

ملخص البحث الخامس

(بحث مشترك منشور دولي – غير مشتق من رسالة علمية)

The impact of stress-coping strategies on perceived stress during the COVID-19 pandemic among university students an interventional study

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Background Coronavirus (COVID-19) pandemic is a public health emergency. During the outbreak, a broad range of psychological disorders affected people at the individual, community, and international levels. This study aimed to assess the role of stress-coping strategies in relieving perceived stress among university students during the COVID-19 pandemic.

Methods This interventional study was nested on a cross-sectional design and involved students at Faiyum University in 2022.

Results Out of a sample of 2640 students, 2176 (82.4%) experienced moderate perceived stress, while 56 (2.1%) had more severe levels. Being female, nonmedical students, and rural inhabitants having a low socioeconomic status were associated with scores for severe and moderate levels of perceived stress. Among the interventional group, Modified Perceived Stress Scale scores significantly decreased after the implementation of the stress-coping program, with a p value<0.001 . Improvements in perceived stress levels were observed among male, medical, and high socioeconomic-status students

Conclusion Perceived stress levels were associated with being female, engaging in nonmedical study, and having low socioeconomic status and decreased after a stress-coping program was implemented. These findings assert the need to develop regular campaigns to provide psychological support and stress-coping strategies that may help students overcome different stressors.

Keywords: COVID-19, Student, Stress, Coping, Pandemic

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