



Prevalence of Anxiety and Depressive Symptoms and its Associated Factors Among Undergraduate Nursing Students

ID#: 99626

Salima Farooq , Yasmin Parpio, Lubna Ghazal, Maryam Lakhdar, Shirin Rahim, David Arthur

Background of the Study

- ❖ First onsets of mental illness appear among adolescence and young adult(1).
- ❖ Depression has been fourth leading cause of disease burden(2)
- ❖ Suicide is the second leading cause of death in the age bracket(3)
- ❖ Nursing students experience higher levels of academic stress as compared to other disciplines(4).

Anxiety Depressive Symptoms Among Nursing Students International and national data

Country	Prevalence	Tool	Authors/year
Greece	44	BDI	Papazisis, G., Tsiga, E., Papanikolaou, N., Vlasiadis, I., & Sapountzi-Krepia, D. (2008)
India	63.9	DASS	Basu, Mausumi, Debasis Sinha, Afifa Ahamed, Sita Chatterjee, and R. N. Misra(2016)
Saudi Arabia	47	BDI	AlFaris et al., 2016)
Pakistan	79.1	BDI	Sabir, Majid & Yasmeen , (2016)

METHODOLOGY

STUDY DESIGN: An Analytical cross sectional study design

STUDY SETTING: Agha Khan university school of nursing

STUDY POPULATION: Year I and Year II nursing students

SAMPLING TECHNIQUE: Consecutive sampling

DATA COLLECTION TOOL: Aga Khan University Anxiety & Depression Scale (AKUADS)

INCLUSION CRITERIA: All year I & II nursing students who were willing to give consent.

ETHICAL CONSIDERATIONS:

- ❖ Approval obtained from the Ethical Review Committee of Aga Khan University
- ❖ Written informed consent
- ❖ Ethical principles were followed
- ❖ All the participants who were identified having anxiety and depressive symptoms were referred to student counselors, with anonymity, for further evaluation, counseling, and treatment

STATISTICAL ANALYSIS:

DESCRIPTIVE STATISTICS

Proportion and frequencies
Mean and Standard Deviation

INFERENCE STATISTICS

Univariate and Multivariate logistic regression (Odds Ratio, 95% Confidence Intervals)

Results

Out of 246 subjects, 112(45.5%) screened positive for anxiety and depression symptoms. The mean ages of the participants was 20 ± 1 . With every one year increase in age, the prevalence of anxiety and depressive symptoms increased by 1.2 times. The prevalence of anxiety and depressive symptoms were found to be 50% lower among students who were using physical activity

Variables	Adjusted PR (Prevalence Ratio)	95%CI
Age (In years)	1.2	1.02, 1.38*
Coping strategies	-	-
Sleeping/relaxation	0.9	0.58, 1.41
Social media usage	0.5	0.21, 0.91*
Physical activity		

Conclusion

Anxiety and depression are common among nursing students. Age was found to be associated with anxiety and depressive symptoms, whereas physical activity was reported as an effective strategy to combat anxiety and depressive symptoms among nursing students.

Recommendations

- ❖ Staff and nursing faculty will be trained for identifying and referring cases
- ❖ Strengthening counselling services
- ❖ Encourage students to engage in extracurricular and regular physical activities

References

1. Hunt, J., & Eisenberg, D. (2010). Mental health problems and help-seeking behavior among college students. *Journal of Adolescent Health, 46*(1), 3-10.
2. O'Connor K, Vizcaino M, Ibarra JM, Balcazar H, Perez E, Flores L, et al. (2015). Multimorbidity in a Mexican Community: Secondary Analysis of Chronic Illness and Depression Outcomes. *International journal of nursing (New York, NY)*. 2015;2(1):35
3. WHO (2017). Depression and Other Common Mental Disorders Global Health Estimates. WHO, Geneva
4. Chow KM, Tang WKF, Chan WHC, Sit WHJ, Choi KC, Sally C. Resilience and well-being of university nursing students in Hong Kong: a cross-sectional study. *BMC medical education*. 2018;18(1):13

Rationale of the study

- ❖ Anxiety and depression is treatable and manageable colleges and universities are the best places to address mental health challenges
- ❖ Identification of anxiety and depressive symptoms followed by referral to counseling services for treatment can reduce burden and complications

Objective

- ❖ To estimate the prevalence of anxiety and depressive symptoms, and associated demographic characteristics in a sample of undergraduate nursing students Karachi, Pakistan

