

## Association Between Stress And Body Weight Among Health Care Worker In Primary Health Care Centers, In Makah Al-Mukarramah At Saudi Arabia 2023

Ashwag Mohammed Al Hammadi<sup>1</sup>, Marzouq Muaadi Alotaibi<sup>2</sup>, Mohammed Daifalla Azib Alzahrani<sup>3</sup>, Abdulrahman Mutlaq Alyahy<sup>4</sup>, Ayman Ali Altukheis<sup>5</sup>, Abdulaziz Saad Aldwayan<sup>4</sup>, Mohammed Saad Al-Shamari<sup>5</sup>, Salman Tarahib Alotaibi<sup>5</sup>, Majid Ali Alghoraibi<sup>4</sup>, Khalid Abdullah Albaiz<sup>4</sup>, Turkey Mutlaq Alyahya<sup>6</sup>

### Abstract

#### Background

*Obesity is emerging as a serious problem throughout the world, not only among adults, but also health care worker and children, teenagers and young adults. Of the factors contributing to obesity, stress seems to be particularly important as stressful condition leads to irregularity in worker in work, lack of exercise and addiction also considered independent and factors leading to stress. Workers in the health care are stressful throughout the whole work time. The amount of material to be absorbed, social isolation, pressure of examination, discrepancies between expectation and reality all can be anticipated to bring psychological stress. Prevalence of Stress and its Association with Body Weight Among health care worker,*

*Prevalence of stress and its Association with Body Weight Among health care worker fears related to stress have affected a considerable number of health care worker, especially the nursing category, studies have shown that healthcare workers managing patients have been experiencing worse psychological issues such as stress than the public because they are more likely to get infected and transmit the infection to their relatives and friends. **Aim of the study:** To assessment of the prevalence of stress and its association with Body Weight Among health care worker in Primary Health Care Centers in Makah 2023 **Method:** Cross-sectional analytical study has been conducted health care workers at Primary Health Care Centers in Makah city, that included all health care worker during data collection period 2019 the perceived stress scale-10 questionnaire used to measure the stress score. Weight and height were collected based on self-reported value. The total sample has been (400) nurses, physicians and other **Result:** the majority of the respondents were married status were (75.0%) while other were (14.0%). The association between the stress and stress score most of the participant moderate Stress were constitutes (47.75%) followed by low stress the were constitutes (44.75%) while a statistically significant ( $P$ -value =0.001) and Chi-square (120.665), the Range(5-45) (Mean  $\pm$  SD (25.441 $\pm$ 6.125). **Conclusion:** Stress is prevalent among health care worker at Primary Health Care Centers, Makah we found a positive correlation between BMI and stress but no statistically significant association between gender and stress level. Preventive measures should be implanted to reduce the*

<sup>1</sup>Nursing technician, Dawadmi General Hospital, Saudi Arabia.

<sup>2</sup>Nursing specialist, Dawadmi General Hospital, Saudi Arabia.

<sup>3</sup>STAFF NURES, HAJRAH GENERAL HOSPITAL, Saudi Arabia.

<sup>4</sup>Staff nurse, Dawadmi General Hospital, Saudi Arabia.

<sup>5</sup>Nursing Specialist, Dawadmi General Hospital, Saudi Arabia.

<sup>6</sup>Staff nurse, Prince Sultan Military Medical City, Saudi Arabia.

*level of stress and interventional studies are needed among health care worker at Primary Health Care Centers.*

**Key words:** *Stress, Prevalence, Body mass index, health care worker, Saudi Arabia, health care worker.*

## **Introduction**

### **Background**

Chronic stress this is stress that lasts for a longer period of time. trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to manage stress, it may lead to health problems (1)

Acute stress this is short-term stress that goes away quickly. You feel it when you have a fight with your partner. It helps you manage dangerous situations. It also occurs when you do something new or exciting. All people have acute stress at one time or another(2). Also Stress is defined as a state of uncontrolled emotional changes caused by different stressors. It is characterized by nonspecific body reactions to disturbing situations in the surroundings (3)

the work in in Primary Health Care Centers include complex courses over a long duration of time that made health care workers a well-known source of stress to workers (4). Many research studies had revealed an alarming high prevalence rate of stress among health care workers worldwide (5,6). In Malaysia, India, Egypt and Iran, such studies concluded that prevalence rates of stress among undergraduate health care workers were 56%, 51.3%, 62.4% and 61.3% respectively (7,8). In Saudi Arabia, prevalence rate ranged between 28% to 87% (3,8,9). It is well established that high level of stress has a negative impact on both the physical and mental health of health care workers. It can put them at risk of mental illnesses and affect their learning and cognitive functions (10)

The association between stress and body weight has been investigated for many years. People alter their caloric intake during stressful events, some engage in negative binge eating in particular of carbohydrates and saturated fats, while others cut down their caloric intake during stressful events. These factors make people respond differently to stress, some gain weight while others lose weight (11,12). There are different theories explaining the pathophysiology of stress and its effect on body weight, but the exact reason is not fully understood. One of the suggested theories is the effect of stress on activation of hypothalamic-pituitary-adrenal axis (HPA-axis) (13-14)

