



Exploring Brain Health Perceptions, And Beliefs Using The Global Brain Health Survey Among United Arab Emirates Population

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Background

Brain health is a new concept encompassing mental, cognitive, and physical brain function. In other words, brain health entails mental wellbeing and normal brain function in the absence of brain disease (1). Brain diseases include dementia, stroke, Parkinson's disease, brain cancer and headache disorders, as well as mental illness e.g., depression, anxiety, and schizophrenia (2). It is a multi-faceted concept used to describe brain physiology, cognitive function, mental health and well-being. This term is considered a new term to describe factors that may influence the brain and its health. Few countries and researchers have used this term around the world; however, it is a completely new term for the Arab world and the United Arab Emirates (UAE).

Aims

The study aims to explore peoples' perceptions of the brain and brain health, interest in maintaining brain health, willingness to learn more about current personal brain health state, and intentions and support needed to promote brain health by adopting a new lifestyle.

Method

The study was a population-based cross-sectional study. Data collection was done online using a validated standard tool - The Global Brain Health Survey. The tool explores people's perceptions, attitudes and practices that will protect and improve brain health for Arabs population and especially in the UAE

Results

A total of 1,299 participants completed the online survey. The majority were between the age 18 and 25 years (45.2%), female (64.6%), Arabs (75.9%). Many influences were identified by the participants (Fig 1); 39.6% reported frequently thinking about their brain health (Fig 2); About three-quarters were willing to take a brain health (Fig 3). The majority (79.2%) hinted that they would need a specialists' advice to maintain or improve their brain health (Fig 4).

Acknowledgments

- College of Medicine and Health Sciences supported the study by Seed Grant
- Social Science Ethics Committee UAEU-Approved the study
- Lifefrain consortium
- All participants

References

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- Raggi A, Leonardi M. Burden of brain disorders in Europe in 2017 and comparison with other non-communicable disease groups. *J Neurol Neurosurg Psychiatry* 2020;91(1):104-05. doi: 10.1136/jnnp-2019-320466
- <https://www.lifefrain.uio.no/global-brain-health-survey/>

Fig 1 In your opinion, to what extent do the following have an influence on brain health? (N=1,233)

