



“Mental Health Concerns among Medical Students: A Cross-Sectional Study on Depressive Symptoms, Anxiety & Stress”



Muhammad Umair¹, Ata Ullah¹, Sundas Mushtaq¹, Arooba Iqbal¹, Malik Murtaza Rehman¹, Muhammad Saeed¹, Akhunzada Taamer Alam¹, Tania Khattak¹

• Nowshera Medical College

Untreated mental health concerns are hidden causes in cancers

INTRODUCTION

- Mental health is a state of well-being that helps people handle stress, use their abilities, work well, and contribute to society.
- According to a web source, 15 to 30 people end their lives in Pakistan each day due to mental health issues.
- Medical students are particularly vulnerable to mental health disorders, with females being more prone.
- In our study, we have focused on depression, anxiety, and stress.

OBJECTIVES

- To find the prevalence of Depression, anxiety and stress among medical students of KPK,
- To assess the different factors that contribute to its rising prevalence.

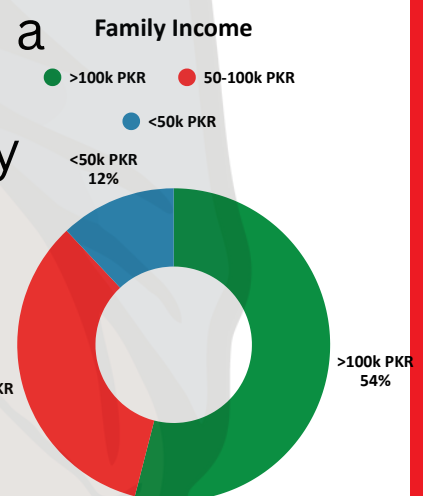
METHODOLOGY

- **Approval:** taken from the ERB of NMC
- **Sample:** 373 using open Epi
- **Tools:** Self-structured web-based questionnaire.
- **Scales:** PHQ-9 for depression, GAD 7 for anxiety, DASS 21 for stress.
- **Analysis:** SPSS v26.

RESULTS

	Depression	Anxiety
Male	109 (42%)	83 (37%)
Female	150 (58%)	143 (63%)
p-value	0.001	< .001

- A total of 373 students were included, with a mean age of 22.5 ± 1.77 years.
- Depression was prevalent in 69.4%, anxiety in 60.6% and stress in 25.46% of the population.
- Females have high depression and anxiety levels
- Income was significantly associated with depression; 53.7 % depressed had family income more than 1 lac PKR per month.



DISCUSSION

- 7 out of 10 students are suffering from a mental health disorder.
- The global prevalence of depression is low, up to 28%.
- Academic, financial, and a lack of awareness are the probable reasons for this burden.

CONCLUSION

Our study revealed the alarmingly high prevalence of depression, anxiety, and stress. Awareness and access to medical attention should be promoted.

REFERENCES

- 1-1.Rehman A, Haque J. Pakistan's silent suicide problem. DAWNCOM [Internet]. 2020 Dec 31; Available from: <https://www.dawn.com/news/1494208>
- 2-1.World Health Organization: WHO. Mental health [Internet]. 2022. Available from: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- 3-1.Puthran R, Zhang MWB, Tam WW, Ho RC. Prevalence of depression amongst medical students: a meta-analysis. Medical Education [Internet]. 2016 Mar 15;50(4):456–68. Available from: <https://pubmed.ncbi.nlm.nih.gov/26995484/>
- 4-1.Khan S, Anjum FA, Fayyaz MU. Impact of Financial Stress and Peer Pressure on Anxiety and Aggression among University Students. QJSSH [Internet]. 2025 Mar. 30 [cited 2025 Aug. 8];6(1):175-82. Available from: <https://qjssh.com.pk/index.php/qjssh/article/view/304>



muhammadumaircp@gmail.com