Psychiatric or psychological factors play a role in approximately 30% of Stress ; stress, for example, can affect or exacerbate chronic diseases.(1,3) An international multicenter cross-sectional study across 13 European countries found that 10.1% and 17.2% of health care worker suffered from depression and anxiety, respectively.4 When compared to healthy controls or the general population, chronic diseases patients are more likely to suffer from anxiety and depression; in a Norwegian study, 13% versus 3.7% and 5.8% versus 0.9% of patients versus controls suffered from anxiety and depression, respectively.(15) Another study found the overall prevalence of depression and anxiety in health care worker to be 15% and 12%, respectively; in terms of gender, these negative emotional states were more prevalent in females.(16) Another study explored the factors associated with psychiatric morbidity among 1,389 dermatological outpatients; the overall prevalence of psychiatric morbidity was 20.6%, although nurse subjects with lesions on the face or hands had a greater prevalence over males.(17)

Other psychiatric disorders, such as suicidal ideation, also appear to be more common in the female nurses in comparison to the male doctors(18,19) Anxiety levels and quality of life (QOL) have likewise been shown to be affected by Association with Body Weight in the health care worker suffering from increased anxiety and a poorer QOL when compared to healthy individuals.(20,21) It is crucial to determine the impact of stress on health care worker and how it may affect their health and professional career. No published study was

conducted KSA to look into the association between stress and body weight among health care worker.

### **Literature Review**

In recent years, the increase in the prevalence of stress and its Association with Body Weight Among health care worker in Primary Health Care Centers obesity, overweight and their physical and mental health problems has attracted much attention.

Studies in different parts of Iran have reported overall prevalence of overweight (16.34%) and obesity (3.04%) (22). Also, in another study has been reported that the prevalence of obesity and overweight was 3.5% and 16.6%, respectively (23), that the prevalence of stress and its association with Body Weight Among health care worker was similar to other study's; however, the prevalence of overweight was highest.(22) In the study on the other city of Iran, the prevalence of obesity association stress with Body Weight Among health care worker overweight among the 370 nurses females was 20.8% and 3.4% (23),

In Thai study reported the prevalence of highly stressed students in is 36.2% and that of very highly stressed students is 39.1%. For simplicity, if we combine highly and very highly stressed level as stressed and average and low level as non-stressed students, then overall prevalence of stress will be 75.3% in the study, which is higher (61.4%),<sup>5</sup> also similar a study in Egypt (43.7%),<sup>(8)</sup> or a Malaysian study (41.9%) (4) and a British study (31.2%).<sup>(3)</sup>This could be either due to the different instruments used in other studies or it could be a real difference.

Both stress and an unhealthy body weight can cause major psychological and physical health issues that will have bad impacts on health care worker in Primary Health Care (3). other studies done in Jizan, KSA (p-value= 0.001) (24) and Egypt (p-value =0.001) (25). A prior study done in Taibah university recommended a continuous supervision of students by their academic supervisors and to dissolve any barriers between the students and staff by strengthening the bonds and trust between them and minimize the stressful environment at the college of medicine (26).

Kiadaliri et al found specific c stress symptoms and overall prevalence or mean scores of stress were scarce and did not turn out to be a significant factor in reporting of stress.<sup>(27)</sup>

Salehi et al reported several studies have demonstrated heterogeneity in eating behaviors in response to stress; some people eat more when stressed while others eat less.<sup>(28)</sup> , However, we have found a strong correlation between psychological stress and body weight, greater the psychosocial stress more is the body weight<sup>(29)</sup>

Previous studies have revealed that obesity is among the major cause of Stress, cardiovascular diseases, diabetes, cancers, and the related issues that may lead to morbidity and mortality. In most of the countries, the high total obesity and overweight cost represents a relative economic burden on the GDP. Over the last decade, the prevalence of obesity has increased significantly in several developed and developing countries [31]. The current research paper focuses on obesity in Saudi Arabia, which has now one of the highest obesity and overweight prevalence rates and association with stress [10].

### **Rationale**

Studies had an alarming high prevalence rate of stress health care worker in Primary Health Care Centers include complex courses over a long duration of time that made health care worker in Primary Health Care Centers a well-known source of stress to workers . In this study will assessment the prevalence of stress among health care worker in Primary Health Care Centers and to observe the association between the level of stress, gender, GPA and BMI among health care worker in Primary Health Care Centers. As there is no study in the literature about it in Makah , 2023. Thus investing in this topic well fulfills the researcher's aim .

### **Aim of the study**

To assessment of the prevalence of stress and its association with Body Weight Among health care worker in Primary Health Care Centers in Makah 2023.

**Objectives :**

The current study to assessment of the prevalence of stress and its association with Body Weight Among health care worker in Primary Health Care Centers in Makah 2023

**METHODOLOGY**

**Study design and setting:**

A cross sectional study was conducted at primary health care centers in Makah 2023

**Study setting:**

This study was conducted at in Primary Health Care Centers in Makah 2023

**Study population and sampling:**

The study has be carried out in the city of Makah Al-Mokarramah Makkah is the holiest spot on Earth. It is the birthplace of the Prophet Mohammad and the principal place of the pilgrims to perform Umrah and Hajj. It is located in the western area in Kingdom of Saudi Arabia and called the Holy Capital. Contains a population around 2 million. This study was conducted in Makkah primary health-care centers at saudi Arabia, and it reflects a diversified demographic profile with a considerable portion of the population comes from rural descent, while others come from an urban one. This difference translates into biological, socioeconomic and lifestyle differences in the Makah population

**Inclusions and Exclusions criteria:**

**Inclusion:** health care worker in Primary Health Care Centers.

**Exclusion criteria :** There are no exclusion criteria.

**Sample size :**

The researcher has used 50%, moreover, based upon a confidence level 95% and margin of error of 5%. The sample size calculated using the Raosoft calculator has be 400 of the agreed to participate in the study

**Sampling technique:**

The researcher has used simple randomization between all the health care worker in Primary Health Care Centers agreed to participate in the study .