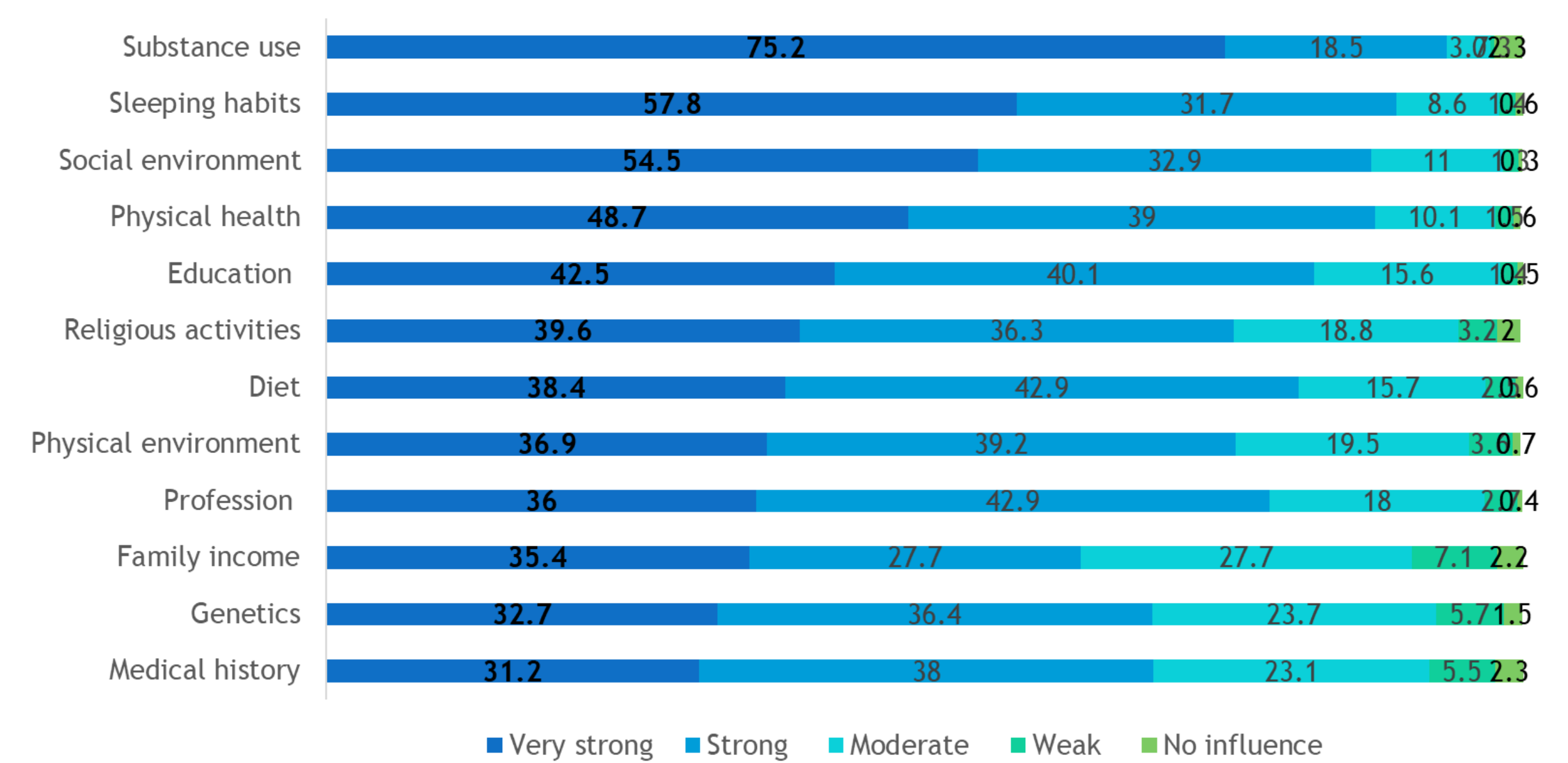
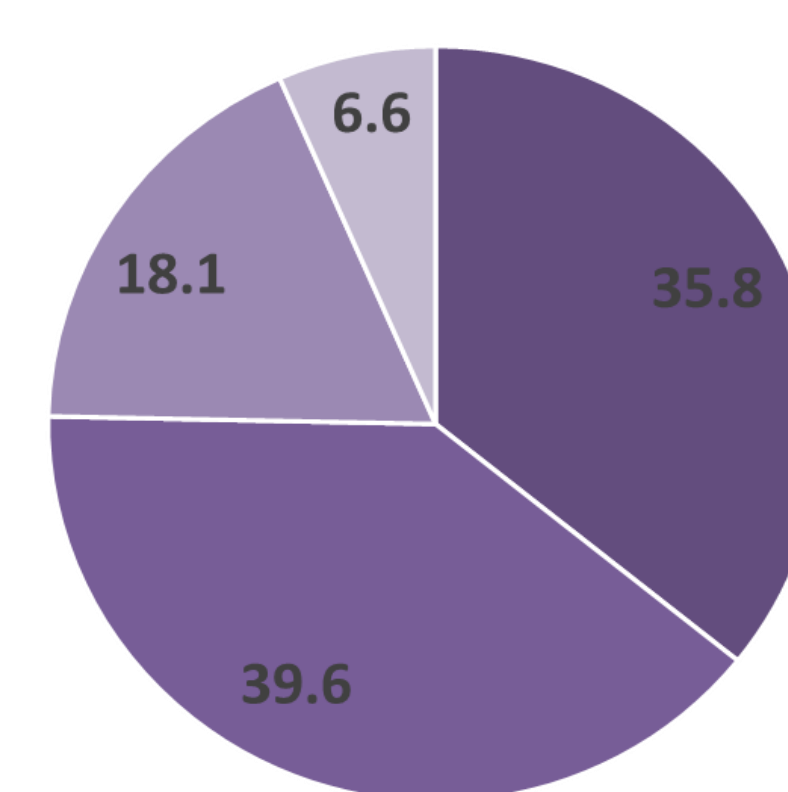
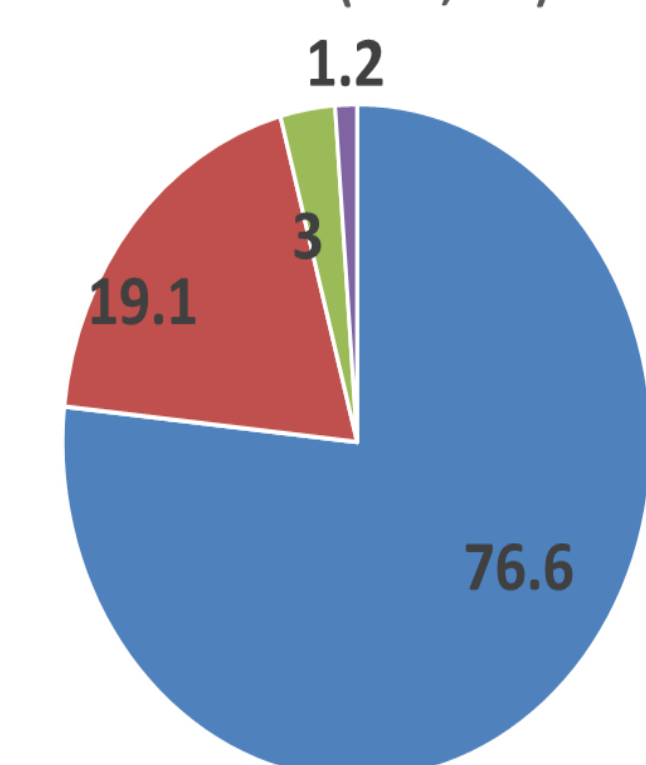


