

Prevalence and associated factors of stress, anxiety and depression among  
medical Fayoum University students

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ABSTRACT

**Background**

Mental health issues are increasing in severity and number on college campuses. Improving adolescent mental well-being remains a challenge for most societies.

**Objectives**

The objectives of this study was to study the prevalence of psychological mood disorders and its association with some factors.

**Methods**

A cross-sectional-questionnaire based study was conducted among medical students in Fayoum University. Propensity to Psychological mood disorders was assessed by using a short version Depression, Anxiety and Stress Scale-21 (DASS-21), along with a pretested Sociodemographic questionnaire.

**Results**

A total of 442 students participated in the study with the mean age of  $20.15 \pm 1.9$  years. Overall, the prevalence of stress, anxiety and depression with various degrees was 62.4%, 64.3%, and 60.8% among studied sample respectively. Higher stress and anxiety scores were significantly associated with female sex, older age, and  $BMI \geq 25 \text{ kg/m}^2$ . Higher depression score was associated with increasing age, low socioeconomic standard and among students from other governorates.

**Conclusion**

A substantial proportion of medical students are suffering from depression, stress, and anxiety. Female sex, increasing age, overweight and obesity are significant associated factors. Further studies need to be carried to identify other associated factors related to academic medical education.

**Keywords**

Prevalence; University students; Depression; Stress; Anxiety