Has been contacted during the study duration between the students agreed to participate in the study to cover the sample size

**Data collecting tools:**

A stress score questionnaire (perceived stress scale-10) by Sheldon Cohen used to measure the stress level. It consists of 10 Likertlike scale questions and ranges from 0 to 4. The higher the score index, the higher the level of stress.

- Score ranging from 0-13 considered low stress.
- Score ranging from 14-26 considered moderate stress.
- Score ranging from 27-40 considered high stress.

Height and weight data were collected from participant based on their self-reported values. The Body Mass index was calculated by using the equation weight/ height (m<sup>2</sup>). participants considered underweight if BMI <18.5, normal if BMI <25, overweight if BMI ranged from 25-29.9 and obese if BMI more than or equal 30.

**Data analysis:**

For the data entry and statistical analysis, the statistical package for the social sciences (SPSS) version 24.0 was used. Appropriate statistical tests were used in the analysis based on the types and distribution of the study data. Categorical data were analyzed using chi square test while t-test was used for numerical data. The results will be statistically significant if the P value is  $<0.05$ .

**Data Collection technique:**

The researcher has been distributed the questionnaire personally to all health care worker in Primary Health Care Centers. After approval from higher authorities acquired, during the working hours, specifically between the break time. Where a short introduction about the research and its importance were presented . The response rate was high .

**Data entry and analysis :**

The researcher has used the statistical program for social sciences SPSS software 24.0 for data entry and analysis. Necessary statistical tests such as Chi- square T-test and other appropriate tests had been used. A p- value of less than 0.05 has been adopted for statistical significance.

**Pilots study/ pretesting :**

The questionnaire has been applied to 10% of the sample size over the health care worker in Primary Health Care Centers

**Ethical considerations:**

Permission from the Makah joint program Family Medicine program has be obtained. Permission from the Directorate of health , verbal consents from all participants in the questionnaire were obtained. All information was kept confidential, and results has be submitted to the department as feedback

**Budget:** Self-funded

**Result**

**Table (1)** Distribution of socio-demographic details among participant health care worker in Primary Health Care Centers Were enrolled in this study. (n=400)

	N	%
<b>Age</b>		
<25	44	11
25-35	148	37
35-45	120	30
>45	88	22
<b>Gender</b>		
Female	248	62
Male	152	38
<b>Marital status</b>		
Single	44	11
Married	300	75
Other	56	14
<b>Income</b>		
<5000	72	18
5000-10000	84	21
10000-15000	88	22
>15000	156	39
<b>Job title</b>		
Doctors	124	31
Nurse	236	59
Other	40	10
<b>BMI</b>		
Underweight	40	10
Normal weight	216	54
Overweight	88	22
Obese	56	14

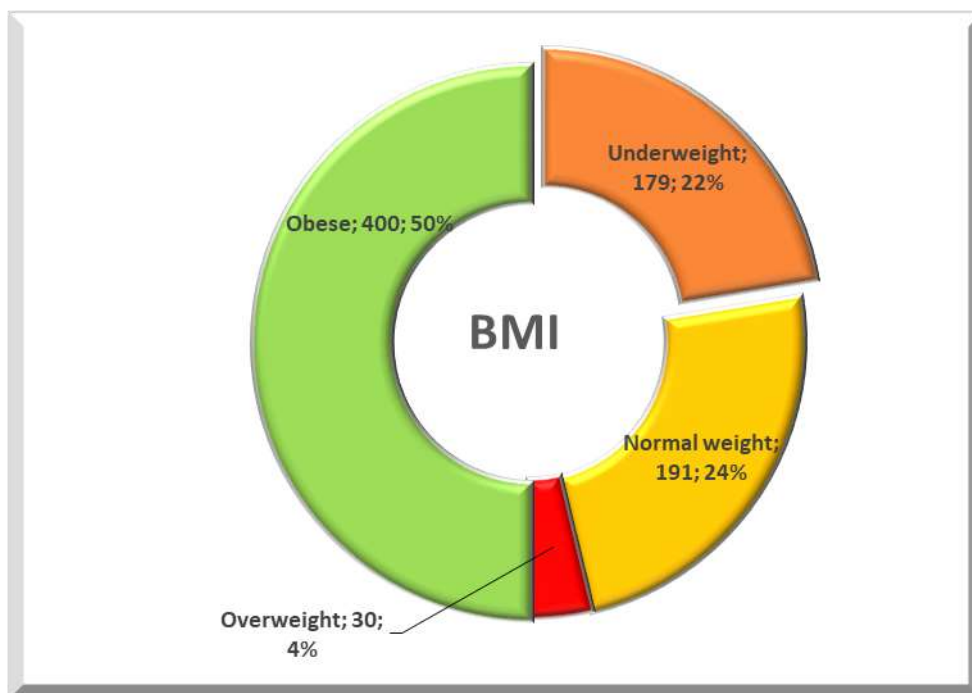
Regarding the age majority of the study groups were in the age range of (25-35) years were (37.0%) while followed by age range of (35-45) were (30.0%) .

Regarding the gender many of the respondents were female (62.0%) while male were (38.0%).

