



Perceived stress among healthcare students and its association with anxiety, depression, and sleep quality: A cross sectional study in Saudi Arabia

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INTRODUCTION

Healthcare students are subjected to high-stress levels due to different academic, social, and financial stressors.

Persistent and severe stress might predispose students to depression, anxiety, and poor sleep quality.

There are only a few studies on perceived stress and its association with mental health and sleep quality among healthcare students, most of these studies were global, and were focusing on one healthcare discipline.

OBJECTIVES

To investigate the level of perceived stress among healthcare students and its relation to anxiety, depression, and sleep quality.

METHODS

- A cross sectional study was conducted using an online structured questionnaire among healthcare students in Saudi Arabia. The data was collected from 26th September 2021 to 30, October 2021.
- The questionnaire consists of: Sociodemographic data, Current health status, Perceived physical health, Perceived Stress Scale, Hospital Anxiety and Depression Scale, Pittsburgh Sleep Quality Index.
- The analysis was performed using IBM Statistical Package for the Social Sciences (SPSS).

RESULTS

- A total of 701 respondents participated in this study. Almost 73% of students perceive themselves as stressed. And around 80% reported having poor sleep quality. Figure.1
- A significantly higher percentage of those with cases of anxiety, depression and those with poor sleep quality perceived themselves stressed as compared to those without these conditions. Figure.2
- Female students, students from the north region, and those who perceived their physical health as fair or poor, were more likely to perceive themselves stressed. Figure.3
- Perceived stress was nearly five times more likely among students with cases of anxiety and depression as compared with those without these conditions. Also, perceived stress was more likely among those with poor sleep quality.

