

Prevalence of Mental Disorders Among The Students of Jahrom University of Medical Sciences Andits Related Components: Adescriptive, Cross-Sectional Study

Ali Akbar Shakeri¹, Leila Mosalanejad², Navid Kalani^{1*}

¹*Medical Ethic Research center, Jahrom University of medical sciences, Jahrom, Iran.*

²*Assistant professor, Jahrom University of Medical Sciences, Jahrom, Iran.*

***Corresponding Author:** Navid Kalani

Abstract:Introduction: Students are the future managers of society. That's why providing their mental health is of particular importance. For this purpose, intensity and grounds of their mental disorder should be examined at different levels of education. Hence, the present paper aims at tackling with the prevalence of mental disorders among the students of Jahrom University of Medical Sciences and its related components. Materials and Methods: This study is a descriptive study conducted to examine the mental disorder among the students of Jahrom University of Medical Sciences. In this study, 214 questionnaires were completed by the freshmen and seniors of four disciplines (medicine, nursing, anesthesiology and operating room technician). Data gathering was done by the two-part questionnaire consisting of demographic information (demographic) and General Health Questionnaire (GHQ-28). Information was analyzed by SPSS statistical software and descriptive statistical tests and t-test. Results: The results showed that 37.7 percentages of people are suspicious in terms of the symptoms. Moreover, the highest level of mental disorders in freshmen was in the scale of anxiety and the lowest level was in the scale of depression. While the highest prevalence of mental disorders in seniors was in the scale of depression and the lowest incidence was in the scale anxiety. Also, no significant relationship was observed among coefficient illness test, gender and age was not a factor of the disease and test. ($p > 0/05\%$). Conclusion: Numerous factors could cause or aggravate some mental disorders in students. Therefore, the authorities are required to take better measures, compared to the past, in the prevention of such disorders.

Keywords: *Mental health, Students, Public health.*

Introduction

Entering the university is a milestone in the individual, family and social life that accompanies with radical changes. Being in such a situation is often accompanied by stress and anxiety and affects individuals' performance and efficiency (2, 1). Unfamiliarity of many students with of the college milieu on arrival, being detached from family, lack of interest in the field they are studying, incompatibility with other people and lack of economic and welfare amenities are among conditions that can cause problems and mental distress and lead to loss of function (3). Because of the nature

of the course, workload and sometimes financial difficulties for some students, studying in medical sciences has shown a

reverse relationship with their mental health (4). Admission to universities is associated with changes in social and personal communication. In addition to these changes, new roles and expectations that form in students by entering university should be noted. Being in such a condition is often associated with anxiety and affects individuals' performance and efficiency (5). On the other hand, adolescence and early adulthood, in terms of mental health, are an

important stage in life. According to some sources, psychological problems and mental disorders are accompanied with increasing prevalence at ages between 12 and 26 years (6). Becker and colleagues have pointed out that in the US, mental illness in young

people aged 15 to 24, is estimated about 37 percent, many of whom are college students (7). Moreover, according to the US Department of Health and Human Services, based on studies conducted in the US, suicide is the second leading cause of death among college students. (8).

In an investigation from 152 mental health service facility for students at British universities by Unearned colleagues, 64% of centers pointed to the increase of psychological trauma among students (9).

Students with psychological disorders often experience common problems in education, such as difficulty in concentrating, distractibility, and inappropriate behavior, lack of social skills, helplessness, impulsivity and extreme anxiety. These problems often put barriers and complexity in the way of their study, lecture and seminar.

On the other hand, with the advancement of technology and industry, urbanization, change of traditional role and replacement of new alternative model of life, people have developed psychological problems and student class, because of their special sensitivity, is exposed to mental disorders originated from these changes. Increased risk of mental disorders among medical sciences class and given their effective role in the community mental health to achieve desirable goals of job, especially therapeutic ones, have been of high importance and mental disorders can result in reduced efficiency. As a result, due to the importance of mental disorder among medical sciences class, we decided to

Method

This study is a descriptive, cross-sectional study which has dealt with determining the prevalence of suspected cases of mental disorders and three possible components associated with it (the length of education, gender and age). Research community consists of students of first and last year of

four disciplines including medicine, nursing, operating room technician and anesthesia technician from Jahrom University of Medical Sciences during the school year of

2005-2004 who are willing to participate in research. Collection tools included a two-part questionnaire: demographic and general health (GHQ). General Health Questionnaire (GHQ) is one of the most recognized screening tools for mental disorders that its 28-question form includes 4 scales of physical symptoms, anxiety and insomnia, social dysfunction and depression (7 items for each scale).

