PREVALENCE OF ANXIETY AND INSOMNIA AMONG MEDICAL STUDENTS

Soumya Sachdeva[1], Richa Talwar[2], Rohit Kapoor[3], Sarthak Sachdeva[4]

MBBS, Intern, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi 110029[1]; MBBS ,MD, Professor , Department of Community Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi 110029[2]; MBBS,MD Paediatrics Ex,Medical Officer,Resident PL-1 ,St John Medical Center ;Moross Detroit MI,US[3] 2nd Year Medical Student, Maulana Azad Medical College, Bahadur Shah Zafar Marg, New Delhi 110002[4]

OVERVIEW

Anxiety among the medical students is a common behavioral issue which affects the lifestyle and academic performance .It includes a cognitive malfunction, perceptual symptoms and affective symptoms. The other behavioral problems which frequently affect this group is insomnia, which is a complaint of inadequate sleep.

METHODS:

- Type of study - Cross sectional study
- Study Subjects/Inclusion Criteria - students studying in 1st ,2nd and 3rd professional part I and II. (188 students)
- Exclusion criteria- students who were on leave or absent due to any reason
- Duration of study - 2 months (June and July 2012)
- Method of data collection - predesigned, prestructured, pretested questionnaire.
- Prior approval sought from the ethical committee and written consent obtained from study subjects.
- Confidentiality and anonymity of the information obtained ;explained to the study subjects
- Questionnaire -included questions on sociodemographic profile namely age ,sex, professional year and residence.
- Hamilton Anxiety Scale[1] (*Sensitivity* 85.7% and Specificity 63.5%[8]) -assessing anxiety :**a score of equal to and above 18 considered abnormal and above 30 as severe.**
- Athens insomnia scale [2] –assessing insomnia (sensitivity 93% and specificity 85%[13]) :**A score of equal to and above 6 considered abnormal**
- Data collected ;analyzed using SPSS ver 16 and a p value <0.05 considered significant.
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INTRODUCTION

The training of physicians in the medical schools is a significant cause of psychological stress. A number of studies have addressed stress among medical students.[1-7].Multiple factors are involved which include long duration of studies, large volume of material to be studied, stress of academic performance and evaluations conducted as a part of the curriculum[8].Consequently this at risk group suffers from deteriorating classroom performance, impairment in functioning, stress induced disorders and also negative effects of emotional distress causing impairment in functioning[7,9].

RESULTS

- 215 medical students enrolled in the study .However only 188 students could be included.
- 62.77% = males, girls =37.23%.
- 54.25% =hostellers, 45.75% =non-hostellers.
- Overall prevalence of anxiety :28.72% (54/188) .
- Prevalence of anxiety :highest in students of 3rd professional part II (p<0.05,0.0002).
- Prevalence of insomnia :30.31% (57/188)
- Prevalence of insomnia: highest in students studying in 3rd professional part II(p-0.000)

Table1:Sociodemographic profile of the study population.

Demographic Characteristics of Study Subjects			Number(N =188)	Percentage
Sex	Male		118	62.76%
	Female		70	37.23%
Professional Year	1st		58	30.85%
	2nd		28	14.89%
	3rd Part I		70	38.11%
	3rd Part II		42	22.34%
Residence Hostellers(n=102) Non Hostellers(n=86)	1st	Hostellers	28	48.27%
		Non Hostellers	30	51.72%
	2nd	Hostellers	14	50%
		Non Hostellers	14	50%
	3rd Part I	Hostellers	37	61.61%
		Non Hostellers	23	38.33%
	3rd Part II	Hostellers	23	54.7%
		Non Hostellers	19	45.2%

Table 3. Prevalence of insomnia and mean insomnia score among study subjects (N=188)

Serial No.	Professional years	No. of students with insomnia n(Percentage)	Mean Insomnia Score(+/-SD)	No. of students with no insomnia	Mean Insomnia Score (+/-SD)
1.	1st Professional (n=58)	16(27.8%)ot 7)/-underrch no anxiety45.75% included the nonhostellers.	7(+/-0.83)	9	3(+/-0.56)
2.	2nd Professional (n=28)	1(3.6%)	8*	27	3.5(+/-1.23)
3.	3rd Professional Part I (n=60)	17(28.3%)	12.3(+/-1.88)	43	4.5(+/-1.02)
4.	3rd professional Part II (n=42)	23(54.8%)	13(+/-2.28)	19	5(+/-0.83)
	Total(N=188)	n=57(30.31%)		n=131(69.68%)	

CONCLUSIONS

- Morbidity –comparable to other studies in Indian Medical Students; but less as compared to the students in other nation.
- Can be ameliorated by the teachers ,who may act as a buffer to balance the effects of changing environment.

Serial No.	Professional Year	No of students with anxiety	Mean Anxiety score of students with anxiety(+/- SD)	No of students with no anxiety	Mean anxiety Score of students with no anxiety(+/-SD)
1.	1st Professional (n=58)	14(24.1%)	20(+/-2.23)	44(75.86)	16(+/-1.07)
2.	2nd Professional (n=28)	2(7.04%)	19.7(+/-1.6)	26(92.86)	10(+/-2.03)
3.	3rd Professional Part I (n=60)	18(30%)	23.5(+/-2.01)	42(70.00%)	11(+/-1.87)
4.	3rd professional Part II (n=42)	20(47.6%)	24.6(+/-2.36)	22(52.38%)	13(+/1.62)
	Total(N=188)	Total n=54(28.72%)		Total n=134(72.17%)	

Table 4:Sexwise prevalence of anxiety and insomnia.
Table 5:Prevalence of anxiety and insomnia among hostellers and non hostellers.

Residence	Anxiety n(Percentage) (28.72%)	Insomnia n(Percentage)
Hostellers(n=86)	35(40.69%)	34(39.53%)
Non Hostellers (n=102)	19(18.62%)	23(22.5%)
Total(N=188)	54(28.72%)	57(30.3%)

Sex	Anxiety n (Percentage)	Insomnia n(Percentage)
Males	28(23.73%)	43(36.44%)
Females	26(37.14%)	14(20%)
Total	54(28.72%)	57(30.31%)

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ADDRESS FOR CORRESSPONDANCE

Dr.Soumya Sachdeva

Email-soumyasachd@gmail.com

Phone-011917838159168