

**Research Article**

**Assessment of Factors Contributing To Depression among Medical Students of Nawaz Sharif Medical College during Examination**

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**ABSTRACT**

**INTRODUCTION:** Medical students repeatedly experience different stresses which render them more vulnerable to psychological problems that may affect their emotional, psychosocial and physical health.

**OBJECTIVE:** The objective of the investigation was to examine depression in medical college students at a public sector medical college.

**METHOD:** This was a cross sectional study done in Public Sector Medical College over period of one month from April 2014 to May 2014. The principle measure of depressive symptoms was the nine items depression module from the Patient Health questionnaire (PHQ-9). 100 students completed the questionnaire during 1 month interval.

**RESULT:** 74 (74%) medical students have mild depression. 13 (13%) have moderate depression and 11 (11%) have severe depression.

**CONCLUSION:** Majority of the students were suffering from mild depression. The high percentage shows that problem of stress is becoming common among medical students. Especially the level of depression is higher among hostilities. It shows that steps should be taken to control this drastic event.

**Keywords:** depressive disorder, depression, anxiety, stress, medical students

**INTRODUCTION:**

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Depression is different from passing the blue mood. What is going on in a person's mind really affects the way he thinks about his life events. It affects his way of eating, sleeping, behaving with people around him and moving in the society. Depression affects the level of confidence of a person adversely.

Nowadays depression in medical education has become a global problem. Young adulthood is characterized as an identity forming period in which individuals experience social and physical changes, as well as various conflicts in emotional behavior, sexual, economic, academic and social areas. Lifestyle related issues including inadequate rest, insufficient, physical activity, poor nutrition and lack of time management, course load,

parents' expectation, lack of sleep all contribute to depression during the academic life of a student.

We should try to educate the students to deal with depression. Depression affects the academic performance of the students severely. It's not like they are not working hard but actually being depressive lowers down the ability of the brain to recall what it has learned and its lead to going blank in a test or exam and its add to depression of the student. We should always go for looking for the cause behind the depression and deal it well.

**JUSTIFICATION:**

There are not many researches on how socioeconomic status affects the level of depression in Medical students but in our research we tried to focus on this aspect as well.

**OBJECTIVE:**

To assess the level of depression, taking gender difference into account that the medical students studying in different grades come across during their examination.

**MATERIALS AND METHOD:**

It was a Descriptive Cross Sectional study. Research took place at Nawaz Sharif Medical College. Duration of study was 3 months. The sample size was 100 students. Data was collected through preformed Patient Health Questionnaire (PHQ-9). Data was entered into SPSS software and pie charts and histograms were plotted. Simple Random Sampling technique was used.

**RESULT AND ANALYSIS:**

100 students completed the questionnaire during 1 month interval at whom 75% (75) are females and 25% (25) are males. There was an excess of female respondents in comparison to general students population. As >75% of graduate population at Gujranwala Medical College is female. Out of 100 students, minimum age is 17 and maximum age is 24. The students who avail the facility of hostels are 72 (72%) and those who are day scholars are 27 (27.3%). It is shown in the table.

**Table 1:** According to Academic Profile of students n=100

	1 <sup>st</sup> Year	21 (21%)
Class	2 <sup>nd</sup> Year	54 (54%)
	4 <sup>th</sup> Year	21 (21%)
	5 <sup>th</sup> Year	19 (19%)
	Gender	
	Male	25 (25%)
	Female	75 (75%)

**Table 2:** Depression among medical students N=100

DEPRESSION GROUPS	FREQUENCY
MILD	74 (74%)
MODERATE	15 (15%)
SEVERE	11 (11%)

The result shows that the depression was maximum among the students of 2<sup>nd</sup> year and minimum among the students of 3<sup>rd</sup> year.

**Table 2** shows that the maximum percentage of medical students is suffering from mild depression.

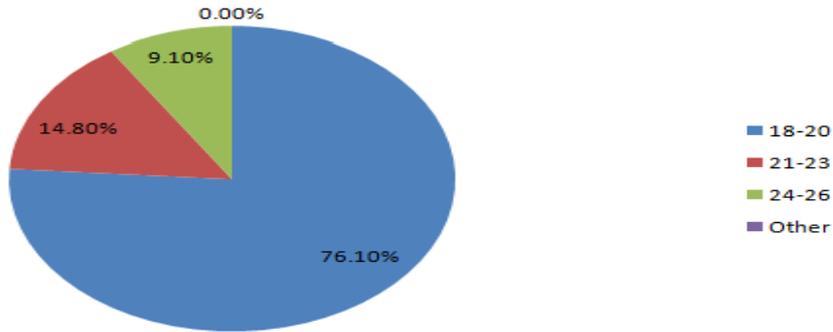
**Table 3:** Effect of Gender and Class Years on Depression n=100

