

<https://doi.org/10.46344/JBINO.2022.v11i03.33>

PREVALENCE OF DEPRESSION AND SUICIDAL THOUGHTS AMONG UNDERGRADUATE MEDICAL STUDENTS OF MEDICAL COLLEGE BIRGUNJ

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INTRODUCTION

Medical students are known to be the sufferer of tremendous mental stress. Yet it's often hard for all to see the sad faces behind the white aprons. In transformation from young unconfident students to an efficient physician, medical students experience multiple psychological changes. Studies have shown fairly high levels of distress, such as symptoms of depressive disorder among undergraduate medical students (Basnet, Jaiswal, Adhikari, & Shyangwa, 2012)

Depression is a significant contributor to the global burden diseases that have an impact upon people of communities all over the world. Because of high level of demands in academics and psychosocial pressure, medical students tends to become depressed, leading to problems later in professional life and

compromising patient care (Ngasa, & et al, 2017).

Suicide, the worst complication of depression. It is the second most common cause of death among individuals aged 15 to 29 years. According to Association of American Medical Colleges (AAMC), it was recorded that the average age suicide is 24 years old applicants in medical colleges (Onyishi, Sanchez, Olaleye, & Medavarapu, 2016).

Objectives of the Study

General Objective

The general objective of the study was to find out the prevalence of depression and suicidal thoughts among undergraduate medical students of a Medical College

Specific Objectives

The specific objectives of the study were:

To find out the prevalence of depression among undergraduate medical students of a Medical College.
To find out the prevalence of suicidal thoughts among undergraduate medical students of a Medical College.
To measure the association between prevalence of depression among undergraduate medical students with selected socio-demographic variables.
To measure the association between prevalence of suicidal thoughts among undergraduate medical students with selected socio-demographic variables.

METHODOLOGY

Research Design

A descriptive cross-sectional research design was used to find out the prevalence of depression and suicidal thoughts among undergraduate medical students of Medical College.

Research Setting and Population

This study was conducted at National Medical college and

Teaching Hospital (NMCTH) which is situated in Birgunj, a metropolitan city of Terai belt and connected with the north boarder of India. National medical college is the only medical college of Birgunj . Along with MBBS, many others programmes are being run over here.

The study population was first year, second year and third year undergraduate medical students of NMCTH.

Ethical Considerations

Formal approval was obtained by the researcher from the concerned authorities i.e. Institutional Review Committee of NMCTH. Formal permission was taken from the principal of NMCTH Written informed consent was taken from the medical students to ensure their privacy, anonymity and confidentiality. Human dignity was maintained by allowing the respondent to quit the research whenever they want to leave and Principle of justice was maintained by not judging and discriminating the respondents on the basis of their age, cast, religion, background and so on. Researcher maintained the risk- benefit ratio. Researcher ensured that there is no harm from the study to the respondents.

DISCUSSION, CONCLUSION AND RECOMMENDATIONS

On the basis of findings of present study, it is concluded that, less than one fourth of medical students were mildly depressed and very few were moderately depressed and similarly less than one fourth of medical students had mild- moderate suicidal ideation and very few had severe suicidal ideation. It is found that there is a significant association exists between prevalence of depression and suicidal thoughts and year of study. By identifying the symptoms of depression, suicidal thoughts and stress inducing factors at an early stage hopefully the psychological morbidity and mortality among medical students can be prevented and the ones in morbid state can be helped to seek the professional.

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