Regarding the Marital status, the majority of the respondents were married status were (75.0%) while other were (14.0%). Regarding the income The majority of them had an income more than (>15000SR) were (39.0%)

Regarding the job title the majority of the respondents nurse were (59.0%) while in doctors were (31.0%). Regarding the BMI the majority of the respondents in Normal weight were (54.0%) while Overweight were (22.0%)

**Figure (1)** Distribution of socio-demographic details among participant health care worker and BMI( obese, underweight, normal weight



**Table (2)** Description of Stress groups according to the stress score

	N	%
<b>Changed after starting working.</b>		
Yes	352	88
No	48	12
<b>If yes, the change was around:</b>		
More	252	63
Less	84	21
I don't know	64	16
<b>Current GPA</b>		
<2	8	2
2 – 2.74	24	6
2.75 – 3.74	44	11
3.75 – 4.49	156	39
4.5 – 5	168	42
<b>How much time do you spend work per day?</b>		
Less than 1 hour	36	9
1 - 2 hour	80	20
3 - 5 hour	136	34
More than 5	148	37
<b>The numbers of meal per day</b>		
1 meal	32	8
2 meals	200	50
3 meals	144	36
More than 3	24	6
<b>Frequency of snacks between meals (chips, chocolate, sweets)</b>		
Never	40	10
Always	144	36
Sometimes	160	40

Rarely	56	14
<b>Fast food per week</b>		
Never	44	11
1-3.	292	73
4-7.	48	12
More than 7	16	4
<b>How often do you have stimulants (tea, coffee) in a week?</b>		
Never	52	13
1-3.	80	20
4-7.	56	14
More than 7	212	53

Regarding the Changed after starting working the majority of participant answer yes were (88.0%) while followed by not changed were constitutes (12.0%) according to answer yes the change was around most of study answer More were (63.0%) while answer less were (21.0%) followed by I don't know constitutes (16.0%)

Regarding the Current GPA the majority of participant between the (4.5 – 5) were constitutes (42.0%) followed by between the (3.75 – 4.49) were constitutes (39.0%) while participant (<2) were constitutes (2.0%)

Regarding the how much time do you spend studying per day the majority of participant more than 5 hour were constitutes (42.0%) followed by 3.75 – 4.49 hour were constitutes (39.0%) while less than (1 hour) were constitutes (9.0%)

Regarding the numbers of meal per day the majority of participant between the (2 meals) were constitutes (50.0%) followed by (3 meals) were constitutes (36.0%) while (1 meal) were constitutes (8.0%)

Regarding the frequency of snacks between meals (chips, chocolate, sweets) the majority of participant between the sometimes were constitutes (40.0%) followed by always were constitutes (36.0%) while never were constitutes (10.0%)

Regarding The fast food per week the majority of participant between the ( 1-3) were constitutes (73.0%) followed by between the( 4-7) were constitutes (12.0%) while never were constitutes (11.0%)

Regarding how often do you have stimulants (tea, coffee) in a week the majority of participant more than 7 were constitutes (53.0%) followed by between the( 1-3) were constitutes (20.0%) while never were constitutes (13.0%)

**Table (3)** Description the sample characteristics stratified by stress score

	N	%
<b>Exercise</b>		
Yes	332	83
No	68	17
<b>What is the total time that you spend in exercising daily?</b>		
Less than 30 minutes	292	73
30-40 minutes	64	16
More than 50 minutes	44	11
<b>What time do you go to bed?</b>		
8-10 pm	24	6
11pm-12 am	136	34
1-3 am	200	50
After 3 am	28	7
irregular	12	3
<b>Sleeping hours per day</b>		
3 hours or less	16	4



4-5 hours	120	30
6-7 hours	196	49
8 hours or more	68	17
<b>Trouble falling asleep</b>		
Yes	184	46
No	216	54
<b>Smoking Status</b>		
Yes	40	10
No	360	90
<b>How often do you smoke daily</b>		
Up to 3 cigarettes	0.4	1
3-10 cigarettes	17.6	44
1 package or more	22	55
<b>You have been smoking for:</b>		
Less than 1 year	8	20
1 - 2 years	20	50
More than 2 years	12	30
<b>Type of smoking</b>		
Tobacco cigarettes	30	75
Electronic cigarettes (Vaping)	6	15
Shesha	4	10

Regarding exercise the majority of participant answer Yes, I play exercises were constitutes (83.0%) while followed answer I do not exercises were constitutes (17.0%)

Regarding the total time that you spend in exercising daily the majority of participant answer less than 30 minutes were constitutes (73.0 %) while followed by answer 30-40 minutes were constitutes (16.0%) while more than 50 minutes were constitutes (11.0%)

Regarding time do you go to bed the majority of participant answer (1-3 am) were constitutes (50.0%) while followed by answer (11pm-12 am) were constitutes (34.0%) while irregular 6 were constitutes (3.0%)

Regarding sleeping hours per day the majority of participant answer (6-7 hours) were constitutes (49.0%) while followed by answer (4-5 hours) were constitutes (30.0%) while (3 hours or less) were constitutes (4.0%)

Regarding Trouble falling asleep the majority of participant answer No I do not have Trouble sleep were constitutes (54.0%) while followed by answer Yes I have Trouble in the sleep were constitutes (46.0%)

Regarding smoking Status the majority of participant answer No I do not smoky were constitutes (90.0%) while followed by answer Yes I smoky were constitutes (10.0%)

Regarding how often do you smoke daily the majority of participant answer (3-10 ) cigarettes were constitutes (44.0%) while followed by answer Up to 3 cigarettes were constitutes (1.0%) while answer 1 package or more were constitutes (55.0%)