		MILD	MODERATE	SEVERE	P VALUE
GENDER	MALE	20	15	12	0.00
	FEMALE	48	15	12	
CLASS YEAR	1 <sup>ST</sup> YEAR	12	4	6	0.00
	2 <sup>ND</sup> YEAR	44	6	4	
	3 <sup>RD</sup> YEAR	13	1	0	
	4 <sup>TH</sup> YEAR	21	4	0	
	5 <sup>TH</sup> YEAR	18	3	5	

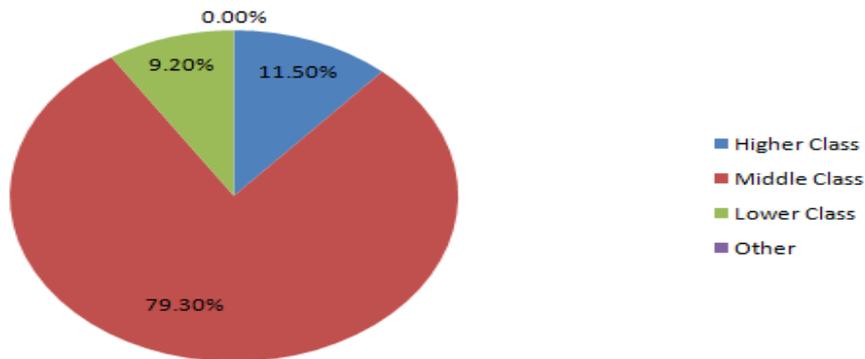
From the table we analyze that 1<sup>st</sup> year and final year is suffering from severe depression. Out of 25 males, 20 have no or mild depression, 3 have moderate depression and 2 have severe depression. Out of 75 females, 48 have no or mild depression, 15 have moderate depression and 12 have severe depression. It is shown in Table 3.

