

Mental Health Care

EPV0566

Stress sources and coping strategies in medicine students

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Introduction: Medical school can be highly stressful and demanding, and negatively impact the well being of the students. Identifying sources of stress and a better understanding of the ways medical students cope can be helpful towards finding ways to increase the quality of life and efficiency of future physicians.

Objectives: We sought to assess what the main sources of stress and coping strategies are for medical students, as well as how year and socio demographic factors like gender influenced the coping strategies used.

Methods: We have performed a cross-sectional study on 489 medical students from Romania that have been asked to complete a survey which included the most common sources of stress, as well as the COPE inventory to assess what are the strategies that students use for coping with stress. Descriptive and comparative analysis of the data was performed using R software.

Results: Most students have reported stress related to learning and the academic setting. The high volume of material to be learned is by far the greatest source of stress for medical students, followed by weekly schedule and methods of examination. First year students are more preoccupied with accommodation and lack of recreational activities, while, comparatively, sixth year students tend to perceive the academic process itself as more stressful. The coping methods used most by medical students are active coping, planning, and positive reinterpretation of stressful events. Fortunately, the least used way of coping with stress is alcohol / drug use, as well as denial and behavioral disengagement, the latter two being associated with poorer academic performance. Compared to their older colleagues, first year students tend to turn more to religion and denial to cope with stress, while sixth year students show more acceptance and active coping mechanisms. Women are more focused on emotions, and tend to use venting more, as well as using emotional support more often than men, while men turn more to humor and psychoactive substances than women do.

Conclusions: The profile of stress sources and coping strategies of medical students differs by year of medical school and is influenced by socio demographic factors. Certain maladaptive coping strategies may affect an individuals' academic success, yet most students are using active, problem-focused strategies to deal with stress.

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Social media's traps affecting mental health among young adults

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Introduction: Due to technological advancements, a growing number of tasks can now be accomplished with the help of a screen. However, there may be repercussions to leading a lifestyle dominated by digital screens. Our study determines an association between problematic social media use and an increase in the incidence of negative mental health outcomes.

Objectives: This paper is a presentation of the mental health issue of young adults related to the use of social media.

Methods: Analysis of user behavior.

Results: The frequency of using these networks, the length of time spent in front of the screens, the way these platforms influence the daily activities of the users, the emotional states felt by them and the possible connection between the use of the Internet and face-to-face communication remain real challenges for mental health specialists.

Conclusions: Preventing the occurrence of mental health disorders among young adults in the context of the development of technology remains a topical issue.

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Factors influencing Family Medicine Residents attitudes toward mental illness

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Introduction: Stigmatization of mental illness by health care professionals is not uncommon, and it represents a source of suffering for patients in addition to the primary illness.

Objectives: To research factors influencing family medicine residents perceptions of psychiatric pathologies.

Methods: This is an analytical cross-sectional study among family medicine residents enrolled at the Faculty of Medicine in Monastir (Tunisia), conducted over a period of 3 months (July 2022 to October 2022). The CAMI (Community Attitudes towards the Mentally Ill) scale was used to assess the attitude towards mental illness. Sociodemographic data were collected through a pre-established questionnaire. The data were analyzed using SPSS