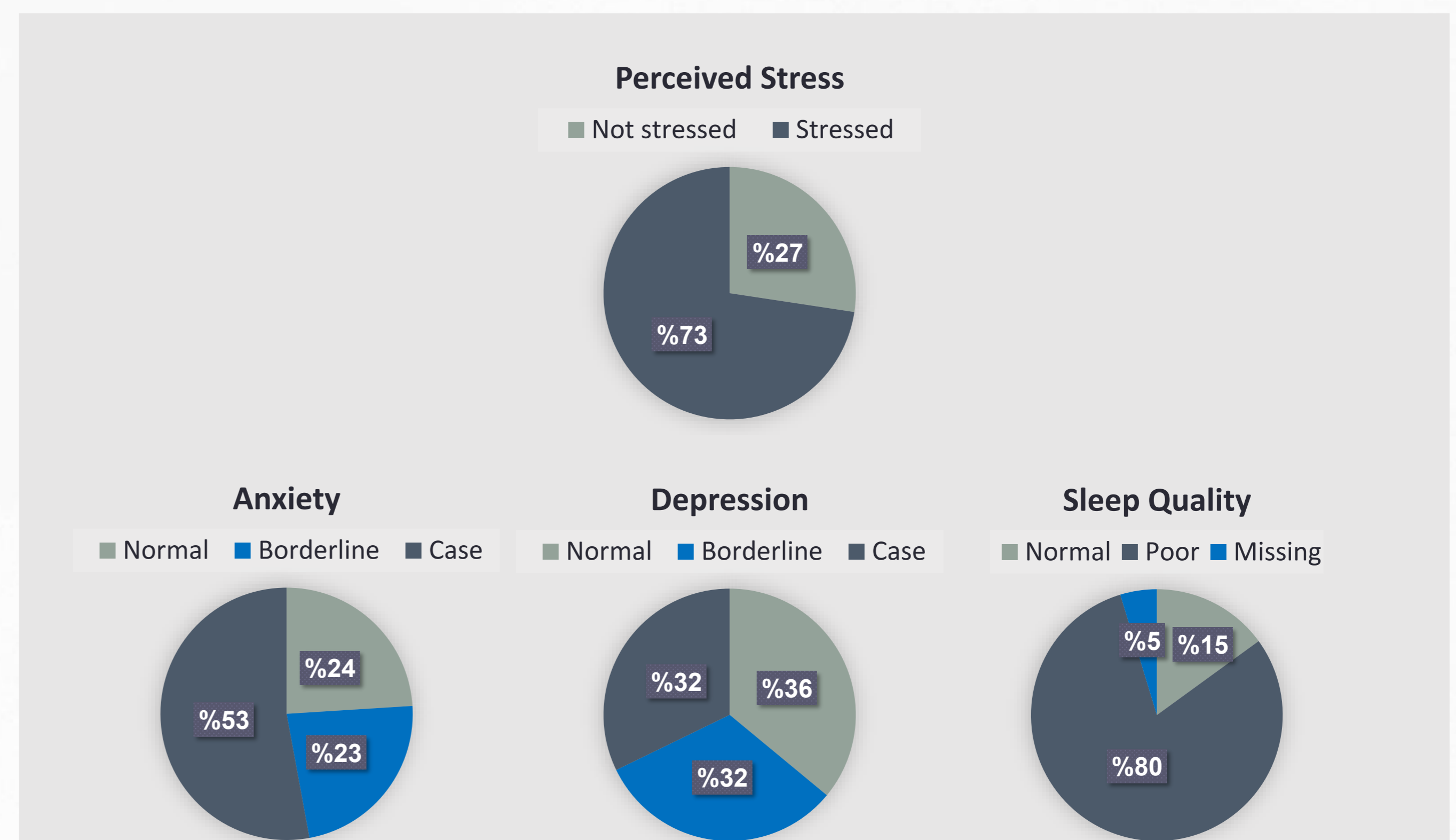


Figure.1 Level of Perceived stress, anxiety, depression, and sleep quality.