**GRAPHS AND BAR CHARTS**

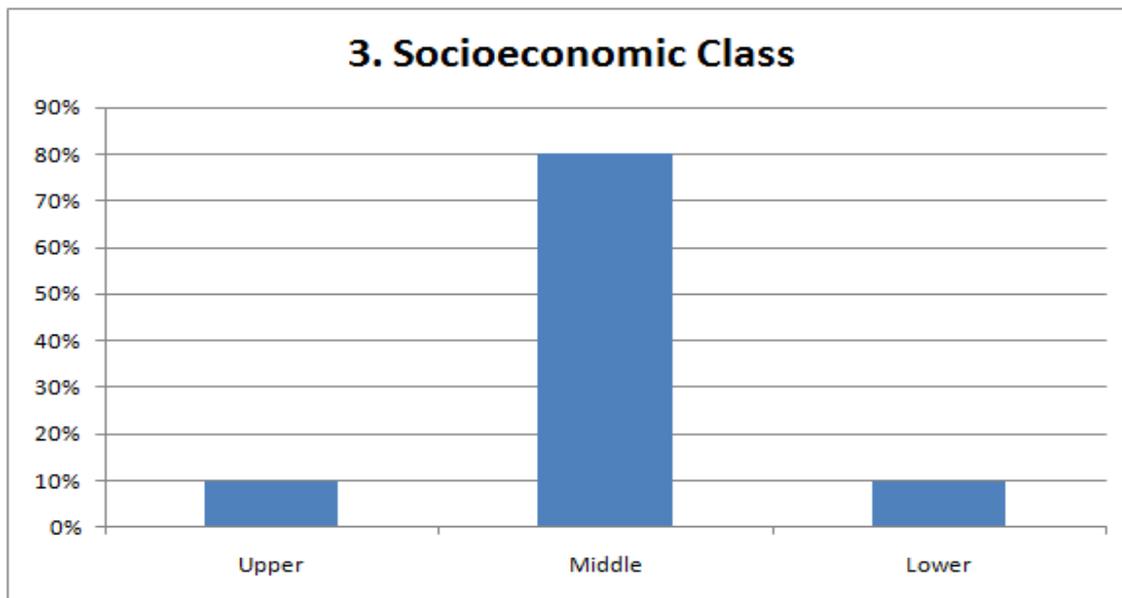
**1. AGE**



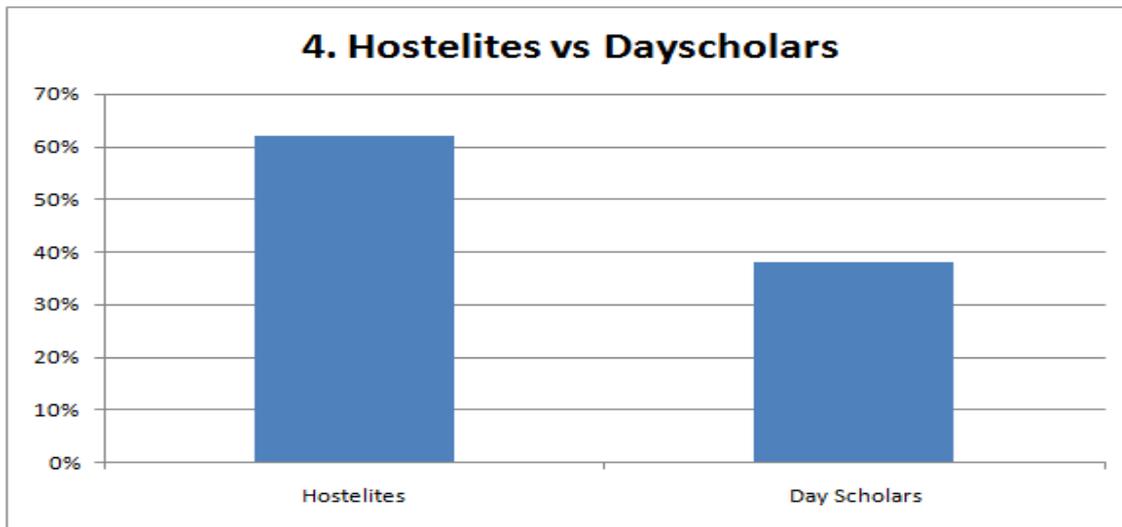
**2. SOCIOECONOMIC STATUS**



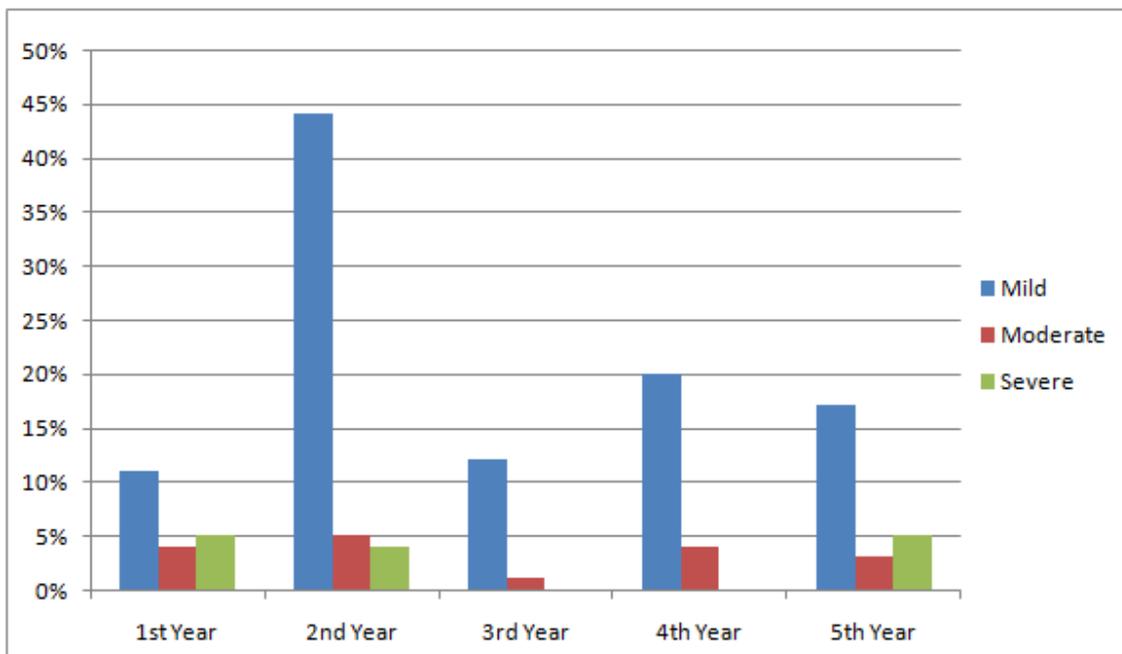
**3. Socioeconomic Class**



This(3) bar chart shows that depression is more in students belonging to middle class.



This (4) bar chart shows that depression is significantly more among hostilities as compared to day scholars.



**5. LEVEL OF DEPRESSION ACCORDING TO CLASS**

This bar chart shows that depression is more among the students of 2<sup>nd</sup> year.

**CONCLUSION:**

It is concluded from our study that 74% students have mild depression. 15% have moderate depression and 11% have severe depression. Symptoms of mild to moderate severity of depression were dominant among medical students of 2<sup>nd</sup> year. The findings of the study

suggest that level of depression was gender dependent and found more in females. The depression level in the initial three years of course was higher than the last two years of course. Moreover it tells that hostelites suffer more from the depression than day scholars. The findings of high level of depression among medical students in the initial years also suggest that when students are admitted to the medical college, special care must be taken to find out obvious psychiatric problems or psychological depression among them, this high percentage tells that we should establish special institutions where medical

students can visit easily and seek preventive and curative measures against depression.

## RECOMMENDATIONS

- 1- We should focus on increased individual counseling for medical students. Counseling should be done by professional medical counselors.
- 2- We should also focus on faculty education about depression because students spend a lot of time with teachers and if teacher is a good observer, he can report the case timely.
- 3- A specialized curriculum including lectures based on awareness about depression should also be added within the syllabus of medical education.
- 4- Students should be motivated to seek help of a psychiatrist if they find any kind of depressive symptoms in themselves.

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