

Depression and Anxiety Level among Undergraduate Medical Students of YARSI University

Camelia Farahdila MUSAAD, Zwasta Pribadi Mahardhika
Faculty of Medicine, YARSI University

Background

Presence of psychological morbidity in medical undergraduate students has been reported from various countries across the world. Indonesia studies to document this burden are very few. The objective of the study was to collect data regarding depression and anxiety in undergraduate medical students and the associations with their socio-demographic.

Methods

In a cross-sectional survey, a self-administered, pre-designed, pre-tested anonymous questionnaire including DASS 42 was used to collect information on basic socio-demographic (age, gender, semester). The questionnaire was administered on 120 students of 2rd-4th year (each 40 students). All students present on the day of survey were contacted for participation after obtaining informed written consent. Scores for each of the respondents over each of the Depression and Anxiety sub-scales were calculated as per the severity-rating index.

Results

Less than half of the respondents were affected by depression (39.1%) while more than half of the respondents were affected by anxiety (58.4%). Incident was found to be more in 3rd year students rather than students of 2nd and 4th year. Females reported higher score as compared to their male counterparts.

Conclusion

We conclude that depression and anxiety symptoms are common in undergraduate medical students of YARSI University. The study showed a difference depression and anxiety compared with gender and year of study.

Take-home messages

We recommend that educational institutes should provide support for their well-being and better academic performance. Student counselling services need to be made available and accessible to counter this condition.

Keywords: Depression, anxiety, medical students, DASS 42