

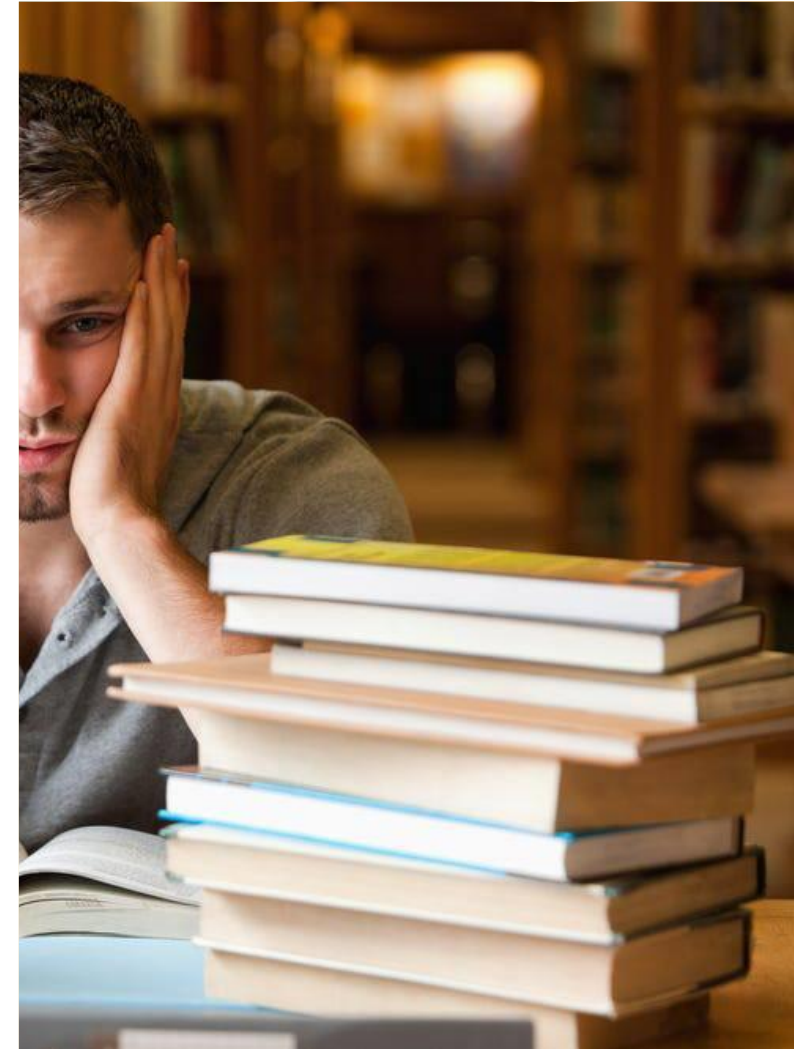
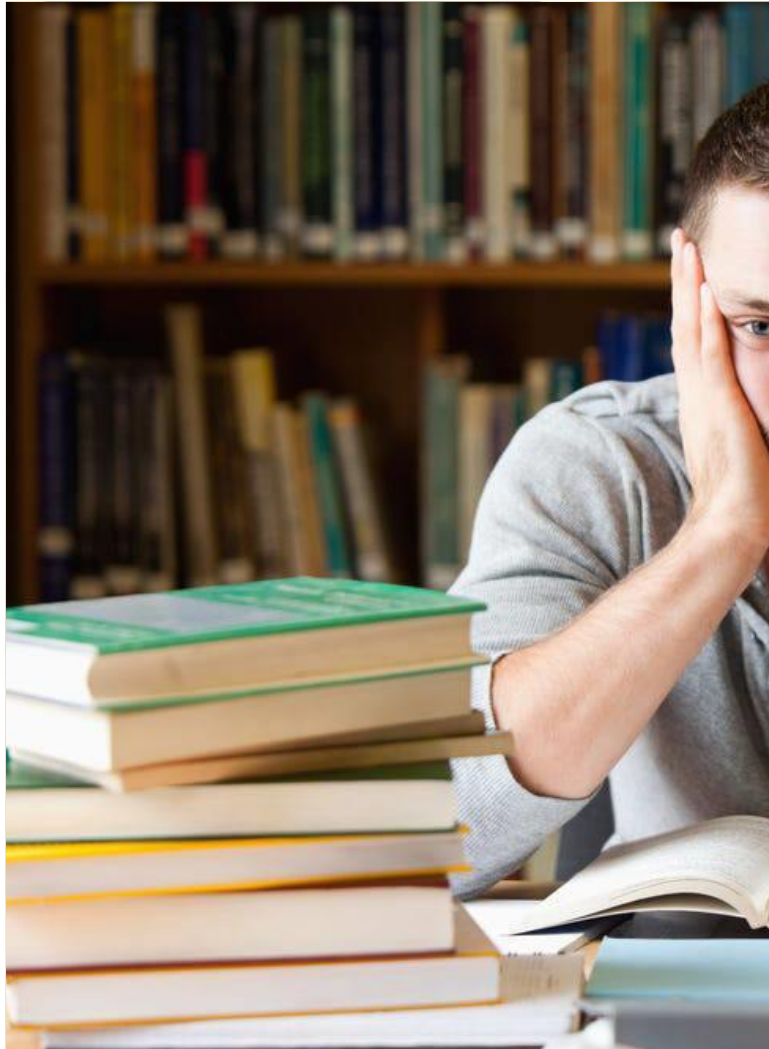
DEPRESSION IN MEDICAL STUDENTS

