

A Case study about the anxiety and depression in Medical Students

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Abstract:

Medical education is intended to prepare graduates for promoting health and caring for the sick. The report suggest that the medical students have lot of physiological problems. The main objective of this study is to assess the depression, anxiety, and stress among undergraduate medical students of NoMCTH, Biratnagar. A descriptive cross-sectional research design was adopted for the study including students of 1st year and 2nd year. A stratified random sampling technique was used to collect the sample. The Depression, Stress & Anxiety (DAS) scale was used and a self-administered questionnaire method was used for data collection. Additional questions regarding demographic variables were also included in the study. Data analysis was done on Statistical Package for the Social Sciences SPSS version 23. A sample of 110 students was included in the study. The overall result reported high frequencies of anxiety (67.3%) followed by depression (45.5%) & stress (30.9%). In relation to depression, 54.5% of respondents were normal, 22.7% of respondents were moderately depressed, 14.5% were mildly depressed, 6.4% were severely depressed whereas 1.8% were very severely depressed. In relation to anxiety, 34.5% of respondents were moderately anxious, 32.7% of respondents were normal, 10.9% were mildly anxious, 10.9% were severely anxious whereas 10.9% were very severely anxious. In relation to stress, a maximum of 69.1% of respondents was normal, 11.8% of respondents were moderately stressed, 10.0% were mildly stressed, whereas 9.1% were severely stressed. There were significant correlations ($p < 0.001$) between depression, anxiety, and stress. The higher level of psychiatric morbidity anxiety (67.3%) followed by depression (45.5%) & stress (30.9%) among undergraduate medical students warrants needs for strategic plans to alleviate depression anxiety and the stressors right from the time they join the medical school and has to be continued till they finish the course.

Keywords: Depression, Anxiety, Stress, Undergraduate Medical Students, Nepal

Introduction:

Doctors are considered as the most eminent person in the world. The medical education promotes the graduates to take care of patients in their sick. But due to lot of syllabi, medical environment, facing a lot of emotions the medical students are reported with poor psychological health. As the research covers in Nepal, Nepal students have insufficient information regarding psychological morbidity. The study of these research is to assess the depression, anxiety, and stress among undergraduate medical students of NoMCTH, Biratnagar.

Depression is a state of mind the person feels very low. Depression can

affect the person well being and health. It can also change the person behaviour, thoughts and feelings. Anxiety is usually known as worry. Anxiety is normal for human beings. It is caused due to lot of stress. Stress can be caused to various reason as environment or due to physiological condition. Managing all these factors for medical students is not an easy task. So the research has been gone through the medical students to reveal their stress and anxiety level.

Method:

A descriptive cross-sectional research design was adopted for the study including students of 1st year and 2nd-year medical students. Stratified random sampling technique was used to collect the sample. The Depression, Stress & Anxiety (DAS) scale was used and self-administered questionnaire method was used for data collection. Additional questions regarding demographic variables were also included in the study. Data analysis was done on Statistical Package for the Social Sciences SPSS version 23.

Discussion:

The research includes the 110 medical students in the study to know about their stress, depression and anxiety level. The study reveals that more number of medical students are suffering from depression, stress and anxiety due to various reasons. The overall results reported with the high frequencies of anxiety, depression and Stress. The percentage of anxiety found in the students is 67.3%. The depression rate was found to be 45.5% followed by the stress level of 30.9%. In this case study, the students were separated as normal, moderately depressed, mildly depressed and severely depressed. The percentage of the depression was 54.57% of students were normal, 22.7% of respondents were moderately depressed, 14.5% were mildly depressed, 6.4% were severely depressed whereas 1.8% were very severely depressed. In the case of anxiety, the students have a high rate of frequency to low rate frequency. In relation to anxiety, the percentage of the students were recorded from high frequency to low frequency. The students have an anxious rate that is recorded in percentage. The students with a percentage of 34.5% were found to be moderately anxious. The students with 10.9% were mildly anxious. The severe anxious percentage was recorded to be 10.9% and the severely anxious patient was found to be in 10.9%. The students who have normal anxious were recorded to be in the rate of 32.7%. The management of stress in medical students was a difficult task. Many students were suffered from stress due to various reasons related to the medical course. In relation to the stress, The percentage of students were normal is 69.1% of students. The students who were moderately stressed were 11.8%. The students also found with severe stress rates. 10.0% of medical students were mildly stressed by the environment and other physical factors. The students who are suffered from high-stress rates

shows 9.1%. There were significant correlations ($p < 0.001$) between depression, anxiety and stress. As this research reveals that medical graduates have lot of depression, stress and anxiety due to the environment and other physiological factors.

Result:

The higher level of psychiatric morbidity anxiety (67.3%) followed by depression (45.5%) & stress (30.9%) among undergraduate medical students warrants needs for strategic plans to alleviate depression anxiety and the stressors right from the time they join the medical school and has to be continued till they finish the course.