



# Medical Student's Psychological disorders

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## **Background and significance:**

The Faculty of Medicine is a factor that has a significant impact on the lives and health of students. This project aims to shed light on the psychological life of the students of the College of Medicine, during their long years of study, It is also designed to provide the best possible support to students with certain mental health conditions, And drawing attention to the importance of helping them explain their psychological states, and focusing on the necessity of mental health wellness for students during their school years.

This project includes some psychological condition medical students during their student years, through research and studies that showed symptoms related to depression and generalized anxiety, in addition to other common psychological disorders.

- These psychological cases, based on studies and research, raise many important questions and interpretations, namely that the problem may be concentrated in the students themselves, as they are usually hardworking and emotional people, and therefore they are more prone to anxiety and depression, or that the problem is related to the method of teaching the Faculty of Medicine, Where the study of medicine requires effort and long study hours, and in advanced steps, the student needs wisdom and flexibility in dealing with patients and cases of death of patients.

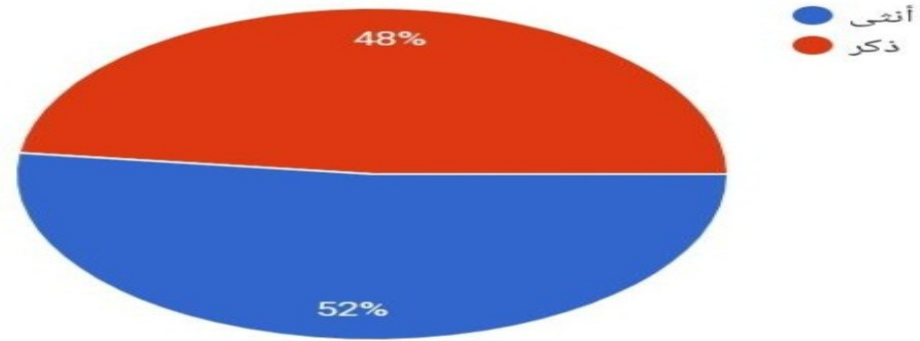
## Main objectives

- We randomly choose 250 medical students to test
- the psychological disorder that may appear during their journey such as: Depression, Anxiety, Psychological Burnout ,the Medical student's syndrome , the Impostor syndrome and The Ideal student. And every one of this psychological disorder is well known to most of us.

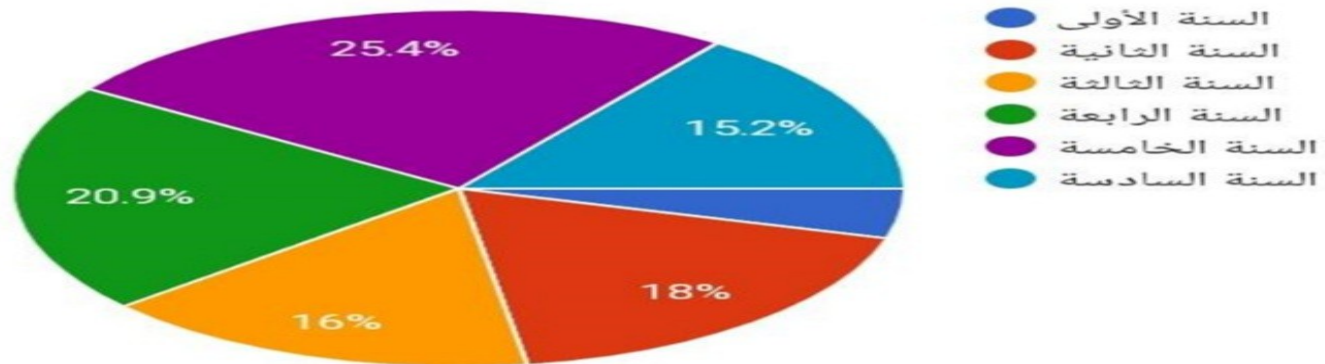
## Study design and methodology:

**Questionnaire** A random sample was taken from medical students at Damascus State University, Syrian Private University, and Al-Sham Private University. The questionnaire was answered by **250** medical students in the College of Medicine.

