the planners to improve the vaccination coverage in the country.

**Objectives:** Perception of the Quality of Services available at COVID-19 Vaccination Centers of Asir region.

**Methodology -** A Community Based cross-sectional study has been conducted in the Asir region. For three months (September to November 2021). The sample has been recruited using the snowball sampling method after meeting the inclusion and exclusion criteria

To find the Perceptions of the Quality of Services available at COVID-19 Vaccination Centers of Asir region. using a predesigned and pretested questionnaire

**Results:** Among the Male participants 42.0% and 58.0% of females were aware of the COVID vaccine. Among the Male participants 28.6% with not aware of the

COVID vaccine, Male participants, 56.4% and 43.6% female participants were infected with Covid19. 40.8% of males and 59.2% of females adhere to the COVID Health apps (Tawakkalna, Sehaty),.

# "Study on Smoking Habit among the Students of Applied Medical Sciences Khamis Mushait"

*By*

| Student name | ID |
|---|---|
| Abdulaziz Hussien Mubark | 438805893 |

Guided by

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Academic Year 2021-22/1443-44(Semester I)

Department of public health

College of Applied Medical Science

King Khalid University

# Abstract

**Background:** Smoking is a major worldwide public health problem. It is now by far the largest preventable cause of death in the industrialized world.1 Although there is a health warning on every packet of cigarettes indicating that smoking is the main cause of lung cancer, lung diseases and heart and artery diseases, and despite the anti-smoking clinics distributed all over the Kingdom, smoking in Saudi Arabia is increasing rapidly, particularly among the young, partly due to aggressive marketing by tobacco companies. They have become so accustomed to handling cigarettes that their hands seek cigarettes from habit, even when they aren't strongly craving them. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases the risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

**Objectives:** - To determine the prevalence of smoking habits among students in king Khalid university of applied medical sciences.

**Methodology - Study setting:** The study will take place in the College of Applied Medical Sciences Khamis Mushait, Kingdom of Saudi Arabia. **Study area**: College of Applied Medical Sciences Khamis Mushait, Aseer region, Kingdom of Saudi Arabia. **Study population:** Students who are enrolled in the College of Applied Medical Sciences Khamis Mushait Bothe sex will be included. **Study period:** The study will be conducted during the period from October to December 2021. **Study design:** A cross-sectional study design. **Sample size:** In this study 4pq/d2 where p= (17.5%), q= (82.5%) and d2 allowable error was taken of the p after substituting we determined a total of 318 the student's College of Applied Medical Science Khamis Mushait, Saudi Arabia will be included in this study [5].

Results: A total of 318 students participated in this study out of these males were 61% and females were 39%, the majority of the participants were unmarried (single) 94.33% and the remaining were married (4.4%). The results showed in this study that smoking has a prevalence rate of 19.18% among students and this study found

students who smoked use both cigarettes and E-cigarettes and their percentage is 7.54% and students who smoked only cigarettes is 5.66%. that percentage of smokers who tried to quit smoking is 12.5% and who have not tried to quit smoking is 6.6%. Also, most smokers who tried to quit smoking used chewing gum and their percentage is 5.34%.

Conclusions cigarette smoking is regarded as one of the most common health issues in different parts of Saudi Arabia, despite their knowledge of the dangers, smoking remains a big problem among university students in Abha.

**Results:  Keywords:** smoking habits, Risk factors, Students, Saudi Arabia.

# Assess Knowledge of female students About Physical Activity at King Khalid University

Prepared by : Nawal Salm

Supervisors: Prof. Wagida Wafik& Mrs. Hala Awad

College of Applied Medical Sciences – Khamis Mushayat

King Khalid University- Kingdom of Saudi Arabia

2021

## Abstract

Aim:

The study aimed to assess the level of  knowledge of female students about sleeping pattern at KKU.

Methods:

The study was designed as descriptive study involving a total of  305 female students from the facility of applied medical science, and facility of social science and art in KKU at AL-mahalla campus. The required data to meet the specified objective was collected by using  online questionnaire was used to assess the socio-demographic characteristics and level of knowledge about sleep pattern.

