

Depression and stress among medical student in medical exam Supervised by : Dr. Maytham Al-yasiry

(MBCHB. \_ FIBMS psy.) Particibator : نصر حيدر جليل مرام ابراهيم كاظم عبدال على عباس رسل حسن مهدي عبيير غالب : Abstract -----  
فاضل زهراء وائل سلمان نبأ عامر محمد قيس فلاح مهدي قيس عبد الحمزه بخيت انمار رعد عبد داوود

----- Objective To estimate the prevalence of stress and depression among medical student during exam and directly after it .

Methodology 442 sheets Arabic DASS ( self rating questioner ) was distributed among 221 student of Babylon University College of Medicine whose agreed to participate in the study ( consent) . Each student filled 1 questioner before series of med coarse exam ( pre-examination) and one day after exam directly( post-examination) .The Depression Anxiety Stress scale (DASS) is a self rating questioner designed to minimize measurement overlap by measuring the distinct features of depression ,anxiety and stress . result Depression was the most prevalent psychological disorder among medical students, as depressive symptoms appeared in 49% of them before the exam and about 47% after the exam. Stress was found to be the second most common psychological distress, with a prevalence rate of 44% before the exam and 29% After the exam, in further analysis, we found that the category of women show a higher baseline of depression (69%) compared to male (27%)and also the stress rate showed a clear increase in the women's baseline of stress (61% ) compared to male(21% ). A higher degree of depression and stress was significantly correlated with the gender of the students. conclusion The students had high “baseline” traits of depression and stress, and these were higher if an examination was near, and female sex predicted higher levels of “baseline” depression, or stress. Students suggested that study burden and a busy schedule were the major reasons for their high DASS-42 scores.

Introduction Burden of exam is one of the main stressors on medical student in medical college , stress and depression are among the commonest disorder in community . Stress is the physiological response that you have to any external and internal stress source , and stress source is any thing that require you to make an adjacement either emotionally , physically or mentally , and when we handle our stress well we grow and develop and when we handle our stress badly we live under distress that is quiet costly . Depression is a mood disorder that causes a constant feeling of sadness, loss of pleasure, attention to normal things, and lack of concentration. It may be accompanied by guilt, and lack of self-esteem. The Depression Anxiety Stress scale (DASS) is a self rating questioner designed to minimize measurement overlap by measuring the distinct features of depression and anxiety . Its three subscales depict symptoms of depression, anxiety, and stress (which is common in both depression and anxiety) . Hence, it measures a distinct syndrome-emotional distress . It is broadly used to assess symptoms severity and response to treatment . Islam et al., 2020, surveyed 400 undergraduate students in Bangladesh using the GAD-7 scale and PHQ-9 to assess the prevalence of depression and anxiety and their potential associated factors, and they found that the prevalence rates of depression and anxiety were 69.5% and 61% respectively. Another study was done in Bangladesh by Alim et al., 2017, among medical college students, which concluded a lower prevalence of depression (54.3%) while the prevalence of anxiety was higher 64.8%[1]. Lower rates were reported by study done in Saudi Arabia to assess the traits of depression, anxiety, and stress among medical students in relation to potential underlying reasons using DASS-21. Prevalence of depression, anxiety, and stress were 43%, 63%, and 41%, respectively (Kulsoom and Afsar, 2015) while a study was done in Jizan University reported that the overall prevalence of stress was 71.9% (Sani et al., 2012)[2]. An Egyptian study was performed among medical students at Menoufia University, detected that the prevalence of depression, anxiety, and stress were 63.3%, 78.4%, and

57.8%, respectively (Abdallah and Gabr, 2014). These findings agreed with the current study regarding depression and anxiety but disagreed regarding stress[3][4] Methodology 442 sheets Arabic DASS ( self rating questioner ) was distributed among 221 student of Babylon University College of Medicine whose agreed to participate in the study ( consent) . Each student filled 1 questioner before series of med coarse exam ( pre-examination) and one day after exam directly( post-examination) .The Depression Anxiety Stress scale (DASS) is a self rating questioner designed to minimize measurement overlap by measuring the distinct features of depression and anxiety . Its three sub-scales depict symptoms of depression, anxiety, and stress (which is common in both depression and anxiety) . Hence, it measures a distinct syndrome-emotional distress . It is broadly used to assess symptoms severity and response to treatment . table1 - DASS score of depression and anxiety Result: Depression was the most prevalent psychological disorder among medical students, as depressive symptoms appeared in 49% of them before the exam and about 47% after the exam. Stress was found to be the second most common psychological distress, with a prevalence rate of 44% before the exam and 29% After the exam, in further analysis, we found that the category of women show a higher baseline of depression (69%) compared to male (27%)and also the stress rate showed a clear increase in the women's baseline of stress (61% ) compared to male(21% ) . A higher degree of depression and stress was significantly correlated with the gender of the students. Table 2 - depression before and after exams . Before exam male female After exam Male Female Normal 13s 9s 4s 20s 15s 5s Mild 16s 10s 6s 14s 10s 4s Moderate 38s 29s 9s 35s 24s 11s Sever 36s 14s 22s 48s 12s 36s extremely sever 109s 23s 95s 104s 20s 85s totally 85 totally 136 totally 81 totally 140 totally Table 3- stress before and after exams