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AGENDA

- Introduction
- Aims and Objectives
- Material and Methods
- Results
- Discussion





INTRODUCTION

INTRODUCTION

Stress is a term that refers to the sum of physical, mental and emotional strains or tensions on a person. The term 'stress' was first employed in the 1930's by the endocrinologist Hans Selye (1). A secondary high school student gets transformed into a doctor in a medical college. However, it is observed that the medical students undergo tremendous stress during their course. (2) Medical education has been reported to be one of the most stressful academic curricula worldwide, negatively affecting the physical and mental health of medical students. (3) By different studies conducted worldwide among medical students it has been reported that the prevalence of stress ranging from 27-73%. (2).

A Medical student generally faces different kinds of stressors such as vastness of academic syllabus, homesickness, high parental expectations & lack of time for recreation etc. (4) Depression in medical students is a normal physiological effect that can be experienced after an emotional, pathological, or even physical problem, but if it remains for a long time and affects the function of a person, it will develop into a mental disorder or more specifically depression which is a cause of death worldwide. Students with and without anxiety and depression symptoms were not different with regards to the current use of anti-depressants, probably because the number of students on anti-depressants was too small (3.6%). The fact that about 45.5% of students had anxiety and depressive symptoms but only 3.6% were on antidepressants at the time of study reveals that only a small percentage of medical students with anxiety and depression had sought psychiatric assistance and had received treatment. Given that the presence of depression in medical students significantly impacts their life satisfaction (5), increases the risk of suicide (6). The data for present study was obtained through a pretested, pre-designed and standard questionnaire related to psychological stress.



AIMS AND OBJECTIVES OF OUR STUDY

The objective of our study was to estimate the prevalence of anxiety and depressive symptoms in medical students of Babylon university.



MATERIALS AND METHODS

A Cross sectional study was conducted among undergraduate medical students of private medical college. The target population was undergraduate students of years (2nd , 3rd,4th ,5th , and final stage , currently enrolled in private medical college, Taking into consideration the prevalence of anxiety and depression from various studies conducted previously at approximately 100%, the sample size has been calculated using the statistical formula Thus our sample size came as 200 . Data collection spanned over the month of January 2024.



RESULTS

57.1% of the students were suffering from depression.

the gender factor, depression is more common in female than male,

age factor: **37.3%** of students at **21** years old more depressed than other ages.

depression is more common in fourth stage's student **69.9%**

according of family history, the results indicate that **31.7%** of the students.

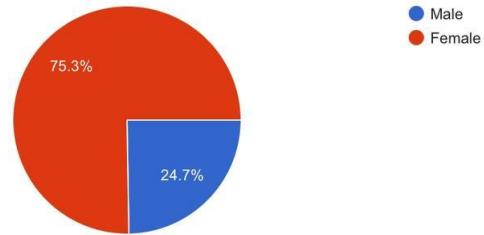
93% of depressed medical students in our research do not take antidepressant medications

77.8% workload towards exams.