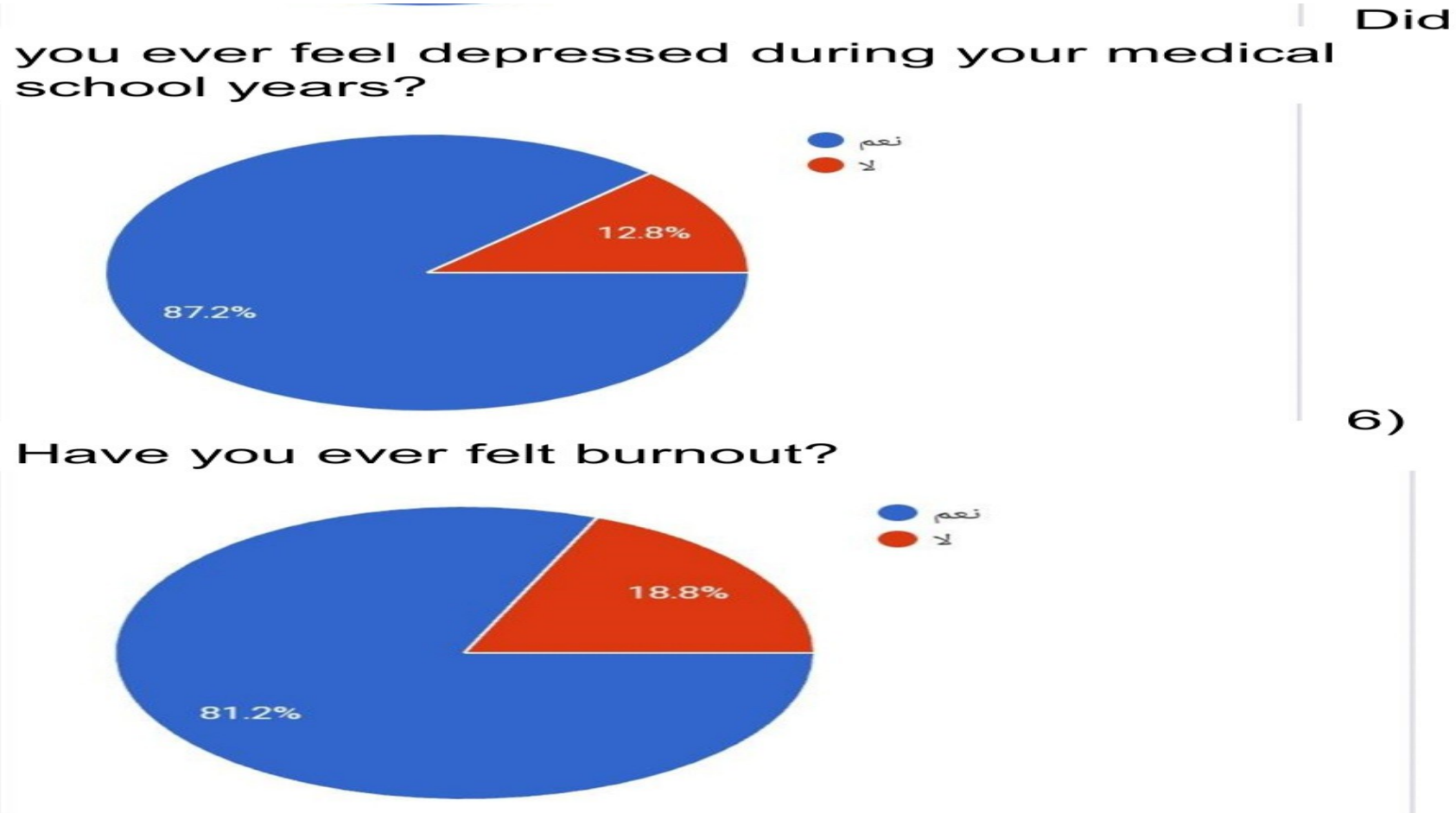
• 1) Gender:



• 2) Academic year:



