ABSTRACT

Background: Medical education is intended to prepare graduates for a promoting health and caring for the sick. Poor psychological health in medical students has been reported nationwide. There is insufficient information regarding psychological morbidity among Nepalese medical students. The main objectives of this study is to assess the depression, anxiety and stress among undergraduate medical students of NoMCTH, Biratnagar.

Materials and Methods: A descriptive cross-sectional research design was adopted for the study including students of 1st year and 2nd year. Stratified random sampling technique was used to collect the sample. The Depression, Stress & Anxiety (DAS) scale was used and self-administered questionnaire method was used for data collection. Additional questions regarding demographic variables were also included in the study. Data analysis was done on Statistical Package for the Social Sciences SPSS version 23.

Result: A sample of 110 students was included in the study. Overall result reported high frequencies of anxiety (67.3%) followed by depression (45.5%) & stress (30.9%). In relation to depression, 54.5% respondents were normal, 22.7% respondents were moderately depressed, 14.5% were mildly depressed, 6.4% were severely depressed whereas 1.8% were very severely depressed. In relation to anxiety, 34.5% respondents were moderately anxious, 32.7% respondents were normal, 10.9% were mildly anxious, 10.9% were severely anxious whereas 10.9% were very severely anxious. In relation to stress, maximum 69.1% respondents were normal, 11.8% respondents were moderately stressed, 10.0% were mildly stressed, whereas 9.1% were severely stressed. There was significant correlations ($p<0.001$) between depression, anxiety and stress.

Conclusion: The higher level of psychiatric morbidity anxiety (67.3%) followed by depression (45.5%) & stress (30.9%) among undergraduate medical students warrants needs for strategic plans to alleviate depression anxiety and the stressors right from the time they join medical school and has to be continued till they finish the course.

Keywords: Depression, Anxiety, Stress, Undergraduate Medical Students, Nepal