Regarding since when did you smoke the majority of participant answer (1 - 2 years) were constitutes (50.0%) while followed by answer more than (2 years )were constitutes (30.0%) while answer less than( 1 year) were constitutes (20.0%)

Regarding Type of smoking the majority of participant answer Tobacco cigarettes were constitutes (75.0%) while followed by answer Electronic cigarettes (Vaping) were constitutes (15.0%) while answer Shesha were constitutes (10.0%)

**Table (4)** Description the sample characteristics stratified by Stress Scale

	Never		Almost never		Sometimes		Fairly often		Very often		% of finding	Chi-square	
	N	%	N	%	N	%	N	%	N	%		X <sup>2</sup>	P-value
<b>How often have you been upset because of something that happened unexpectedly?</b>	40	10	44	11	140	35	88	22	88	22	67	82.800	0.000
<b>How often have you felt that you were unable to control the important things in your life?</b>	24	6	52	13	120	30	104	26	100	25	70.2	81.200	0.000
<b>How often have you felt nervous and “stressed”?</b>	20	5	24	6	116	29	96	24	144	36	76	154.800	0.000
<b>How often have you felt confident about your ability to handle your personal problems?</b>	12	3	60	15	160	40	104	26	64	16	67.4	153.200	0.000
<b>How often have you felt that things were going your way?</b>	16	4	72	18	140	35	84	21	88	22	67.8	98.000	0.000
<b>How often have you found that you could not cope with all the things that you had to do?</b>	32	8	72	18	164	41	96	24	36	9	61.6	145.200	0.000
<b>How often have you been able to control irritations in your life?</b>	16	4	64	16	184	46	96	24	40	10	64	212.800	0.000
<b>How often have you felt that you were on top of things?</b>	36	9	88	22	180	45	76	19	20	5	57.8	195.200	0.000
<b>How often have you been angered because of things that were outside of your control?</b>	20	5	60	15	128	32	112	28	80	20	68.6	91.600	0.000
<b>How often have you felt difficulties were piling up so high that you could not overcome them?</b>	24	6	84	21	144	36	80	20	68	17	64.2	92.400	0.000

Regarding How often have you been upset because of something that happened unexpectedly the majority of participant answer Sometimes were constitutes (35.0%) , they was statistically significant were (P-value<0.001) and Chi-square (82.800) while % of finding (67.0)

Regarding How often have you felt that you were unable to control the important things in your life the majority of participant answer Sometimes were constitutes (30.0%) , they was statistically significant were (P-value<0.001) and Chi-square (81.200) while % of finding (70.2)

Regarding How often have you felt nervous and “stressed”the majority of participant answer Very often were constitutes (36.0%) , they was statistically significant were (P-value<0.001) and Chi-square (154.800) while % of finding (76.0)

Regarding How often have you felt confident about your ability to handle your personal problems the majority of participant answer Sometimes were constitutes (40.0%) , they was statistically significant were (P-value<0.001) and Chi-square (153.200) while % of finding (67.4)

Regarding How often have you felt that things were going your way the majority of participant answer Sometimes were constitutes (35.0%) , they was statistically significant were (P-value<0.001) and Chi-square (98.000) while % of finding (67.4)

Regarding How often have you found that you could not cope with all the things that you had to do the majority of participant answer Sometimes were constitutes (41.0%) , they was statistically significant were (P-value<0.001) and Chi-square (145.200) while % of finding (61.6)

Regarding How often have you been able to control irritations in your life the majority of participant answer Sometimes were constitutes (46.0%) , they was statistically significant were (P-value<0.001) and Chi-square (212.800) while % of finding (64.0)

Regarding How often have you felt that you were on top of things the majority of participant answer Sometimes were constitutes (45.0%) , they was statistically significant were (P-value<0.001) and Chi-square (195.200) while % of finding (57.8)

Regarding How often have you been angered because of things that were outside of your control the majority of participant answer Fairly often were constitutes (32.0%) , they was statistically significant were (P-value<0.001) and Chi-square (91.000) while % of finding (68.6)

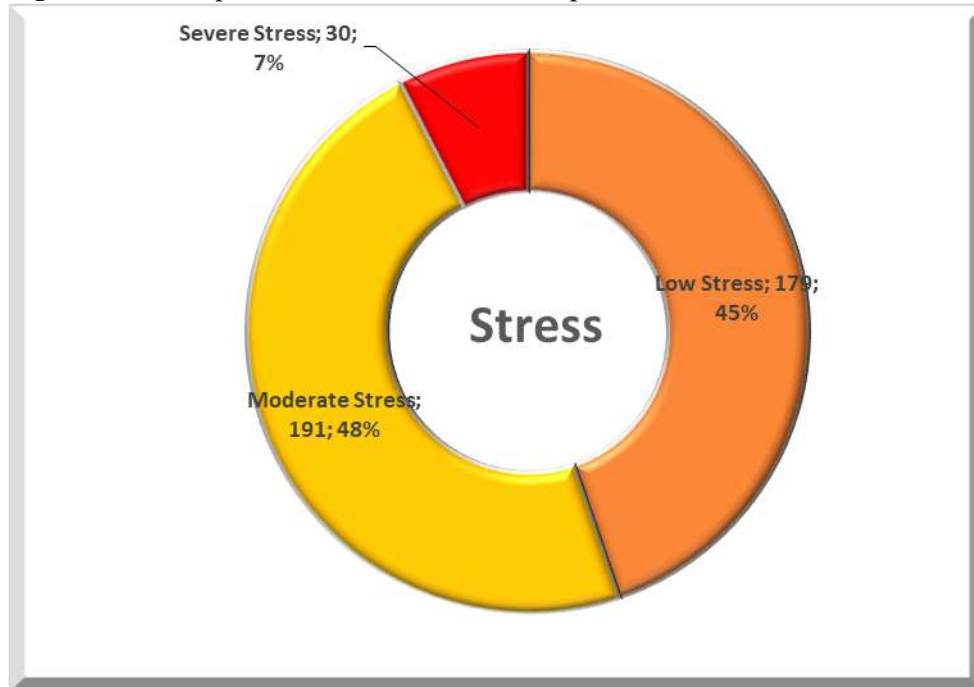
Regarding How often have you felt difficulties were piling up so high that you could not overcome them the majority of participant answer Sometimes were constitutes (36.0%) , they was statistically significant were (P-value<0.001) and Chi-square (92.400) while % of finding (64.2)