Results:

Informed that a few of the study sample had high level of knowledge. the relationship between sleep pattern knowledge was not significantly associated with socio-demographic characteristics and level of knowledge sleep pattern.

Conclusions & recommendations:

Sleep pattern has many importance to health. Health program and further studies recommended are to find out any relationships between the knowledge level about sleep pattern and with socio-demographic characteristics in which more data would be needed.

Keyword:

Assess, sleep pattern, sleep ,knowledge and female students.

# Prevalence of panic disorder symptoms among college students under kku, asir region.


**Prepared by :**

**Amal ahmad naser .-**

**(S.C Public Health)**


**Under the supervision :**

**-Dr.BeenaBriget.**



**Faculty of Applied Medical Sciences ,**

**Khamis Mushayt.**

**Public Health Department**

**King Khalid University**

**1443-2021**

**Abstract:**

**Background :**

College life is a period of development in which an panic disorder

is likely to arise, recur, or get worse for many young men and women. Panic

disease is described as persistent disorders , which greatly influence the physical

,social, or psychological health because of a change in life habits in the focus and

absorption . Panic disorders have a significant impact on professional, personal

and academic performance.

**Aim and objectives:**

To assess the prevalence of panic disorder symptoms among

college students  under kku in asir region.

**Subjects and methods:**

 A descriptive cross-sectional study design was conducted at the colleges in asir region . A total of 205 of the studied colleges students were

selected by convenience sampling. Using online questionnaire , Data were

analyzed using SPSS v.23.

**Results:**

We found that the more than two thirds (73.7%) of the participated

students were female. Also, more than two-fifths  (58.0%) of the participated

students in the average age between 20-25 years. The more than one-quarter

(29.8%) of students reported that they have occasionally experienced . Furthermore, more than one-quarter (26.3%) of the studied subjects that they

feel that loss controls because panic attacks their lives. Also, more than one-

tenth (16.6%) of the studied subjects Sometimes they left situations early . As well, almost nearly one-half (55.1%) of the studied subjects never they not

needed help to cope with panic.

**Conclusion:**

Majority of the sample experienced  panic Symptoms various levels

. Mild and moderate levels of panic Symptoms were observed in about one third each of the Sample. More than one quarter experienced occasional one Panic attacks.

# Assessing the feeding problems faced by parents of children with Down syndrome in KSA.

*Research Work*

*To be submitted for the requirements of BSc. In Public Health*

### Prepared by:

Amal Mohammed Saeed Al-Shahrani

### Supervised by:

Dr-Beena Briget Kuriakose

Public Health Department

Applied Medical Science College

1442-2021

# Abstract:

***Background:***Down syndrome is a genetic disorder caused by the presence of all or part of a third copy of chromosome 21.Feeding problems most commonly appear in children with various genetic conditions, which arise because of the complex interaction of medical, anatomical, physiological and behavioral factors. Down syndrome is one such genetic condition in which feeding problems have been frequently documented. It is one of the most common genetic syndromes. The number of people with Down syndrome in the Kingdom of Saudi Arabia is 20000, and the incidence rate is one in 554 births. The life expectancy of people with DS has increased dramatically by about 10 years.***Aim and objectives:***To assess the feeding problems faced by parents of children with Down syndrome in the KSA, and to find out whether parents receive training on feeding their children. Also to assess the nutritional status of children with DS in KSA.

***Subjects and methods:*** A Cross-sectional descriptive study among 58 families who have children with Down syndrome, via a 3-part online questionnaire, Socio-Demographic Characteristics of parents of children with Down syndrome, Data recording feeding problems faced by parents of children having DS and Data regarding parent-child feeding relationship.Data was fed and analyzed using SPSSversion 25 for Windows.

