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Research Article

**COMMONNESS OF DEPRESSION AMONG STUDENTS  
DURING MBBS STUDIES**<sup>1</sup>Dr Maria Maqsood, <sup>2</sup>Dr Rabia Imtiaz, <sup>3</sup>Dr Ziaullah<sup>1</sup>Mayo Hospital Lahore, <sup>2</sup>Services Hospital Lahore, <sup>3</sup>Medical Officer Kunar Provincial Hospital, Afghanistan.**Article Received:** February 2019**Accepted:** March 2019**Published:** April 2019**Abstract:**

**Background:** Performance of a person is greatly affected by depression and anxiety. Particularly medical students get stressed out due to both of these during their study.

**Objectives:** To analyze the commonness of depression in students studying at MBBS level during different stages.

**Subjects and Methods:** The study was conducted randomly and expressively at Quaid e Azam Medical College, Bahawalpur. A group of 200 students (half males and half females) were selected randomly ranging from 18 to 24 years of age. To analyze the students, depression and anxiety scale was used. Students with score greater or equal to 20 were declared depressed. Special questionnaires were designed to obtain details. SPSS software version 16.0 was used to calculate the obtained details.

**Results:** It was found that from 200 subjects, 53(26.50%) were students with depression and 147(73.50%) were not. Percentage of depression among students decreased from 1<sup>st</sup> to 2<sup>nd</sup> to 3<sup>rd</sup> year of study from 29.27% to 25.64% to 15.15% respectively. In 4<sup>th</sup> year it increased to 25.53% which then increased up to 35% in last year of MBBS.

**Conclusion:** Depression is very much common in medical students. Increase in stress during 1<sup>st</sup> 3 years can be due to emotional discomfort. It increased afterwards due to more study and responsibilities. With their academic burden expanded, most stress among students is found in last year of study when they think of their future just a few more steps away.

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**INTRODUCTION:**

Generally, depression and anxiety are not well explained medically [1]. Depression is found to be 4<sup>th</sup> largest disease globally which declares it as a serious health issue [2]. It is illness of body, mood and thoughts. It effects the sleeping, eating and thinking habits of a person [3]. Anxiety is an unclear, unhappy emotion due to any problem [4]. World Health Organization(WHO) declared depression as a psychological disorder, unhappiness, low appetite, guilty feelings and lack of concentration with loss of interests [5]. Developing countries have a percentage of 10% to 44% population with depression and anxiety [6]. Exact percentage of anxiety in Pakistan is unknown [7]. But it too has a large rate of both diseases [2]. A study revealed that Lahore had 53.40%, Karachi had 14%-35% [2,8], Quetta had 43.90% and tribal areas had 60% of women and 45% of men with depression [9].

A study showed that rate of depression and anxiety increased among private college students of Lahore [10] from 19.30% to 70% in Agha Khan University and Jinnah Medical College Karachi [11]. Two different studies recorded rates of 23% [12] and 60% depressed students in Zia-ud-Din Medical University, Karachi [13]. In Zimbabwe 64.5% medical students of 1<sup>st</sup> year were found depressed [14]. Yet another research revealed that only 20% individuals in three Sydney hostels were stressed out [15]. The purpose of this study is to find out depression rate in Quaid e

Azam Medical College, Bahawalpur and to determine most stressful level of MBBS study.

**SUBJECTS AND METHODS:**

This questionnaire based study was conducted at QAMC Bahawalpur from Dec 2008 to June 2009.200 students (100 males & females each) were selected randomly from a total of 1300 students. Those not willing to answer the Questionnaire were eliminated from the sample. A thoroughly designed and already tested Questionnaire of Agha Khan University Anxiety and Depression Scale(AKUADS) was used to perform test. Students with scoreless or equal to 19 were considered as normal and those with more than 19 were considered depressed.25 symptoms and signs of anxiety and depression were included in Questionnaire which were judged by the interviewee himself. Students filled and returned the question paper. Obtained data was analyzed using SPSS version 16.0. Only descriptive statistics was applied using none of the statistical tests.