**Table (5)** Description of the Stress Score Groups and Stress

Stress				
	N	%	Score	
			Range	Mean±SD
<b>Low Stress</b>	179	44.75	5-45.	25.441±6.125
<b>Moderate Stress</b>	191	47.75		
<b>Severe Stress</b>	30	7.5		
<b>Total</b>	400	100		
<b>Chi-square</b>	<b>X<sup>2</sup></b>	120.665		
	<b>P-value</b>	<0.001*		

Regarding The association between the stress and stress score most of the participant moderate Stress were constitutes (47.75%) followed by low stress the were constitutes (44.75%) while a statistically significant (P-value =0.001)and Chi-square (120.665) ,the Range(5-45) (Mean ± SD (25.441±6.125)

**Figure (2)** Description of the Stress Score Groups and Stress



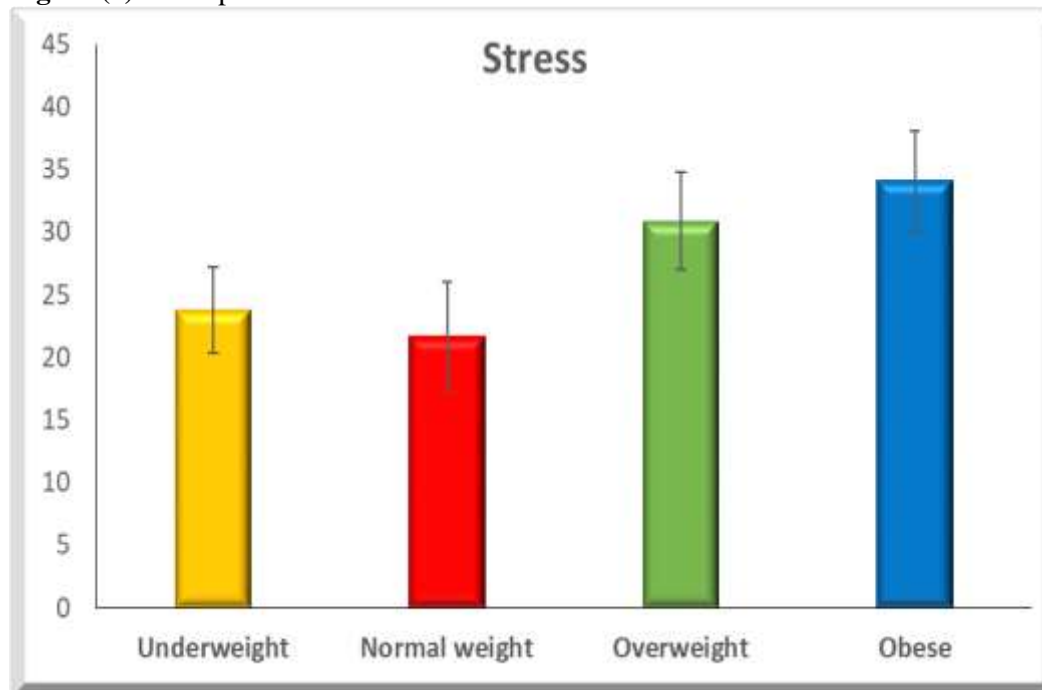
**Table (6)** Description of the Correlation between BMI and stress level

	Stress			ANOVA	
	Range	Mean	± SD	F	P-value
<b>Underweight</b>	16.00 - 27.00	23.800	± 3.436	197.676	<0.001*
<b>Normal weight</b>	5.00 - 33.00	21.662	± 4.316		
<b>Overweight</b>	28.00 - 40.00	30.898	± 3.919		
<b>Obese</b>	27.00 - 45.00	34.107	± 3.994		
Underweight & Normal weight	Underweight & Overweight	Underweight	Normal weight & Overweight	Normal weight & Obese	Overweight & Obese
0.014*	<0.001*	<0.001*	<0.001*	<0.001*	<0.001*

Regarding The association between the stress and BMI score most of the participants statistically significant (P-value =0.001) and F 197.676 while increase in obese were (Mean ± SD 34.107±3.994) and rang 27.00-45.00 follow by Overweight were (Mean±SD30.898±3.919)

Regarding the association between the stress and BMI score all score of the participants statistically significant in the Underweight & Normal weight were (P-value =0.014) followed by Underweight & Overweight were (P-value =0.001), Underweight, Normal weight & Overweight, Normal weight & Obese Overweight & Obese were (P-value =0.001).

