



## A STUDY ON DEPRESSION ANXIETY AND STRESS AMONG STUDENTS OF GOVERNMENT SIDDHARTHA MEDICAL COLLEGE

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### ABSTRACT

**Introduction:** World Health Organization regards Mental health as an essential component of health. Mental health depends on the coping skills acquired in reducing depression anxiety and stress. Students of Medical college are at greater risk of developing depression, anxiety, and stress. The objectives of this study were to determine depression, anxiety, and stress among students of Government Siddhartha Medical College, Vijayawada. **Material and Methods:** A cross-sectional study was conducted in September -October 2021 among 360 students of Government Siddhartha Medical College, Vijayawada. Depression Anxiety Stress Scale (DASS42) was used to assess the level of Depression, Anxiety, and Stress. Statistical analysis was done by entering data in excel and by descriptive statistics. **Results:** Among 360 students 66.7% were females, 77.7% were in the age group of 18-20years. Prevalence of depression, anxiety, and stress was found to be 44.2%, 73.3%, and 44.2% respectively. **Conclusion:** Higher prevalence of depression, anxiety, stress was observed among students.

**KEYWORDS :** Depression, Stress, Anxiety, Students.

### INTRODUCTION

Mental health plays an important role in determining the quality of life among people. Poor mental health can lead to many psychological problems. Psychological problems like Depression, Anxiety, and Stress are increasing among the population present in both developing and developed countries with higher prevalence in college students. It is estimated that worldwide 12-50% of college students present with at least one trait among depression, anxiety, and stress, which impacts their academic performance, social life, and career. This is observed more among students of the medical college as medical education is perceived to be more stressful compared to other education systems.

American Psychological Association referred to anxiety as an emotional response leading to altered sleep patterns, lack of energy, irritability, lack of interest, loss of concentration, depression also has similar findings which can ultimately lead to the feeling of worthlessness and developing suicidal thoughts. The cause of stress in a medical college is usually multifactorial like long duration, of course, examinations, long studying hours, competition among peers, sleep deprivation, lack of relaxation time, fear of failure, concerns about not meeting expectations of parents and institutions and new curriculums have paved the way for increasing depression, anxiety, and stress among students of medical college. Thus there exists a need to identify depression, anxiety, and stress which leads to serious physical and emotional problems during later life. Suicides as a result of undiagnosed and untreated mental health problems are increasing among students. Therefore this study was done to know about the level of depression, anxiety, and stress among students of medical college.

### MATERIAL & METHODS

The study was an observational cross-sectional study conducted over 1 month from September 2021 to October 2021. Study participants included were 360 1<sup>st</sup> and 2<sup>nd</sup>-year M.B.B.S and BDS students of Government Siddhartha Medical College, Vijayawada. The study tool used was the DASS42 questionnaire. Before the study, students were explained the purpose of the study, and verbal and written consent was taken. Data was collected from 360 students through a questionnaire that includes DASS 42 and questions regarding age, gender, place of stay, native place, sleep disturbances, academic year, course, academic performance. DASS 42 is a self-reported 42 items questionnaire designed to measure grades of severity of depression, anxiety, and stress. Each item in the scale is indicated by letters D(depression), A(anxiety), S(stress) and is scored from 0-3(0- did not apply to me at all to 3-applied to me very much or most of the time over the past week) with minimum score being zero and the maximum score is 42. Based on the scores obtained as in Table1 trait was identified and grading of severity was done. Scores were calculated and data were entered in excel and descriptive statistics were obtained. Exclusion criteria-students not willing to participate in the study.

