



# Psychological Well-Being in the Gulf States: The New Arabia Felix

*Justin Thomas*

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Few regions on earth have witnessed such rapid social change as the Arabian Gulf States (Saudi Arabia, Bahrain, Qatar, UAE, Kuwait and Oman). Wealth from oil and gas has radically transformed the landscapes, lifestyles and human relationships across these nations. Transformation however is seldom painless, and numerous psychosocial challenges have followed the triumphal progress. The psychological implications of the region's meteoric modernization have not received sustained examination until now. Tensions between traditional ways of life, rooted in cultural and Islamic values, and the influx of foreign lifestyles are implicated in the rise of common psychological problems such as depression, addiction and eating disorders. Psychological Well-Being in the Gulf States examines these issues, providing an in-depth exploration of the psychological consequences of transition. This important work also looks at how the region's traditional cultural values may foster resilience against psychological problems, and how these values have a vital role to play in developing effective therapies and culturally grounded prevention strategies.



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