**Figure (3)** Description of the Correlation between BMI and stress level



## DISCUSSION

This study was conducted to assess Prevalence of Stress and its Association with Body Weight Among health care worker in Primary Health Care Centers, Makah, 2023. Both stress and an unhealthy body weight can cause major psychological and physical health issues that will have bad impacts on students (10)

This study showed a significant association between BMI and stress (p value=0.010) which is in agreement to other studies done in Jizan, KSA (p-value= 0.001) (32) and Egypt (p-value =0.001) (25)

Most of the respondents were female, they accounted for participant (62.0%) and nurse were(59%). The perceived prevalence of stressed respondents in the stress score were 23.3%. The prevalence of stress in this study is lower than the ones from Malaysia (48.6%) (16), Dammam (71.7%) (32), Jizan (71.9), and United Kingdom (31.2%) (19) but higher than Swedish study (12.9%) (17)

In 2014, the College of Medicine at Taibah University started a new curriculum that implemented these recommendations which might have helped in decreasing the stress among medical students.

The association between the stress and stress score most of the students moderate Stress were constitutes (65.8%) followed by low stress the were constitutes (24.1%) while a statistically significant (P-value <0.001) and Chi-square (129.16), the Range(0-40) (Mean  $\pm$  SD 22.976  $\pm$  5.805) (see table 5)

The average stress score was higher in female (23.35) than male (22.2). This discrepancy between male and female students could be attributed to many factors beside their psychological and physiological differences; female has fewer learning opportunities, poor educational services and lesser recreational activities compared to the male students. This is similar to a study done in Jizan University reported that the prevalence of stress was higher among females (76.9%) than male (63.7%)(32)

There is no significant association between GPA and stress level (P value= 0.118) which is similar to findings from other universities in Saudi Arabia and Pakistan (16).

## Conclusion

We can conclude that prevalence rate of stress is very high among the medical students of health care worker in Primary Health Care Centers, Makah, 2023 but without any significant difference between male and female. The prevalence rate of obese and overweight is not very high but there is a strong correlation between stress and BMI. Obesity is regarded as one of the most common health issue in different parts of the world. In Saudi Arabia, there is an increasing trend in the prevalence of obesity and overweight, which are also the sources of various diseases including hypertension, diabetes, obstructive sleep apnea, CVD etc. The research paper evaluates prevalence of obesity in Saudi Arabia by reviewing previous literature. According to the findings, the rate of obesity is significantly high in the country, and expected to increase in future. There is a dire need to raise the issue at the national level, and design efforts and strategies to combat obesity in the country, through involvement of all stakeholders, including policy makers, educators, healthcare providers, and individual citizens.

## References

1. Guo, X., Gong, S., Chen, Y., Hou, X., Sun, T., Wen, J., ... & Tian, X. (2023). Lifestyle behaviors and stress are risk factors for overweight and obesity in healthcare workers: a cross-sectional survey. *BMC Public Health*, 23(1), 1791.
2. Mokdad, A. H., El Bcheraoui, C., Afshin, A., Charara, R., Khalil, I., Moradi-Lakeh, M., ... & Murray, C. J. (2018). Burden of obesity in the Eastern Mediterranean Region: findings from the Global Burden of Disease 2015 study.
3. Bazubair, M. O. S., Shiqdar, O. A., Sharaf, E. O., Ffran, M. A., Alotaibi, A. O., Alotaibi, T. N. E., ... & Alansari, H. A. (2022). Prevalence of Stress and its Associated with Body Weight among Patients Attending the Primary Health Care during Covid-19 in Makkah Al-Mukarramah, 2022. *Annals of the Romanian Society for Cell Biology*, 26(01), 3707-3724..
4. Meh, B. K., Bopda, M. S. O., Buh, F. C., Ndong, J. M., Sako, E. H., Eni, T. A., ... & Mandengue, S. H. (2023). Relation between body mass index, blood pressure, heart rate and work-related musculoskeletal disorders among healthcare workers in some reference hospitals in Douala. *Cameroon Biomedical Res*, 34(3), 103-111.
5. Huang, Z., Tan, P. T., Kua, Z., Ong, L. J., Hamzah, F. B. M., & Tan, B. (2022). Healthcare workers' self-regulatory eating behaviours are associated with being stress-free during the Covid-19 lockdown in Singapore. *Scientific Reports*, 12(1), 16257.
6. Alkot, M. (2017). Prevalence of stress among medical students. *International Journal of Growth and Development*, 1(1), S18-S18.
7. Ashrafi, E., Kachooei, M., & Ghazaghi, M. (2017). Investigating the reliability and validity of the power of food scale (PFS). *Knowledge & Research in Applied Psychology*, 16(3), 113-125.
8. Ngan, S. W., Chern, B. C. K., Rajarathnam, D. D., Balan, J., Hong, T. S., & Tiang, K. P. (2017). The relationship between eating disorders and stress among medical undergraduate: a cross-sectional study. *Open Journal of Epidemiology*, 7(02), 85.
9. Sulaiman, N., Elbadawi, S., Hussein, A., Abusnana, S., Madani, A., Mairghani, M., ... & Peeters, A. (2017). Prevalence of overweight and obesity in United Arab Emirates Expatriates: the UAE national diabetes and lifestyle study. *Diabetology & metabolic syndrome*, 9(1), 1-9.
10. Meh, B. K., Bopda, M. S. O., Buh, F. C., Ndong, J. M., Sako, E. H., Eni, T. A., ... & Mandengue, S. H. (2023). Relation between body mass index, blood pressure, heart rate and work-related musculoskeletal disorders among healthcare workers in some reference hospitals in Douala. *Cameroon Biomedical Res*, 34(3), 103-111.
11. Ortega, F. B., Lavie, C. J., & Blair, S. N. (2016). Obesity and cardiovascular disease. *Circulation research*, 118(11), 1752-1770.
12. Richardson, A. S., Arsenault, J. E., Cates, S. C., & Muth, M. K. (2015). Perceived stress, unhealthy eating behaviors, and severe obesity in low-income women. *Nutrition journal*, 14(1), 1-10.
13. Tsai, H. J., & Tsou, M. T. (2022). Age, Sex, and Profession Difference Among Health Care Workers With Burnout and Metabolic Syndrome in Taiwan Tertiary Hospital—A Cross-Section Study. *Frontiers in medicine*, 9, 854403..
14. Geiker, N. R. W., Astrup, A., Hjorth, M. F., Sjödin, A., Pijls, L., & Markus, C. R. (2018). Does stress influence sleep patterns, food intake, weight gain, abdominal obesity and weight loss interventions and vice versa?. *Obesity Reviews*, 19(1), 81-97.

