

# Work-Family Conflict and Depression among Physicians Who Are Parents in Jeddah, KSA

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## ABSTRACT

**Background:** The two most significant components of an adult's life are family and work. These two elements influence one another in both directions, with family life influencing one's career and vice versa.

**Aim:** To examine the correlation between work- family conflict (WFC) and depression among physicians working in Jeddah, Saudi Arabia, who are parents of young children (children younger than 12 years old).

**Method:** This was a cross-sectional online survey study that was conducted in Jeddah, Saudi Arabia between January and October 2022. Study population consisted of practicing physicians working in Jeddah, Saudi Arabia who are parents of young children. We utilized two previously validated tools to assess WFC levels, as well as depression prevalence among our selected population. We then tested the correlation between the two components and different demographic variables. The tools we used were Work-Family Conflict Scale (WAFCS) and The World Health Organization Five-Item Well-Being Index (WHO-5). Correlation between continuous variables were obtained by Spearman's Rho test. Structural equation modeling (SEM) methods implemented using AMOS 26.0 (Arbuckle) were used to test the research model.

**Results:** This study included 204 physicians in Saudi Arabia who are parents of young children. More than two-thirds of them were female (73.1%). Physicians with young children had high WFC and FWC scores (mean, standard error: 26.2, 0.5). The correlation between WAFCS score and number of years of marriage was negative ( $r = -0.141$ ,  $P 0.05$ ). Almost 56% of physicians with young children were depressed. The WHO-5 score was adversely correlated with both WFC and FWC ( $r = -0.529$ ,  $P 0.001$  and  $r = -0.281$ ,  $P 0.001$ , respectively). Similarly, the WFC and FWC scores of depressed physicians were significantly higher than those of non-depressed physicians. Only the number of years of marriage was substantially connected with a low depression score, as it was significantly higher among non-depressed physicians than among depressed physicians.

**Conclusion:** Work-family conflict negatively impacts the well-being of Saudi Arabian physicians who are parents. Despite the importance of family in assisting parents in dealing with various forms of stress and depression, the family itself was a source of additional responsibilities and obligations that added to the load on working physicians. Improved scheduling for physicians who are parents is essential to reduce work-family conflicts and maintain the quality of their healthcare delivery.

**Keywords:** Conflict; Family; Physician; Saudi Arabia; Work

*Bahrain Med Bull 2025; 47 (1): 2676-2683*

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