

The Impact of Generalised Anxiety Disorder on Undergraduate Students' Quality of Life in Ho Chi Minh City

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ABSTRACT The paper focuses on the impact of a generalised anxiety disorder (GAD) on the quality of life of undergraduate students in Ho Chi Minh City. A questionnaire was conducted on 308 students. The T-test showed that the living quality according to the WHOQOL-BREF scale was lower in students with GAD than in students without GAD (55.24±12.16 and 65.25±9.93; p <0.01). Regression analysis showed that GAD symptoms had a statistically significant negative impact on the students' quality of life, in which the mental health aspect is most affected. The second is the physical health aspect, then the social aspect, and finally the environmental aspect. As such, the GAD symptoms harm the students' quality of life. Confirming this relationship is the basis for setting goals for GAD treatment and improving students' living quality in a developing country.