

Depression among Medical Students of Quaid-e-Azam Medical College, Bahawalpur

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ABSTRACT

Objective: Main purpose of this study was to see the Stress and depression in the medical students of Q.A.M.C, Bahawalpur.

Study Design: Descriptive / cross-sectional study.

Place and Duration of study: This study was conducted at the QAMC, Bahawalpur from 1st May 2016 to 1st August 2016.

Materials and Methods: 150 both male and female students were included. Predesigned questionnaire was used to collect data. SPSS 20 Software used for data analysis and collected results were described in the form of frequencies tables, percentage and figures.

Results: Seventy percent students were Non-depressed. Depression was more of the female gender. The number of depressed students was high in the 1st year followed by in 2nd year, the 3rd year, final year and 4th year. 13 % students were mildly depressed, 9% were moderately depressed and 8% students were severely depressed.

Conclusion: The present study concludes that the depression rate is more among medical students.

Key Words: Depression; Prevalence; Psychological Order.

Citation of article: Rehman K, Balouch Y, Ishtiaq A. Depression among Medical Students of Quaid-e-Azam Medical College, Bahawalpur. Med Forum 2016;27(11):57-59.

INTRODUCTION

Depression is a most important psychiatric illness, express with low mood, lack of interest and happiness, considering of guiltiness, eating and sleeping hobbits disturbance and lack of concentration in work.¹

Medical education is considered as environment causing stress. In various studies, high level of stress and depression reported.²⁻⁵

Depression is a Psychological illness, affects the behavior of a person, body fitness and social communication or collaboration. Medical studies are stressful put a bad impact on campus performance, body fitness and psychosomatic health of the medical students.⁶ Medical students being expected to learn a lot of knowledge about their field.⁷ For the achievements of good results students sacrifice their personal social life and interaction with others.⁸

Students those who are poor in educational performances are prone to stress and depression in their student life.⁹ the depression and stress produce a lot of negative effects on students educational as well as personal performance.¹⁰

Medical student entering in new campus life with new study schedule try to cope with this new life. Dr. Kavan described the face of new medical student just like a "pressure cooker". It is only for the student facing some symptoms of depression and anxiety.¹¹

Stress during college life, later can cause problems in patient care during practical life.¹²

Depressed mood and symptoms mimicking psychological depressive disorders can be the result of a number of infectious diseases and physiological problems. Depression is the early symptoms of hypothyroidism too.¹³

Depressive characterized by negative thoughts, moods, and behaviors as well as particular changes in the functions of body like mood swings, body pain, lethargic condition with libido, changes in eating habits and weight gain or loss. The nervous system changes in the brain causes many physical characteristics that causes lack of participation and a decreased or increased level of activity.¹⁴

Several people don't realize about depression. They criticize the depressive person; blame the person being lazy and weak. Many also consider the depression like a mind-set from which a person cannot escape.¹⁵

The people suffered from depression don't take it serious. This is wrong approach, it can be harmful if people hide or avoid getting help for treatment of depression.

Medical students frequently exposed to human distress and casualty experiences most have never face it before. They can be maltreated; institutions or superiors take the advantages by overwork or inappropriate assignments ("run down to the cafeteria and pick up our lunch").¹⁶

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Received: August 13, 2016; Accepted: September 25, 2016

Nervous tension during study can cause mental level disturbance and have a negative effects on performance and education. So it is necessary to see the factors causing depression in medical students. Main purpose of this study was to see the Stress and depression in the medical students.

MATERIALS AND METHODS

This cross-sectional descriptive scrutiny was carried out in Q.A.M.C, Bahawalpur from 1st May 2016 to 1st August 2016. 150 both male and female students were included.

All medical students of MBBS classes of Q.A.M.C, Bahawalpur willing to give data were included while Students not related to medical education were excluded from out study. The study was conducted on 150 students of age (18-26) years. Predesigned questionnaire was used to collect data. SPSS 20 Software used for data analysis and collected results were described in the form of frequencies tables, percentage and figures.

Data Analysis: SPSS 20 Software used for data analysis and collected results were described in the form of frequencies tables, percentage and figures

RESULTS

Data was taken from 150 medical students, out of them 75 were females and 75 were males. All of them were Pakistanis.