***Results:***More than two-thirds of the parents did not receive any training to care for children with Down syndrome. Nearly two-thirds of the subjects reported that they are from "1 to 10 times/month" their child cannot feed independently. Meanwhile, more than one-half reported that they are from "1 to 10 times/month" their child swallows without chewing sufficiently Also, more than two-fifths reported that (always) have to be sure that their child does not eat too many fatty foods.Nearly two-thirds of the parents reported that (Sometimes) their offer sweets (candy, ice cream, cake, pastries) to their child as a reward for good behavior, also more than one-half of the parents reported that (Always)they have to be especially careful to make sure their child eats enough.

***Conclusion:***A quarter of the sample (both father and mother) were uneducated. More than two-thirds of father and nearly half of mother were employed. More than two-thirds of parents have not received any training for the care of children with DS. Out of 11 feeding problems considered, 6 were experienced by more than 50% of sample 1-10 time per month. Out of 9 parent-child feeding relationship issues, 5 were experienced by more than half of the sample at a moderate frequency (sometimes). From the present research, it is revealed that a good share of parents having

children with DS experience feeding problems. And face many issues in the parent-child feeding relationship.

# Research

# Prevalence of Test Anxiety among Female Undergraduate Students of King Khalid University.

King Khalid University

Faculty of Applied Medical Sciences

Public Health

Prepared by:

**AtheerHussienAlmaashi**

Supervisor by:

**Dr.BeenaBrigetKuriakose**

2021-1442

## Objective:

To assess prevalence of test anxiety among female undergraduate students.

## Method:

A cross sectional study using structured questionnaire using sample size of 350 students and Data analyzed by SPSS version 20, Duration of study was two weeks in March 2021

## Result:

the total of student that are Contributed to the questionnaire 350 students 97.1% female and 2.9%male, In academic performance, 170 students (48.6%) were excellent, and 144 students (41.1%) were good, 30 students (8.6%) were average and 6 students (1.7%) were poor. The 302 students were overloaded academically (course load) (86.3%) and 48 students (13.7%) where. The 292 students overburdened with test schedule (83.4%) and 58 they not (16.6%).The 294 students afraid of failing the test (84.0%) and 56 students their not (16.0%). In social support receive, The 117 students choose "good" (33.4%), 133 students choose (28.6%) "moderate" and 100 students chose "poor" (38.0%).Evaluation of test anxiety related data revealed that more than 50% of the sample experienced 13 out of 14 test related anxiety problems. More than tow third of sample experienced 9 out of 14 test related anxiety problems.

## Conclusion:

This study indicates high level of exam anxiety in students of a medical college and also highlights factors such as academic over load, overburden the test schedule, anxiety about failing the test.

# Abstract

The title: Knowledge and attitude towards infant feeding practices in among female undergraduate students in KKU

Student name:  Albandari Abdullah

Supervisor: Dr.Amna, Dr.Sakeena and Dr.Manal

Department: Public health

Faculty name: Applied medical sciences

University and year:14431

## Background: -

Breastfeeding is the normal and natural way to feed infants, and It is the primary source of nutrition for infants as it provides numerous health benefits to both mothers and infants. In this regard, knowledge of mothers has an important role in the maintenance of nutritional status of the children.

## Aims: -

This study aimed to assess Knowledge and Attitude toward Infant Feeding Practices among Female Undergraduates of King Khalid University.

## Methods:-

A cross-sectional analytical study. The study was conducted in females' undergraduates of King Khalid University. A self-administered questionnaire was used to collect data among the participants. Those who filled the questionnaire were included in the study. Information was gathered utilizing using convenience sample technique. After information was extracted, it was overhauled, coded and taken care of factual programming IBM SPSS variant 22.

## Results: -

The current study concluded that more than half of the studied sample aged $(20 - \leq 25)$ years) and the majority were single. We found also that the majority of the participants studied for bachelor's degrees, studied public health and reported that they did not have any children. The study also reported that, more than half of the participants had a very good knowledge regarding Breast feeding with the mean of (63.2 %). The majority also had a good attitude towards Breast feeding with the mean of (71 %).