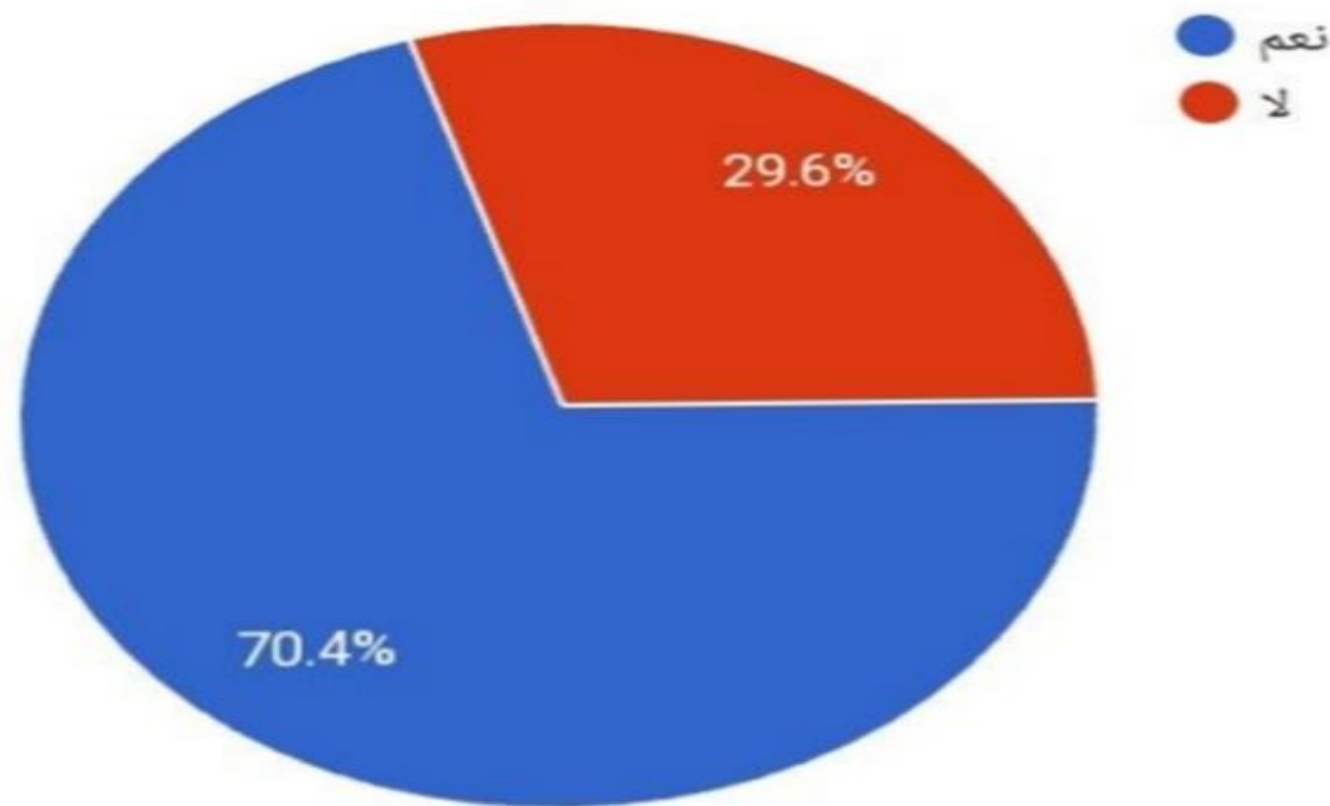
# Some of the statistical results



## 7) Have you felt burnout as a result of:

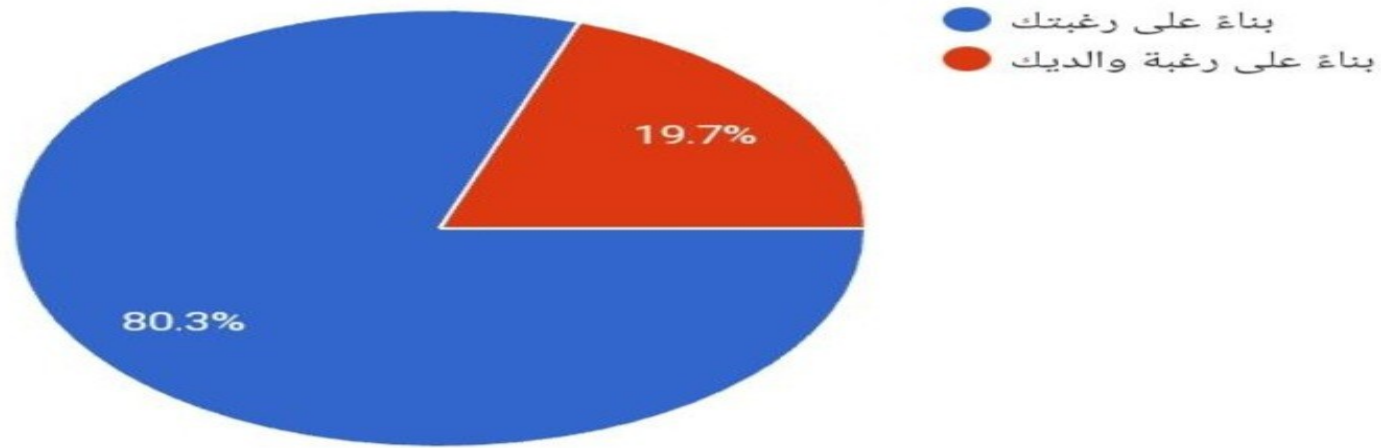


11) Have you ever read about a disease and felt