In this study, the Likert method was used for scoring in which the maximum score of the subject will be equal to 84. The data of this research were recorded using the software SPSS version of 11/5 and then analyzed.

Descriptive statistics such as frequency, percentage and scales of central distribution were used to determine the frequency of data and the t-test two was applied to examine the relationship between demographic data (demographic) in the two groups of first- and last-year students and to investigate differences in mean scores of different groups, Mann-Whitney and Kruskal-wallis tests were used.

Results

Total number of students participating in the present research was 214, among whom, 82 people were freshmen and the remaining 132 people were seniors of the four fields and in terms of gender 128 cases (59/8%) were females and 86 (40/2%) were male. In terms of age, the majority of people were at the age span of 25-21 years (132 (61/7%) of all students)

In examining the results of the study, to recognize the symptoms of the disease, mean + SD method was used that revealed that 37/7 percent of students were suspected of symptoms and 62/3 percent were normal.

Chart (1) ratio of symptoms of GHQ test illness in two groups of students (freshmen and seniors)

In investigating the relationship between the coefficient of factor of four symptoms associated with the test and gender in all students,

Table 1: Evaluation of Differences between GHQ test illness with in two groups of students (freshmen and seniors)

Depression	Social dysfunction	Anxiety	Somatization	mean of) Criterion (rank Group
99/51	105/62	115/89	102/72	Freshmen
112/46	108/67	102/29	110/47	Seniors
0.128	0.725	0.116	0.371	p-valu

it was found that 32/6% of male students and 41/3% female students were suspected in terms of contracting the disease. But there was no significant relationship between factor test symptoms and gender ($p > 0/05\%$).

Also in examining the relationship between the coefficient of factor of four symptoms associated with the test and gender in all students (freshmen and seniors), who were divided into three categories of 20, 20-25 and 25-30, the results showed that: the highest percentage of people who were suspected to have symptoms, aged 25-30 years that account for 47/4% of this age group. But no significant relationship was obtained between factor test symptoms and age ($p > 0/05\%$).

Discussion

The results showed that 37/7 percent of people are suspected of having symptoms of the disease in the scales of test GHQ, (29/63% of freshmen and about 42/75% of seniors), "Figure 1". Bailer and colleagues, in a study to determine the prevalence of various psychiatric syndromes (affective disorders, anxiety, somatoform, drinking alcohol and its related problems) through GHQ questionnaire revealed that the prevalence of at least one psychological disorder, other than symptoms of abuse/dependence on alcohol, was 22/7 percent in students(9).

Besides, Under reported the possible outbreak of 56/8 percent among students in Turkey, Ko and colleagues (11) reported the possible outbreak of 57% of medical students in Singapore, and 47/3 of law students, and Zhang Jing (12) reported the prevalence of mental disorders as high as 59 percent in low-income student population (12-11-9).

The findings of the survey conducted by JahaniHashemi and Norouzi (11/8%),

Rostami and Bahreinian (16/3%) Adham, et al (22/7%) Mosalanejad and Amini (24/3%) Tavakkolizadeh (27/1% and 28%) Akkashe (28/4%) Tavakkolizadeh and Khodadadi (31/6%) Dibajnia and Bkhtyary (31/6%) Ansari et al (38/8%) Behrozian and Nemat Pour (41/8%) Saki and Kykhany (42) Shariati et al (42/6%) Solgi et al (47/2%) Tavakoli and coworkers (47/7%) Karami and Pyrasteh (48/4%) all of which by GHQ-28 questionnaire and the study of Soleimani Zadeh and colleagues (25/1%) and Jahani Hashemi et al (69/3%) using the SCL-90-R on students suspected to have a psychiatric disorder (30-12) have pointed out that the current study is close to that of Ansari and colleagues.

