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Mohamed Fawzy, Sherifa A. Hamed



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Psychological stress among medical students in Assiut University, Egypt

Mohamed Fawzy, Sherifa A. Hamed*

Department of Neurology and Psychiatry, Assiut University Hospital, Assiut, Egypt

*Correspondence to: Department of Neurology and Psychiatry, Floor # 7, Room # 4, Hospital of Neurology and Psychiatry, Assiut University Hospital, Assiut, Egypt, P.O.Box 71516. Tel.: +2 088 2414840 6135/+2 088 2374904; fax: +2 088 2333327/+2 088 2332278; Mobile: +2 01115324560. hamed_sherifa@yahoo.com

Abstract

Poor psychological health in medical students has been reported nationwide. This study estimated the prevalence of depression, anxiety and stress symptoms among medical students who were enrolled in a public university in Upper Egypt and determine the association of these morbidities with the students' basic socio-demographic variables. This cross-sectional study included 700 students. A self-administered, questionnaire for the socio-demographic characteristics, Depression Anxiety Stress Scale (DASS 21) and Pittsburgh Sleep Quality Index (PSQI) questionnaire were used for assessment. High frequencies of depression (65%), anxiety (73%) and stress (59.9%) were reported. Stress scores were significantly higher than depression and anxiety ($P=0.001$). 55.7% were poor sleepers. In univariate analysis, females, those living in the University campus/students' residence facility, in the preclinical years and with lower academic achievement had higher scores of DASS and PSQI compared to their comparative partners. Significant correlations were reported between stress with depression, anxiety and PQSI scores ($P=0.0001$). In multivariate analysis, stress scores were significantly associated with female sex, depression and anxiety scores. We conclude that depression, anxiety and stress symptoms are common in Egyptian medical students. However, the results of this study can't be generalized to the world at all, regardless of the internal validity.

Keywords

Undergraduate medical students; stress; sleeping quality; DASS 21

1. Introduction

Research studies from different nationalities worldwide (developed and developing countries) and with different education systems found that medical students have more psychological morbidities than their non-medical students (Sherina et al., 2004; ; Dyrbye et al., 2006; Karaoglu and Şeker

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