105 (70%) students were Non depressed. 20 (13.3%) students were mildly depressed 13 (8.66%) were moderately depressed and 12 (7.99%) were severely depressed.

Depression significantly associated with female gender (68.88%). (Figure 1).

The incidence of depression was highest among students 1st Year then by students of 2nd Year (Table 1). The incidence of depression was more 23(52%) among the age group 18-20, the age of mostly 1st and 2nd year students and lowest 4 (9%) among the age group 24-26, the age most final year students.

Table No.3: Performance of students

Excellent		Average		Satisfactory		Unsatisfactory	
Females	Male	Females	Male	Females	Male	Females	Male
8	8	46	31	19	23	2	13
5.33%	5.33%	30.66%	20.66%	12.66%	15.33%	1.33%	8.66%

DISCUSSION

Medical field is a most popular field among the students. Every year a lot of student apply and get admission in medical colleges via clearing entrance test. There is always a challenge for students to compete with others as every student has equal abilities and intelligence.⁹

109 (72.66%) students were satisfied with their studies, out of which 55 (37%) were girls and 54 (36%) were boys (Table 3).

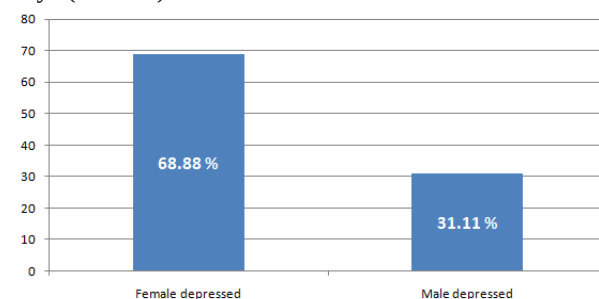


Figure No.1: Prevalence of depression according to gender

Monthly income and expenditure had no significant role in our study (Table 2).

46(61.33%) girls said that their performance is average while 31(41.33%) boys said that their performance is average. 63 (42%) boys and 68 (46%) girls passed the exam.

Table No.1: Depression According to year of study

Serial No.	Year of study	Depressed students	Percentage
1	First year	15	33.33%
2	Second year	13	28.88%
3	Third year	9	20%
4	Fourth year	3	6.66%
5	Final year	5	11.11%

Table No.2: Monthly income of parents

Income in Rupees	No. of Students	Depressed students	Percentage
<20000	30	20	66.66%
20000-29,999	18	9	50%
30000-39,999	20	8	40%
40000-49,999	24	14	58.33%
>50000	58	38	65.51%

The presence of depression in medical student is high (30%). Other studies also documented that incidence of depression more in medical students as compared to other fields. Incidence of depression is more in female students.⁵

This scrutiny found that depression significantly associated with stress of exams. Seven out of ten students complained of stress of studies and academic work load. Academic pressure and its associated matters were the 8th most common stress factors in all

medical students. It is understandable that student live in academic stress during campus life.^{5&17}

Students who had gap between them and parents were more stressful than the students had strong relation with parents. Family support is important for students. Parents are chief financial and emotional supporter for their children. Therefore students attached to parents less likely prone to depression as they have support from their families.¹⁷

Another study reported that students expected a lot of knowledge from lectures when they can't get as much information as they expect they fallen into depression. Those students who were shy in asking questions or remain at a distance from their teachers at the end they feel uncertainty about their academic performance.¹⁸ this can cause depression in this students group.

In our study depression ratio was high in 1st and 2nd year medical students as compared to the students of other years. The students from these years facing a lot of expectations from their parents, having strong competitive environment and complex materials for studies. Student study anatomy physiology and biochemistry required a lot of concentration to remember them. When student can't perform well in tests and modules then they face depression. A study was conducted at Louisiana State University School of Medicine, New Orleans, 128 first year students were included, and Results of that study showed that Students experienced bad health at the beginning and the end of year.¹⁹

Now students should be encouraged to learn themselves by self-learning methods and by new skills as advancement of medical life and sources of studies.²⁰

There was a significant association of the results of this study with other researchers in the country as well outside this country.

CONCLUSION

Incidence of depression is high in medical students as compared to other fields. Depression is more in female students. Depression should be detected early so that treatment and support should be provided to the students.

Conflict of Interest: The study has no conflict of interest to declare by any author.

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