



The First Scientific Conference on Health and Medical Research in the UAE-5-6 December 2022

Exploring brain health perceptions, and beliefs using the Global Brain Health Survey among United Arab Emirates Population”

Iffat Elbarazi¹, Emmanuel Stip², Karim Abdel Aziz², Aminu Abdellahi¹, Javid Nauman¹,

¹Institute of Public Health, College of Medicine and Health Sciences, United Arab Emirates University

²Department of Psychiatry, College of Medicine and Health Sciences, United Arab Emirates
University

Introduction: Brain health is a multi-faceted concept used to describe brain physiology, cognitive function, mental health and well-being. Diseases of the brain account for one third of the global burden of disease and are becoming more prevalent as populations age. Many lifestyle practices including diet, exercise, social activities and interactions and cognitive activities are factors that can potentially influence different dimensions of brain health. However, there is limited knowledge about the population's awareness of brain health and willingness to change lifestyle to maintain a healthy brain. In the Arab world, this topic has never been discussed especially as a public health issue that is related to people's opportunities, lifestyle and environmental and social factors.

Aim: This study explores brain health perceptions, beliefs, lifestyle and people's attitudes toward improving their brain health in the United Arab Emirates and in the Arab world using a translated and validated version of the Global Brain Health Survey.

Methods and instruments: This is a population-based study using a cross sectional method employing the Global Brain Health Survey that was conducted in Europe during 2020 by the Lifebrain consortium with collaborators from Norway, Germany, and Belgium, Netherlands, Sweden and Ukraine. The survey was translated to Arabic. Back-to-back translation was done by dual language professionals. The survey was piloted with a sample of 30 participants from the Institute of Public Health members and with members from the community. The survey was distributed online along with the English and Arabic -using survey monkey platform - through the IPH website around the UAE and through different social media platforms.

Results: Around 1914 responses were collected between the period of 1st October 2021 and 12th of December 2021. Only 1000 survey were returned fully completed. The results will be provided later

Expected outcome: In the Arab world mental health, brain health is barely explored, and there are no data on people's beliefs actions and perceptions on brain health. Improving brain health activities

and policies do not exist in the Arab world need to be explored to understand and to come up with policies that will improve people opportunities to improve brain **activities**

Key Words: Brain, Health, UAE, Lifebrain, Global brain health survey , Perceptions.

ORCID:

Iffat Elbarazi: 0000-0001-7151-2175

Emmanuel Stip 0000-0003-2859-2100) - ORCID

Karim Abdel Aziz 0000-0002-7609-7756

Aminu Abdullahi 0000-0002-2639-631X

Javaid Nauman 0000-0003-1347-2448