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Prevalence of Stress & Psychiatric Morbidity Among Undergraduate Medical Students Studying in a Private Medical College in Uttar Pradesh

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ABSTRACT

Medical students face high academic and psychological stressors throughout their course. Many research data show that stress and other psychological morbidity increase during their medical training. So the aim in this study was to assess the prevalence of stress and other psychiatric morbidity in undergraduate medical students studying in a private medical college in Moradabad, Uttar Pradesh

Methodology: 21 item depression anxiety stress scale was administered on 100 1st year medical students and their score was calculated on the DASS-21 scale.

Results: Study showed that. prevalence of stress was 48%, anxiety 63%, depression 34%. And the amount of anxiety and stress was comparatively higher than depression

INTRODUCTION

According to WHO definition, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (1).Everyone feels **stressed** from time to time, **Stress** is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. The stress which affects the medical students is receiving increased attention. Medical study is one of the stressful and demanding branch in education. stress may affect academic performance and also physical and mental health. Medical students face high academic and psychological stressors throughout their medical course. Poor mental health will leads to many life threatening diseases such as cardiovascular disease deaths, and deaths from external causes or even cancer deaths, which was only associated with psychological distress at higher levels (2). Many study conducted among medical students showed that student stress level was too high. (3) Stress is an unavoidable and common aspect of a doctor's and students work. (4)(5).It is essential to identify the prevalence and levels of stress among students, which affects not only their well-being but also their academic accomplishments at different points of time during their study period. While in India, a study was conducted to focus on the prevalence of current depression, anxiety, and stress-related symptoms among young adults, ranging from mild to extremely severe, which was 18.5%, 24.4%, and 20% respectively. Clinical depression was present in 12.1% and generalized anxiety disorder in 19.0%. Co-morbid anxiety and depression were high, with about 87% of those having depression also suffering from anxiety disorder (6). A research conducted in Malaysia showed that the prevalence of moderate to extremely severe level of depression, anxiety and stress among undergraduate students was ranging from 13.9% to 29.3%, 51.5% to 55.0% and 12.9% to 21.6% respectively (7) (8).In India, few studies have been done on psychological distress present in under graduate medical students. Hence, we planned this study to find the prevalence of stress and other psychiatric morbidity among undergraduate medical students at the Teerthanker Mahaveer University, Moradabad (U.P) by using the DASS(21).

Aim of the study

To study the prevalence of stress & other psychiatric morbidity among undergraduate medical students at Teerthanker Mahaveer University, Moradabad(U.P) in India.

Materials and Methods:
Study Center:

This cross- sectional study was conducted at the University Teerthanker Mahaveer Medical College & Research Center(TMMC& RC) Moradabad in U.P. This center serves as a MCI recognized training center for under graduate medical students.

Participants:

Under graduate medical students(n=100) of M.B.BS 1st year. Each student was given a package which consisted of an information sheet regarding the details of the study, a proforma for personal details and the DASS(21)item scale. The packages were personally delivered and they were collected by the researcher. No medical student declined from participating in the study.

Data collected:

The following data was collected in addition to theDASS-21 item ques- tionnaires: age, gender, marital status, family type and a past history of psychiatric disorders.

Assessment:

The DASS-21 was used for the assessment of stress and other psychiatric morbidity among the study samples. DASS-21 is a self-report scale which consists of 21 items, which is used to measure the depression, anxiety and stress. The DASS-21scoring was assessed by using the Likert method in which each item has a score of zero to three (0-1-2-3). Because the DASS 21 is a short form version of the DASS (the Long Form has 42 items), the final score of each item groups (depression, anxiety and stress) must be multiplied by two (×2) [12]. The minimum score is zero and the maximum score is 42. The final score of DASS can be categorized as in Table 1. Studies have shown that the DASS 21 score have validity in the measurement of the degree of depression, anxiety and stress in the person. It also has high reliability in terms of usage in a clinical and non-clinical setting (10)(11) .

The DASS-21was validated as a suitable measure of the mental health at the work place .

Statistical Analysis:

Data was analysed using percentage to show the level of stress anxiety and depression in 1 year medical students.

RESULT & DISSCUSSION
Table 1. Severity of depression, anxiety and stress.

RATING	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
EXTERMELY SEVERE	28+	20+	37+

TABLE 2-NO. OF STUDENTS SHOWING STRESS, ANXIETY AND DEPRESSION
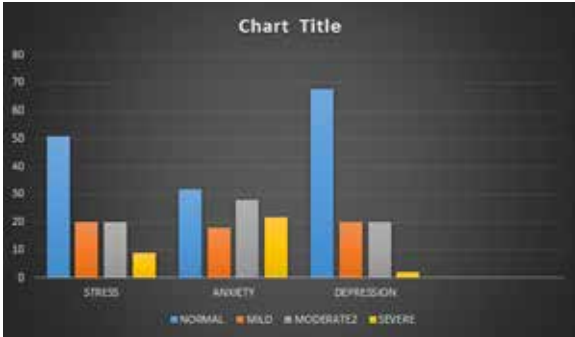
	STRESS	ANXIETY	DEPRESSION
NORMAL	51	32	66
MILD	20	18	20
MODERATE	20	28	12
SEVERE	09	22	02

PERCENTAGE OF LEVEL OF STRESS, ANXIETY AND DEPRESSION
TABLE-3
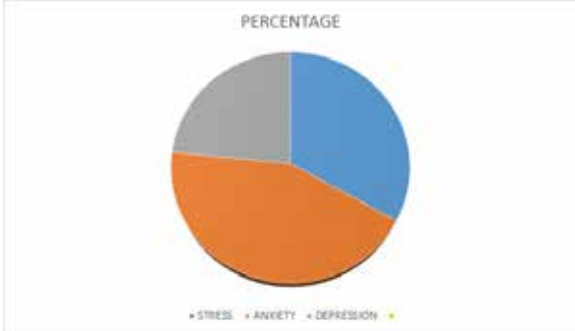
	NO OF STUDENTS	PERCENTAGE
STRESS	48	48%
ANXIETY	63	63%
DEPRESSION	34	34%

PIE GRAPH SHOWING % OF STRESS, ANXIETY AND DEPRESSION

A self rated questionnaire DASS was administered on 100 1st year medical students to assess the prevalence of stress anxiety & depression . DASS is a 21 item self report inventory that yields 3 factors. This screening & outcome measure reflects the past 7 days. Hence the test was administered to screen the level of nervous tension & fear symptoms which are the two distinct domains & also depression.

The prevalence of stress was found to be 48%, anxiety 63% & depression 34%(table 3) The prevalence of anxiety was most prevalent. These findings co-relate with the study done by Inam SN, Saqib A., Alam E. (9) and another study done in Malaysia university in which prevalence for moderate to extremely severe depression, anxiety and stress are 30.7%, 55.5%, and 16.6% respectively.(12).

We recommend that to achieve a healthy life as per define by WHO (1), students are encouraged to spend adequate time on their social and personal lives and emphasize the importance of health promoting coping strategies which might be helpful in overcoming stress throughout their medical training.

CONCLUSION
There is considerable amount of anxiety & stress present in 1st year medical students. To conclude there is need for intervention that will help the students to cope with stress, to make a smooth transition from school to medical college & to adjust to different learning environment.

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