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[Open Access](#)Depression, anxiety and stress with possible sources of stressors among undergraduate medical students in Malaysia (Article)Radeef, A.S.^a  Ghazi Faisal, G.^b ^a Department of Psychiatry, Kulliyah (Faculty) of Dentistry, International Islamic University Malaysia, Malaysia^b Department of Basic Medical Sciences, Kulliyah (Faculty) of Dentistry, International Islamic University Malaysia, Malaysia

Abstract

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Introduction: It is well known that **medical students** are subjected to different levels of **stressors** during various stages of their study. Exposure to severe and prolonged **stressors** may cause serious **emotional disturbances** in the form of depression, anxiety and stress which may hinder **students'** academic performance, quality of life, and also their physical health. Therefore, this study aimed to determine the prevalence and severity of depression, anxiety and stress symptoms and also to determine the possible **sources of stressors** and their relationship with these symptoms among **medical undergraduate students** throughout the different stages of their study. Materials and Methods: a cross sectional study was conducted among 501 **students** from the Faculty of Medicine, International Islamic University **Malaysia**. Depression Anxiety, Stress Scale (DASS-21) was used to assess the prevalence and severity of depression, anxiety and stress. The **sources of stressors** were identified by giving the **students** a list of the most possible source of **stressors** which were chosen depending on previous studies. Results: The overall prevalence of depression, anxiety and stress was 39.7%, 65.8% and 37.1% respectively but it was found that 7.2%, 29.7% and 7.4% of **medical students** have clinically significant depression, anxiety and stress respectively. The **emotional disturbances** were significantly higher among female **students**. Younger **students** aged =21 years were experiencing significantly higher mean score of depression, anxiety and stress. Regarding the source of **stressors**, the top ten **stressors** decided by the **students** were mainly academic and personal factors. Conclusion: **Emotional disturbances** in the form of depression, anxiety and stress are existing in **medical students** which require early intervention. Academic and personal factors can be considered as **sources of stressors** that may precipitate for depression anxiety and stress.

Author keywords

Anxiety; Depression; **Medical undergraduate**; Stress

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