**Table-1: DASS-42 severity score**

Severity	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely severe	28+	20+	34+

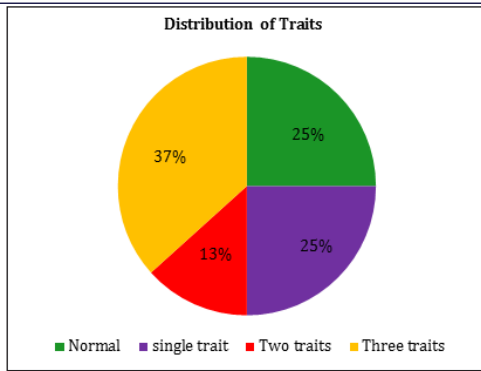
### OBSERVATIONS AND RESULTS:

A total of 360 students of Government Medical College, Vijayawada participated in the study. Among 360 students majority of 240 (66.7%) were females and 120(33.3%) were males, 280(77.7%) belong to the age group of 18-20, 80(22.3%), 188 were of 1<sup>st</sup> year of and 172 belonged to 2<sup>nd</sup> year of which 44 were BDS students and 316 were M.B.B.S. 84.4% (304) stay in hostels, 20% were from the different mother tongue. About 33% were not satisfied with their academic performance. 68.8% of students had inadequate sleep and sleep disturbances.

The prevalence of depression was 44.2%, anxiety 73.3%, and stress was 44.2% with the majority having anxiety traits. Fig 1 shows the distribution of single, double, and three traits among students. The majority of 132 students had all three traits most of them had severe to extreme severe traits. Table 2 shows the prevalence of Depression, Anxiety, and stress. Figure 2 shows the prevalence of traits among female and male students.

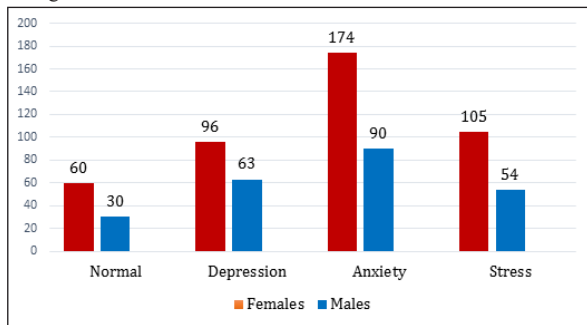
**Table-2: Prevalence of Depression, Anxiety, and Stress among students**

Variables (Grades) of Depression, Anxiety & Stress	N0 of students	Percentage%
<b>Depression</b>		
Normal	201	55.8
Mild	51	14.2
Moderate	69	19.2
Severe	30	8.3
Extreme Severe	9	2.5
<b>Anxiety</b>		
Normal	96	26.7
Mild	60	16.7
Moderate	78	21.6
Severe	66	18.3
Extremely Severe	60	16.7
<b>Stress</b>		
Normal	201	55.8
Mild	42	11.7
Moderate	69	19.2
Severe	42	11.7
Extremely Severe	6	1.6



**FIG-1: Distribution of traits among students of Medical college**

Prevalence of Anxiety was more followed by Depression and stress in both genders.



**FIG-2: Prevalence of Depression, Anxiety, Stress in Females and Male students**

**DISCUSSION:**

A Study by Irfa Naqshbandie et al from Kashmir shows the prevalence of depression, anxiety, and stress as 40%, 50%, 37.5% among medical students. Our study showed a higher prevalence of depression (44.2%), anxiety (73.3%), and stress (44.2%). A study by Nileshwar. H et al also revealed the presence of mental illness in medical students with a low prevalence of depression, anxiety, and stress as 17.2%, 15.6%, 10.8% respectively.

The strength of the study is it is one of the few studies that give the burden of mental health disorders among future doctors of a medical college in Vijayawada. The limitation of the study is that the data obtained cannot be generalized as only 1<sup>st</sup> and 2<sup>nd</sup>-year students of one medical college were involved in the study. Further study needs to be conducted among students of all medical colleges and also evaluation of risk factors causing mental illness is needed.

**CONCLUSION:**

Prevalence of depression, anxiety, and stress was very high among students of the medical college with the majority of students having severe to extremely severe traits of depression, anxiety, and stress. This study thus concludes that there is an extreme need for establishing counseling centers in medical colleges to help the students in overcoming mental health problems.

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