

Prevalence of anxiety among medical students in different grades : An Egyptian study

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This study aimed to measure the prevalence of anxiety and its severity among medical students and its relation to gender and different grades of studying and to detect the presenting symptoms of anxiety. The study was conducted on 1034 medical student in different grades during their practical sections. Socio-demographic characteristics were obtained through a self-administered questionnaire, followed by an interview questionnaire using the DSM IV criteria to diagnose anxiety and Hamilton Anxiety Scale to rate the severity of the symptoms.

61.9% of medical students suffered anxiety.

A high prevalence rate was found in the second year (23.2%) and in the first year (22.6%) in comparison to the fourth year (14.2%) and the fifth year (21.2%). Anxiety was more prevalent in females (62.5%) than males (37.5%). Medical study was the most annoying cause for anxiety disturbing enough to hold 14.4% to use psychoactive drugs. Tension in the form of irritability (91.7%) and cognitive problems in the form of lack of concentration (90%) were the most prevalent presenting symptoms among anxious medical students. According to Hamilton Anxiety Scale. 18.8% of the study group suffered moderate to severe anxiety. The severity of symptoms did not differ significantly between different grades of medical study except for the GIT symptom which was significantly higher in the fifth year students.