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DEPRESSION, HOSTILITY AND SUBSTANCE USE AMONG UNIVERSITY STUDENTS IN JORDAN

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Background: University student became a target population for number of research studies due to increased number and types of mental and psychosocial problems that they suffer from.

Objective: To examine the relationship between depression, hostility and substance use among university students in Jordan.

Study design: Descriptive correlation study. Data collected on demographics, depression, hostility, and substance use from 572 university students in Jordan.

Results: Almost 75% of the university students had mild to severe depression. Tobacco, pain killers, stimulants, tranquilizers, inhalants, and alcohol respectively were the most used substances. Depression was negatively correlated with hostility ($r = .10$, $p = .04$) and tobacco use ($r = .19$, $p < .001$). Depression level has positive correlation with frequency of using pain killers, inhalants, stimulants, tranquilizers, and heroine ($p < .05$). Male and female university students were not different in their depression scores, hostility, and frequency of substance use.

Conclusions: Depression, hostility and substance use were correlated. Mental health care providers have to understand the impact of depression among university students in Jordan.

Keywords: depression; hostility; substance use; university students; Jordan.