According to the mentioned sources, cases contracted or suspected to mental disorders among the students from all over the country are associated with a prevalence of 11/8 to 69/3 percent. (30 and 12) However, in a study carried out by Farah Bakhshand colleagues, the students of Lorestan University enjoyed a relatively high mental health (30). The reasons for the difference in the reported findings of different research are related to differences in the type of tools, the applied technique and different demographic characteristics used in research. The time of conducting the research plays a role in this respect, for example according to Under and Becker, the prevalence of mental illness has been gradually increasing in young population in recent years. (9 and 7) which indeed entails more accurate and more comprehensive review.

It should also be noted that in the majority of studies that have been mentioned here, some of the items listed under "suspected to mental disorders" are typically detected healthy after all. In this study, no significant association was achieved between freshmen

and seniors with four signs of disease associated with the GHQ test "Figure (1)."Some studies show an increase in the prevalence of mental health problems among students during their education. Vitaliano and colleagues, in a study, showed that medical students were in a poorer condition in terms of mental health year prior to graduation, compared to the time of entering university. (31).

Nancy's study showed a significant increase in the symptoms of depression and mental stress, during a school year (32). In the study of Mosalanejad and Amini and also Rezai et al., psychiatric disorders, anxiety, depression and health problems were higher in seniors than in freshmen (33, 16). In the study of Momeni Nasab and Farhadi, a significant increase was observed in cases suspected of disorder at the end of the first year compared to the time of arrival (34).

Maroufi's study on freshmen and sophomores, juniors and seniors, interns, general practitioners and specialists, showed that the frequency and severity of depression is higher in the internship stage and GPs (35). Asadi et al study also showed that mental health problems are more likely in graduates and women (36). However in the study of Farah Bakhsh and colleagues juniors had less mental health compared to freshmen and seniors (30). In some studies, a higher incidence of mental health problems has been reported in freshmen. In the study of Benitez and colleagues, among the first to fifth-year medical students, freshmen had worse mental health than those in the fourth year (37).

In terms of anxiety, several studies have shown that anxiety is higher in the beginners. Davidson showed that anxiety was higher in beginner students than in graduate students (38). Also, in the study of Inam et al. on the prevalence of anxiety, this level in the first and second year was 70-60% that it had reached 49% in the last year (39).

In some studies, no difference was found between freshmen and seniors like that of Esfandiari (40) and of Jahani Hashem and colleagues (29) that are consistent with the current study. With respect to gender, in

some studies, there was no relation between the two sexes (41, 42).

In the study of Bieler and colleagues, of Shariati et al and of Jahani Hashemi and Norouzi, mental disorders were higher in girls, while the other way round was the case in the study of Ansari et al. (22-12-27-25-9). On the other hand, in the studies conducted by Benitez et al., Solgi et al.,

Adham and Associates, Tavakkolizadeh and KhodaDadi, Karami and Pirasteh, Dibajnia and Bakhtyary, Saki and Kykhany, Mosalanejad and Amini Soleimani Zadeh et al., no significant relationship was found between the average total score between the two groups of boys and girls, which is compatible with the current study (37-26-14-28-20-21-24-15-16). In terms of age also in the study of Bahar and co-workers, Dibajnia and Bakhtyary, Ansari et al.,

Givens and Tjiano significant correlation was observed between age and mental health (44-43-22-21) that is consistent with current study. But, in the reviews of Tavakoli and colleagues, the subjects aged 21- 30 years and in that of Soleimani Zadeh and colleagues those aged under 21, showed higher frequencies of mental disorders (16 and 27). And in the study of Jahani Hashemi and Norouzi, the prevalence of mental disorders at the beginning of students' entrance, in age groups of 18 years, 20 to 19 years, 22-21 years and 24-23 years, were 3/7, 14/2, 13/3 and 17/6 percent, respectively. (12).

Conclusion

Numerous studies consider the effectiveness of mental health systems in universities as to be helpful in alleviating the students' mental-social disorders and problems. What is more, mental health services also play an important role in controlling the emotional problems of students (46 and 45).

Furthermore, enhancing the quality of educational services will play an important role in students' general health (47 and 48).

In this regard, the following suggestions are offered: Changes in the structure as well as training rules appropriate to the situation and the ability of students.

Implementation of appropriate and balanced solution in line with further strengthening of moral values and social norms on campus and create a healthy competitive environment

Higher involvement of authorities and academic staff with students, especially emotionally

Deepen student counseling services, cultural programs and encourage and develop sporting activities

Admitting students in various disciplines by taking into account interest and job status of each field in the future.

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