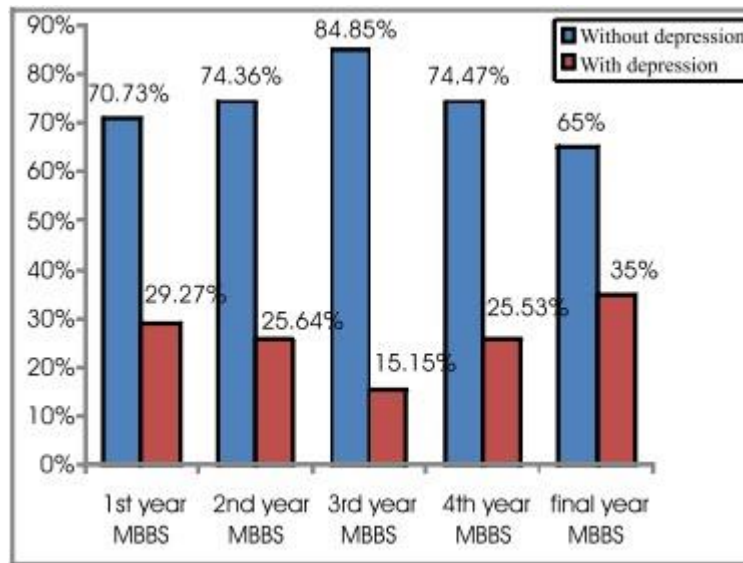
**RESULTS:**

Table-I shows that from 200 participants half (100) were males and half were females (100). Almost equal representations (about 20% each) were made from 1<sup>st</sup> to final year of MBBS. Results showed that 26.50% participants were depressed and 73.50% were not. Surprisingly, male students were found to be more depressed (28%) as compared to female students (25%).

**Table-I: Characteristics of The Participants**

Characteristics	Percentage
<b>Year wise selection of study subjects</b>	
1 <sup>st</sup> year	20.50 %
2 <sup>nd</sup> year	19.50 %
3 <sup>rd</sup> year	16.50 %
4 <sup>th</sup> year	23.50 %
Final year	20 %
<b>Depression distribution</b>	
Participants with depression	26.50 %
Participants without depression	73.50 %
<b>Sex wise distribution of Depression</b>	
Males with depression	28%
Females with depression	25%

Figure-I here shows the participants at different levels of MBBS with or without signs of depression. Rate of depression decreased from 1<sup>st</sup> to 2<sup>nd</sup> to 3<sup>rd</sup> year of study from 29.27% to 25.64% to 15.15% respectively. After 3<sup>rd</sup> year, it gradually increased from 4<sup>th</sup> year to final year of MBBS from 25.53% to highest at 35%.

**Figure-1: Participants with and without depression at different Levels of MBBS.****DISCUSSION:**

Anxiety and depression are ranked as 4<sup>th</sup> major health issue all over the world [2]. These can be used efficiently in analyzing the mentality and learning of a student [13]. In 1956, it was stated that emotional stability of a student can affect his performance both at personal and professional levels [13]. Things due to which students get stressed out most because of medical training included burden of too much work, tension of getting prepared for exams, seeking education, capability and attitude [16]. Another important factor was that rate of depression decreased continuously from 1<sup>st</sup> to 3<sup>rd</sup> year. This was because student became able to manage themselves with the help of student's support system [17]. It then again increased from 4<sup>th</sup> year to last year probably due to patient dealings and ward duties.

Students of other undergraduate programs were found with less stress rate [18]. This was maybe because the medical students have to manage both normal and medical training life [19,20,21]. It includes many stressful times from admission to graduation along with making difficult decisions and dissection of dead body [22]. Very low rate of stress was also recorded among medical students [23,24]. This study calculated 26.50% students with depression and anxiety [10,12,15]. Our study gave result opposite to another study which showed that stress rate increases in 1<sup>st</sup> 3 years of MBBS study [25]. Other studies held factors like hospital work, dealing much ill patients, patients 'deaths, much study and duty stress responsible of increased depression during last years of study. [26]. Another research showed that Western female

students were more depressed than males. [27] [28] This was because over reporting by females. Whereas our female students are less distressed (25%) as compared to male students (28%). This can be explained with the facts that female students are provided social protection due to our religious beliefs. Also because the lady doctors are preferred in our society. On the other hand, males are considered to be jobholders of the family. They have to seek a source of earning right after study. This thought makes them depressed during studies which is noted most in last year of study.

**CONCLUSION:**

Large number of medical students get stressed out during study. Initial, stress rate increases because of their emotional instability which then decreases gradually up to 3<sup>rd</sup> year., it increases with the increase of clinical and ward responsibilities. Having much educational burden, sentiments of watching future at the doorstep and its responsibilities make final year of MBBS study most stressful.

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