Gender

186 responses

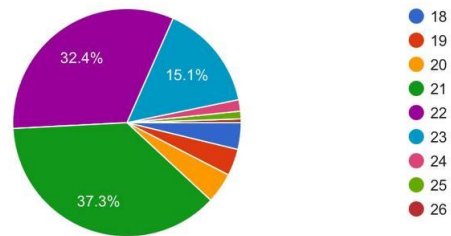
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Age

185 responses

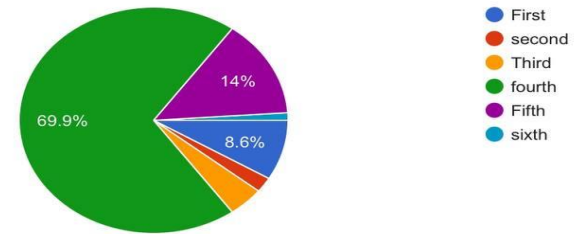
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Stage

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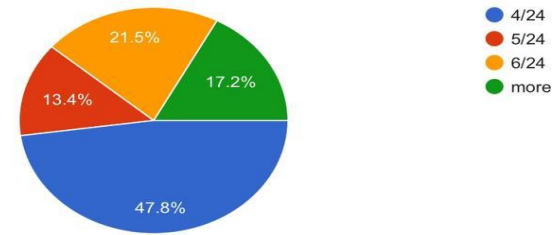
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Hours / day studied

186 responses

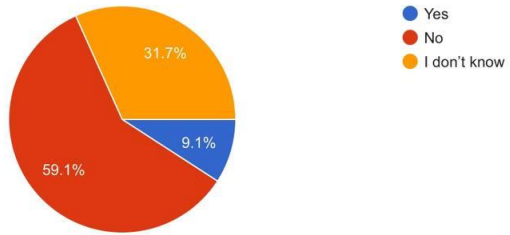
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Family history of depression

186 responses

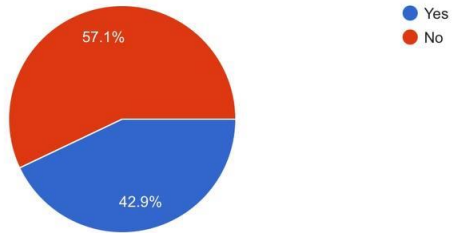
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Personal history of depression

184 responses

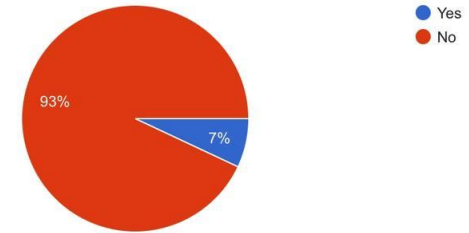
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Taking antidepressants

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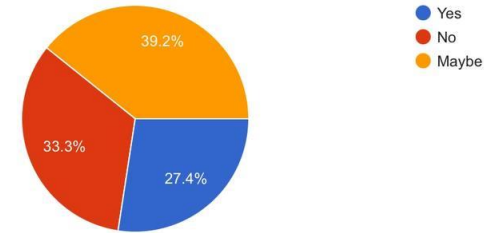
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stressed from parents high expectations

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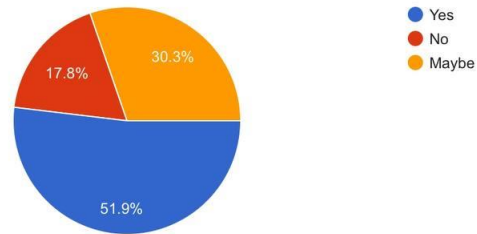
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problems on memorising topics

185 responses

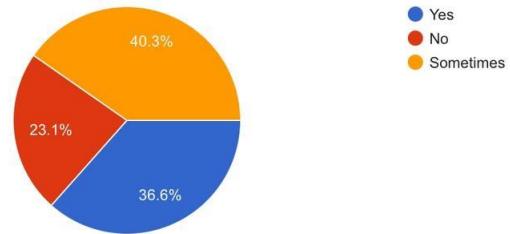
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Even after trying best no getting expected marks

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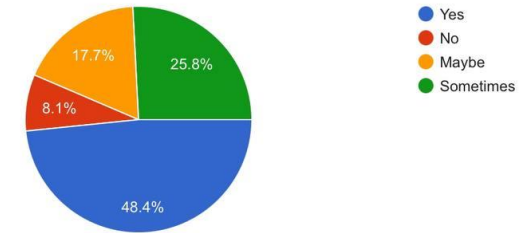
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Worried about the future and becoming a good doctor

186 responses

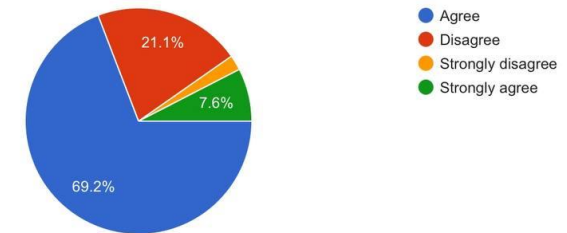
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Less time for repeated learning