## Keywords: - Breast feeding, knowledge, Attitude, students.

KING KHALID UNIVERSITY

**Prevalence of insomnia in female undergraduate students of King Khalid**

**University in Asir region of Saudi Arabia.**

Research

By

**Bashayer Hussain ALqahtani**

(S.C Public Health)

Under the Supervision of

**Dr. Beena Briget Kuriakose**


Public Health Department

Faculty of Applied Medical Sciences, Khamis Mushayt

Public Health Department

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1442-2021

# <u>Abstract</u>

## Background:

Insomnia is a sleep disorder in which you have trouble falling and / or staying sleep. Insomnia means you regularly have problems sleeping. People with insomnia often don't feel refreshed when they wake up from sleeping, either. This can lead to fatigue and other symptoms. Insomnia is the most common of all sleep disorders, according to the American Psychiatric Association (APA). . ( In fact, the APA states that about one-third of all adults report insomnia symptoms. Between 6 to 10 percent of all adults have symptoms severe enough for them to be diagnosed with insomnia disorder. The APA defines insomnia as a disorder in which people have trouble falling asleep or staying asleep. The insomnia among university students These challenges and special circumstances faced by university students are associated with sleep disturbances About 60% suffer from a poor sleep quality according to the PSQI. Gauntlet revealed that 27% of all university students are at a risk of at least one sleep disorder. Furthermore, previous findings reported that a minimum 7.7% of students suffer from insomnia and 24.3% from nightmares.

## Aimed of the study:

assess the Prevalence of insomnia in female undergraduate students in Asir region, in KKU.

## Subject and methods:

study will be conducted at, Asir region, in KKU, The Study will be designed a cross-sectional Descriptive study among All female undergraduate students in kku in Asir Region,A total of 295 of the students were selected by convenience Sampling Method Convenience sampling method will be applied.

## Results:

The findings among different age in students it's shown that (78.6%) of student have overburdened with academic load, (72.2%) of students have overburdened with the test schedule, (47.5%) of students have any psychiatric disorders, (75.3%) of student takes more than 30 minutes for to fall asleep, (79.3%) of students stay awake for more than 30 minutes during night, (66.7%) of students don't get refreshing sleep more than three times a week, (57.3%) of students feel restless at night or have an uncomfortable feeling in my , (88.8%) of students go to bed often have a lot on mind, (74.2%) of students feel tired during the day, (75.6%) of students sleepy when decide to go to bed but by the time actually in bed stay awake.

## Conclusion:

The study revealed that majority of sample experience insomnia. The contributing factors reported most are academic overload and overburdening test schedule.

## Key words: insomnia, students, university.

# Prevalence Restless Legs Syndrome Awareness among students of kku in Asir region.

أعد بواسطة :

**هدى عبدالله القحطاني**


:تحت إشراف

**د. بينا برجت**

قسم الصحة العامة في كلية العلوم الطبية التطبيقية

Department of Public Health College of Applied MedicalScience

Academic year:

1443, 2021


## Abstract

**Introduction:**Restless legs syndrome (RLS), or Willis-Ekbom disease, is a neurological disorder characterized by unpleasant, painful sensations in the legs and an urge to move them. Partial or complete relief from RLS may result from movement such as walking, stretching, or bending of the legs.A review of the effectiveness and harms of treatments for restless-eye syndrome (RLS) could lead to improved care for individuals with RLS. RLS can result in reduced quality of life and negatively affect sleep leading to increased risk of developing cardiovascular disease, stroke and other serious health problems.Nonpharmacological options include avoiding potential RLS precipitants (caffeine, alcohol, antidepressants, and antihistamines) Drugs used are dopaminergic, sedative hypnotic agents, anticonvulsive agents,\ropiates, and iron. Augmentation is a drug-induced worsening of symptoms known as augmentation.In our study we aim to Assessing of the prevalence restless legs syndrome among kku in aAsir.