15. Sarkar, S., Gupta, R., & Menon, V. (2017). A systematic review of depression, anxiety, and stress among medical students in India. *Journal of Mental Health and Human Behaviour*, 22(2), 88.
16. Alsalhi, A. H., Almigbal, T. H., Alsalhi, H. H., & Batais, M. A. (2018). The relationship between stress and academic achievement of medical students in King Saud University: A cross-sectional study. *Kuwait Med J*, 50(1), 60-5.
17. Soh, N. H. B. C., Roy, A., & Lakshmi, T. (2017). Stress, anxiety, and depression in clinical practice of undergraduates and awareness of its effective management-A survey. *Journal of Advanced Pharmacy Education & Research*| Apr-Jun, 7(2).
18. Yusoff, M. S. B., Rahim, A. F. A., & Yaacob, M. J. (2010). The development and validity of the Medical Student Stressor Questionnaire (MSSQ). *ASEAN Journal of Psychiatry*, 11(1), 231-5.
19. Sani, M., Mahfouz, M. S., Bani, I., Alsomily, A. H., Alagi, D., Alsomily, N. Y., & Asiri, S. (2012). Prevalence of stress among medical students in Jizan University, Kingdom of Saudi Arabia. *Gulf Med J*, 1(1), 19-25.
20. Salam, A., Mahadevan, R., Rahman, A. A., Abdullah, N., Abd Harith, A. A., & Shan, C. P. (2015). Stress among first and third year medical students at University Kebangsaan Malaysia. *Pakistan journal of medical sciences*, 31(1), 169.
21. van der Valk, E. S., Savas, M., & van Rossum, E. F. (2018). Stress and obesity: are there more susceptible individuals?. *Current obesity reports*, 7(2), 193-203.
22. Alavai, S., Ahmadi, M. A., Zar, A., Shayan Nooshabadi, A., & Ashraf, N. (2018). Obesity and overweight and its association with lifestyle and fitness level in students. *Journal of Health*, 9(4), 379-388.
23. Rahimibashar, M., & Motahari, M. (2013). Assessment of overweight status, obesity and abdominal obesity among nursing students in Islamic Azad University of Lahijan.
24. Anupama, M., Iyengar, K., Rajesh, S. S., Rajanna, M. S., Venkatesh, P., & Pillai, G. (2017). A study on prevalence of obesity and life-style behaviour among medical students. *International Journal of Community Medicine and Public Health*, 4(9), 3314.
25. Wahed, W. Y. A., & Hassan, S. K. (2017). Prevalence and associated factors of stress, anxiety and depression among medical Fayoum University students. *Alexandria Journal of medicine*, 53(1), 77-84.
26. Habeeb, K. A. (2010). Prevalence of stressors among female medical students Taibah University. *Journal of Taibah University Medical Sciences*, 5(2), 110-119.
27. Kiadaliri, A. A., Jafari, M., Mahdavi, M. R. V., Faghihzadeh, S., Kalantari, N., & Asadi-Lari, M. (2015). The prevalence of adulthood overweight and obesity in Tehran: findings from Urban HEART-2 study. *Medical journal of the Islamic Republic of Iran*, 29, 178.
28. SALEHI, F. J., MADDAH, S. R., & NEMATI, M. (2011). A comparison of motivational structure and eating behaviors between overweight and obese and normal weight women.
29. Fadardi, J. A. V. A. D. (2011). A comparison of motivational structure and eating behaviors between overweight and obese and normal weight women. *Journal of Fundamentals of Mental Health*, 13(50), 81-170.
30. Yang, L., Bovet, P., Ma, C., Zhao, M., Liang, Y., & Xi, B. (2019). Prevalence of underweight and overweight among young adolescents aged 12–15 years in 58 low-income and middle-income countries. *Pediatric obesity*, 14(3), e12468.
31. Koochaki, G. M., Charkazi, A., Hasanzadeh, A., Saedani, M., Qorbani, M., & Marjani, A. (2011). Prevalence of stress among Iranian medical students: a questionnaire survey. *Eastern Mediterranean Health Journal*, 17(7), 593-598.
32. Al Sunni, A., & Latif, R. (2014). Perceived stress among medical students in preclinical years: A Saudi Arabian perspective. *Saudi Journal for Health Sciences*, 3(3), 155.