

Effect of Stress and Anxiety on Quality of Life among Health Science Students in Early Clinical Years

Emad Bahashwan, M.D* Abdullah Hassan Alhalafi, M.D**

ABSTRACT

Design: Depression, anxiety, stress, and burnout are prevalent conditions faced by Health Science students in their practicing or clinical years. These conditions can lead to physical deterioration and poor quality of life.

Methodology: To evaluate the effects of psychological morbidities on students' quality of life, the study was conducted on 630 students, with 330 majoring in MBBS, 200 in Nursing, 50 in respiratory therapy, and 50 in Health Science laboratories. The study involved informed consent and SPSS software for statistical reliability and regression analysis.

Findings: The results showed a high prevalence of stress and anxiety among Health Science students, with stress, workload, peer pressure, and other problems being the most common causes. The GHQ-12 questionnaire revealed psychiatric morbidity among Health Science students, which can negatively impact immune functionality, growth, reproduction, and gastrointestinal functionality. The highest prevalence was found in concentration, sleep loss, decision-making, strain, difficulty, enjoyment, problems, happiness, and confidence.

Value: The study found that stress, anxiety, and depression correlated with quality of life. To combat depression and anxiety, practical interventions include mental health support services, stress management seminars, physical activity promotion, social support networks, and work-life balance.

Keywords: Depression, Anxiety, Quality of Life, Psychiatric Morbidity.

Bahrain Med Bull 2024; 46 (4): 2436-2441

* Assistant Professor of Dermatology
Dermatology Division, Faculty of Medicine, Bisha University, Saudi Arabia.
E-mail: EmadBahashwan12@outlook.com

** Assistant professor, Department of Family and Community Medicine
College of Medicine, University of Bisha, Saudi Arabia.