Fig 2: How often do you think about the health of your brain? (N=1,233)



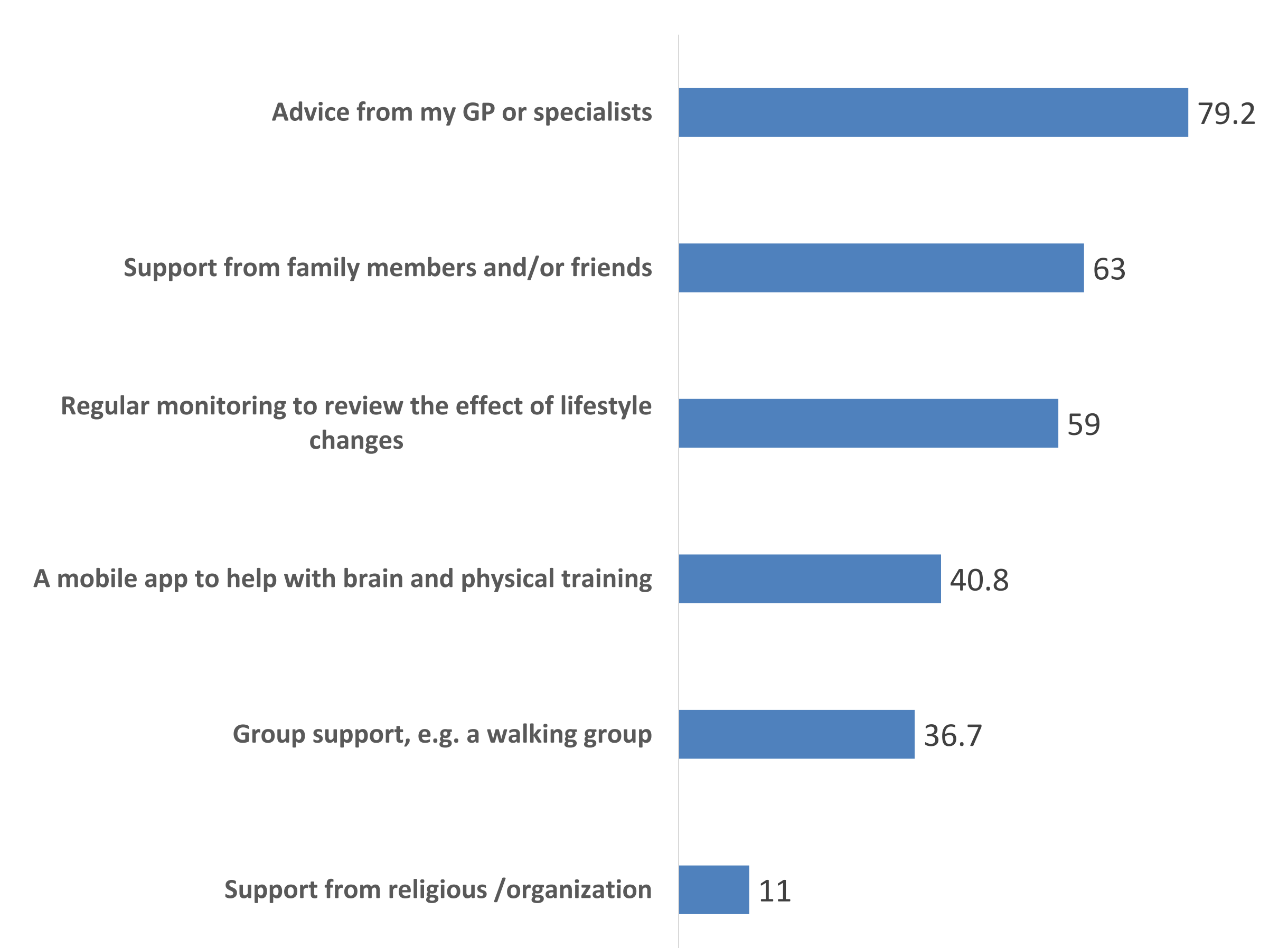
■ Frequently ■ Occasionally
■ Rarely ■ Never

Fig 3: Wish to take a simple brain health test to learn about the risk of developing a brain disease (N=1,233)



■ Yes, definitely ■ Yes, probably
■ No, probably not ■ No, definitely not

Fig 4: What kind of assistance would you need to change your lifestyle to maintain or improve your brain health? (N=938)



Conclusions

- Improving brain health activities and policies do not exist in the Arab world
- There is a need to be explored to understand and to produce policies that will improve people opportunities to improve brain activities