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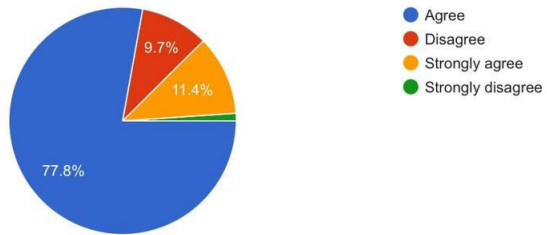
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Required to be more responsible

185 responses

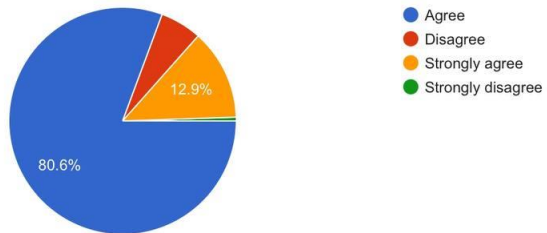
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More self study needed

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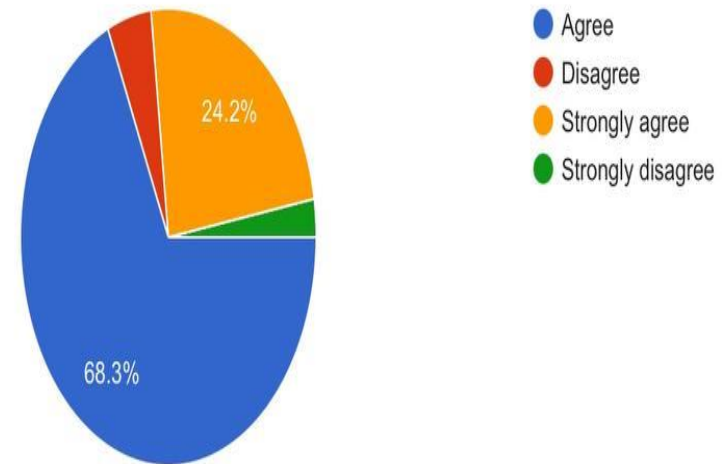
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Increase work load toward exams

186 responses

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DISCUSSION

Students with and without anxiety and depression symptoms were not different with regards to the current use of antidepressants, probably because the number of students on antidepressants was too small (3.6%). The fact that about 45.5% of students had anxiety and depressive symptoms but only 3.6% were on antidepressants at the time of study reveals that only a small percentage of medical students with anxiety and depression had sought psychiatric assistance and had received treatment. Given that the presence of depression in medical students significantly impacts their life satisfaction²², increases the risk of suicide⁽⁶⁾, The reasons for the high prevalence of psychological distress in medical students can be attributed to excessive stress of studies, a higher academic burden in terms of syllabus, courses and required competence, lack of leisure time, and high competition⁽⁹⁾, Factors found to have a significant association with depression in medical students in our study were year of medical college, hours of study, family history of depression, personal history of depression and failure in medical school annual examinations. The association of depression and anxiety with the year of medical college is one finding which is consistent across all studies done in Iraq .

In recent years the concern about stress during tenure of undergraduate medical training has increased. Various published literatures have documented high levels of distress among undergraduate medical students. Stress along with social, emotional, physical as well as family problems may hamper the learning ability and academic performance of a student. Excessive stress may cause mental and physical problems and may negatively affect the academic achievement of the student. In most of medical students the performance in college and university level examination is the major stressor. (10) According to the gender factor, depression is more common in female than male that related to several factors, such as hormonal differences, given that the peak onset of depressive disorders in women coincides with their reproductive years (between the ages of 25 to 44 years of age), socialization differences ,girls are generally socialized to be more sensitive to the opinions of others, women may experience more stressful life events and have a greater sensitivity to them than men. Results in our study indicate 75.3% of the female were suffering from depression. These results correlate with Shabbir MH, Bashir U (2016) ,according to age factor : 37.3% of students at 21 years old more depressed than other ages because at the age of 21, depression increases because this age is an important stage in a person's life, where he becomes more responsible and responsible for his decisions, facing stress full life events, and building his personality. this not correlate with other research such as Shabbir MH, Bashir U (2016) .where the peak was at more than 22 years old from the research point about depression in medical student according to stage factor ; depression is more common in fourth stage's student , that possibly explained by that the fourth stage is transitional period from basic learning to clinical study and direct contact with real cases .

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THANK YOU

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