

P-1408 - PREVALENCE AND ASSOCIATED FACTORS OF STRESS, ANXIETY AND DEPRESSION AMONG ENTERING MEDICAL STUDENTS

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Introduction: Many studies have shown that the prevalence of psychological distress among medical students during medical training is high. However, there are few studies explore on the psychological health of medical students prior to the medical training.

Objectives: To determine the prevalence and associated factors of entering medical students had significant stress, anxiety and depression symptoms prior to medical course.

Aims: This study was an attempt to explore the psychological health aspects of entering medical students prior to medical training.

Methods: A cross-sectional study was done on two cohorts of applicants to a medical school. A total of 839 applicants were invited to participate in the study. The DASS-21 was administered to them after they completed interviews to measure stress, anxiety and depression level. Moderate to extremely severe levels of stress, anxiety and depression were considered as significant levels.

Results: A total of 743 (92.2%) applicants took part in the study. Approximately 26 (3.6%) experienced stress, 400 (54.5%) experienced anxiety, and 14 (1.9%) experienced depression. Stress associated with entry qualification, previous academic performance, race, involvement in extra-curricular activities, and parent education levels. Anxiety associated with parent concern about religion education, entry qualification, extra-curricular activities, previous academic performance, race and mother education level. Depression associated with parent concern about friends, entry qualification, extra-curricular activities, previous academic performance and race.

Conclusion: The prevalence of stress and depression among entering medical students was low prior to medical training. Its associated factors seem to be related to academic, parent and student personal backgrounds.