**Aim of study:**To Assess of the prevalence and severity of restless legs syndrome among students of various College ,kku in asir region

**Method:**The study will be conducted Male and female students in ksa Asir region,as a descriptive cross – sectional study design. The data will be collected from the students of applied medical sciences College , kku in Asir region in the WhatsApp application by online questionnaire:

**Result:**Our study's results: there were female participants in our study (22.2 percent ),The majority of participants were between the ages of 21 and 25,Level 8 made up 37.9% of our results study,Only 11.1 percent were married, In terms of economic load, the average result was 28-40% of light to heavy load, respectively,the majority of participants (92%) were from the city,72 percent of participants had a family income of less than $10,000,Chronic illness affected 88.9% of the population and Only 32% of those surveyed had only a sleep issue.Neurodegenerative disease was present in 14.4% of the population ,In terms of the severity of RLS  24 percent experienced mild to severe RLS discomfort and needed to move around because of it. We discovered that it is efficient in relieving RLS discomfort in 59.5 percent of the cases Only 10% of people had severe-very severe RLS that lasted longer than 3-8 hours.RLS had no effect on 73.9 percent of participants' capacity to carry out daily activities, such as maintaining a satisfying family, home, social, school, or work life.RLS caused

mood disturbances in 75.8% of people

**Conclusion:**Clinicians should be aware of this rare condition, especially as treatment using dopaminergic agonists proves to be very efficient. Larger sample size studies are needed for better characterizing RAS. Further explorations of symptom evolvement and differential diagnoses of RLS and its variants are neededEven if studies show that it is not spread among students of King Khalid University

**Keywords:**Restlesness_awarness_prevelance

# Prevalence of IBS (Irritable Bowel Syndrome) symptoms Among Students of King Khalid University in Asir region

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Abstract

Background: Irritable bowel syndrome (IBS) is a much frequent medical complain, which often alter life's quality for many people. The patients are usually present with diverse diagnostic and management challenges to the medical service provider. [1] In the twenty-first century, irritable bowel syndrome (IBS) was and continues to be a clinical problem. It's the most prevalent gastrointestinal ailment, as well as the most typical reason for a referral to a gastroenterology clinic. This syndrome affects up to one out of every five persons at some point in their lives, and it has a major influence on life quality and health-care utilization. The prevalence of IBS varies by country and the criteria used to identify the condition. Therefore, the aim of this research is to focus on the impact of this syndrome on the population of a country like Saudi Arabia and a sample of this population is taken from King Khalid University Students.

Objectives: To assess the prevalence of IBS symptoms among King Khalid University in Asir.

Methodology: Cross-sectional descriptive study with multistage was used. Using Rome III criteria questionnaire of IBS; which is a self-administrated consists of ten questions assessing the current status of an apparently normal person. The questionnaire is administrated to KKU students.

Results: A total of 187 University students of them, 52 (27.8%) males and 135 (72.2%) females were included in the study. The overall prevalence of IBS according to Rome III criteria in KKU was (35.3%). The disease prevalence was 34 % in females and 38.5% in males.

Conclusion: The results of this study concluded the prevalence rate of 35.3% for IBS among the students studying in King Khalid University. Stress and high body mass index were significantly associated with IBS. In addition, this study concluded that IBS was not significantly associated with socio-demo- graphic characteristics.

Keywords: Prevalence, Irritable Bowel Syndrome, IBS, Rome III Criteria

# Abstract

Background

Caffeine is a Central Nervous System (CNS) stimulant that can help you focus, raise your metabolism, and improve your mood. In the United States, more than 90% of individuals consume caffeine daily. Caffeinated drinks are, for the most part, a harmless and non-harmful habit. Coffee and other caffeinated beverages can cause addiction in certain people. This is because to the chemical alterations in the brain caused by long-term usage. Caffeine users who stop drinking it abruptly after a lengthy period will experience withdrawal symptoms and urges, like those who quit using other narcotics.

Aim and objective

To assess Caffeine Consumption addiction among students applied medical sciences college of king Khaled university in mahale .

1. To identify the prevalence of negative effects of caffeine addiction among female students at the college Applied Medical Sciences.
2. To determine the prevalence of positive effects of caffeine addiction among female students at the College of Applied Medical Sciences.