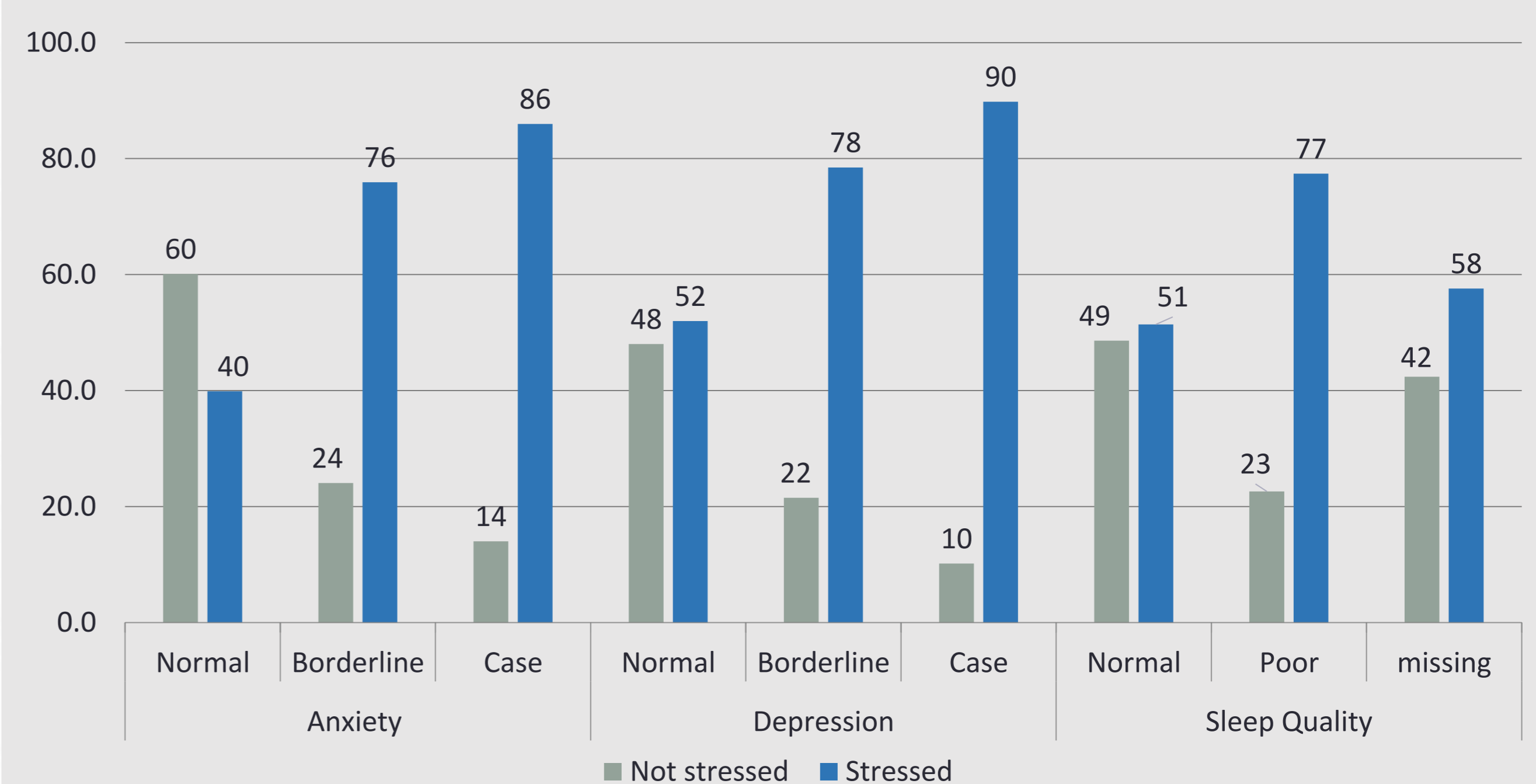


Figure.2 Level of stress depending on anxiety, depression, and sleep quality.

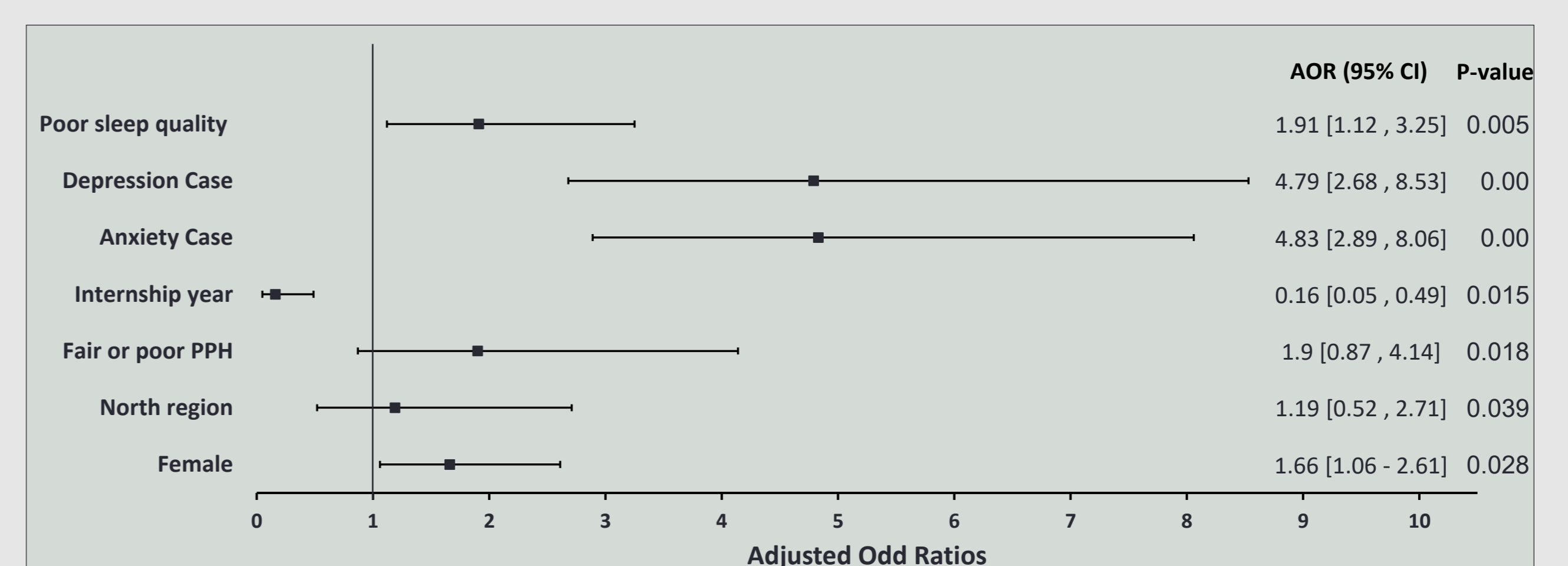


Figure.3 Factors associated with perceived stress from adjusted regression analysis.

CONCLUSIONS

Healthcare students' mental health and sleep quality are important factors that affect perceived stress and at-risk individuals. Therefore, preventative mental health interventions targeting healthcare students are essential to help improve mental health and cope with stressors in academic education.

REFERENCES

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