

عنوان مقاله:

Assessment of Stress, Anxiety and Depression in Female Students Living in Dormitories of Qom University of Medical Sciences

محل انتشار:

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خلاصه مقاله:

Background: Due to their particular circumstances during this critical period of life, female students living in dormitories of studentsoften face with situations against which experience many emotional reactions. Since the mental health of society largelydepends on their mental health and psychological damage in this important part of female can be increased, early determinationof depression and anxiety as well as identification of the amount and sources of stress in students can prevent complications andpsychological consequences.**Objectives:** The present study aimed to determine the assessment of depression, anxiety, and stress among female students livingin dormitories of Qom University of Medical Sciences**Methods:** This study is a cross-sectional study that was performed in 2015 on 300 students of Qom University of Medical Scienceswho were selected using quota sampling. Data collection was performed using the DASS Scale (depression, anxiety, stress scale)included 42 items related to the domains of depression, anxiety and stress. Data were explored via percentage, mean and standarddeviation. Statistical data were analyzed with analysis of variance, Pearson correlation coefficient using SPSS software.**Results:** The mean age of students was 21.64 3.50 years that most of whom were undergraduate and single students and meanof educational score was 16.17 1.15. The results of this study showed that 24.9% of students suffered from stress, 21.6% from depression,and 20.2% had anxiety. There was no statistically significant correlation between interest in the field of study with twoareas of depression ($P = 0.003$) and stress ($P = 0.01$) and there was also a significant relationship between economy of families and depression ($P = 0.04$). Meanwhile, there was a meaningful relationship between family relationship status of students anddepression ($P = 0.0001$) and anxiety ($P = 0.05$).**Conclusions:** The results indicated that stress, anxiety, and depression were prevalent in female students living in dormitories andfactors such as interest in the field of education, socioeconomic status of families, and family relationship status of students wereassociated to stress, anxiety, and depression in students. Therefore, in addition to paying attention to students' mental conditionand creating a peaceful environment, effective coping strategies should be taught to students

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