Subjects and methods

A descriptive cross-sectional study was carried out among students applied medical sciences college of king Khaled university in mahale. A total of 209 of the studied students was selected by non-probability sampling. Students' socio-demographic was used in this study. The psychological positive \ negative effect scale to determine the prevalence of The psychological positive \ negative effects.

Results

The results of the present study showed that nearly two-thirds(62.7%) of students are caffeine-dependent, and the majority(77.9%) of these The most common reason is increased attention. Accordingly, more than one-half(52.2%) of the students suffer from anxiety caused by caffeine addiction. Caffeine addiction is associated with the age group between 20 and 25, adequate income, urban housing, and a bachelor's degree for educational level.

Key word

Caffeine addiction , caffeine consumption, positive psychological effect , negative psychological effect.

# Recommendation

The researchers made the following recommendations based on the study results and the responses of the study sample respondents regarding the awareness of caffeine addiction for both positive (alertness, attention, and concentration) and negative (anxiety, depression, and irritability) psychological effects:

1. Instruct university students on the significance of limiting their caffeine consumption.

2. Encourage university students to use the medical knowledge supplied by medical research regarding the dangers of excessive caffeine use.

3. Hold workshops and distribute teaching materials regarding caffeine consumption to university students and the surrounding community.

4. Conduct additional study into the dangers of excessive caffeine levels by surveying more factors and dimensions.

# Abstract

The title:   Assessment of knowledge, attitude and perceptions of second hand smoking among adult residents of Abha & Khamis

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## Background

Second Hand Smoke (SHS) exposure is a potentially preventable environmental pollutant that has caused rising concern among the public. The avoidance behavior towards Second Hand Smoke exposure is believed to be related to many factors. The objective of this study is to determine the second hand smoke (SHS) knowledge , attitude and perception among adults in general population


## Aim and objectives:

To assess knowledge, attitudes and perceptions of second hand smoke among adult residents of Abha and khamis Mushit cities


## Subjects and methods:

A cross-sectional study has been conducted on 230 adults in general population using validated self-administered questionnaire. Simple random sampling was used in selecting the respondents. The questionnaire was divided into knowledge on SHS exposure, attitude towards avoiding SHS, perception on SHS among the respondents.

**Results**:

The results of the present study showed that Percentages of scores for knowledge items were obtained. A large majority of respondents had knowledge regarding Second-hand smoke comes from the exhaled mainstream (the smoke puffed out by smokers) of cigarettes with highest percentage of correct answer (90.0%) followed by second highest percentage of correct answer (87.8%) regarding the knowledge about Long-term exposure to second-hand smoke contributes to a high incidence of lung cancer among second-hand smokers. among second-hand With regards to the lowest percentage of correct answer, knowledge about if one is a current smoker, one's spouse has a higher risk of developing lung cancer. which was more than two third (66.5% ) and knowledge item about Smokers do not have to worry about damage to another person's health from second-hand smoke. which was more than two third (72.6 % ) were among the lowest.

This study found out that the majority (95.7 %) of the respondents strongly agree that Smoke from other people's cigarettes will shorten their life . However, the majority of the respondents (92.2 %) agreed that All cigarette advertisements should be banned. As for perceptions on SHS exposure, more than one half of respondents (56.1%) stated that among their family few members will allow people to smoke in their car. Meanwhile only nearly one fifth (18.3%) respondents stated that many of them one of their family members allows people to smoke in their cars. Regarding whether or not their family member allow visitors to smoke in their house, nearly one fifth of the respondents answered almost nobody 6 (19.4%) while only 3 (14.3%) answered many of them , based on question " In your family, how many of them allow visitors to smoke at home?" More than one half of the respondents answered 'a few of them' with a total of 139 (60.4%) when they were asked "among their peers, how many of them routinely associate with people who smoke?" Furthermore, based on question "among your peers, how many of them frequently go to places where smoking is allowed?", 138 (60.0%) more than one half of respondent answered 'a few of them'. Regarding requesting a non-smoking seat in the restaurant, it was found out that 22.2 % answered almost nobody, 62.6% answered 'a few of them', 15.2% answered 'many of them'

**Key word**: secondhand smoke , knowledge, attitude, perception