that you have this disease or that you suffer from the appearance of its symptoms?

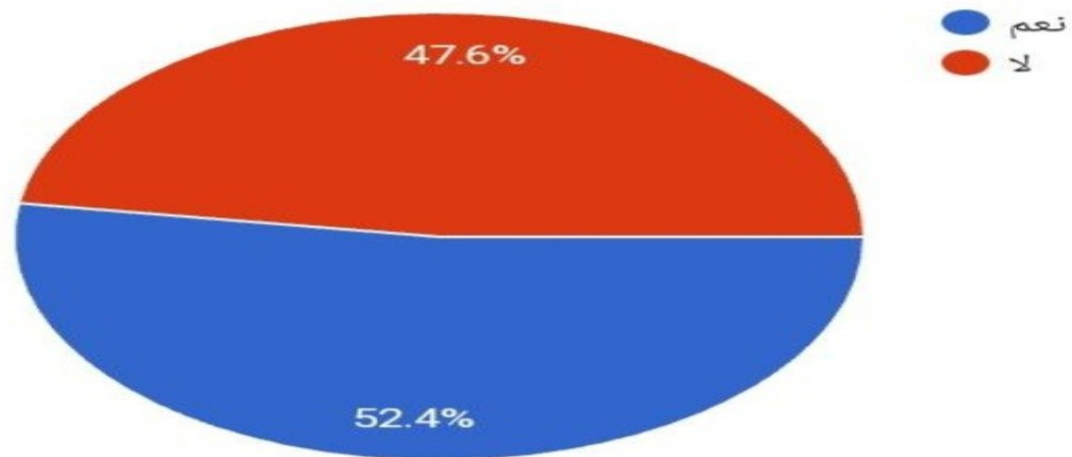




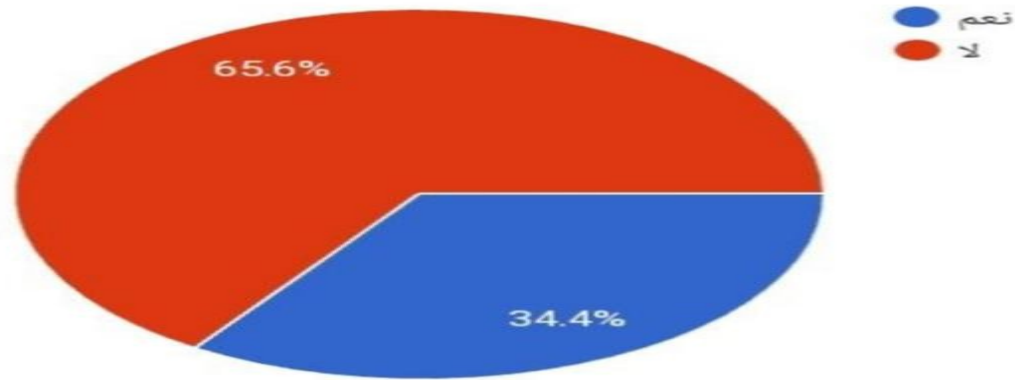
8) Was your study at the Faculty of Medicine?



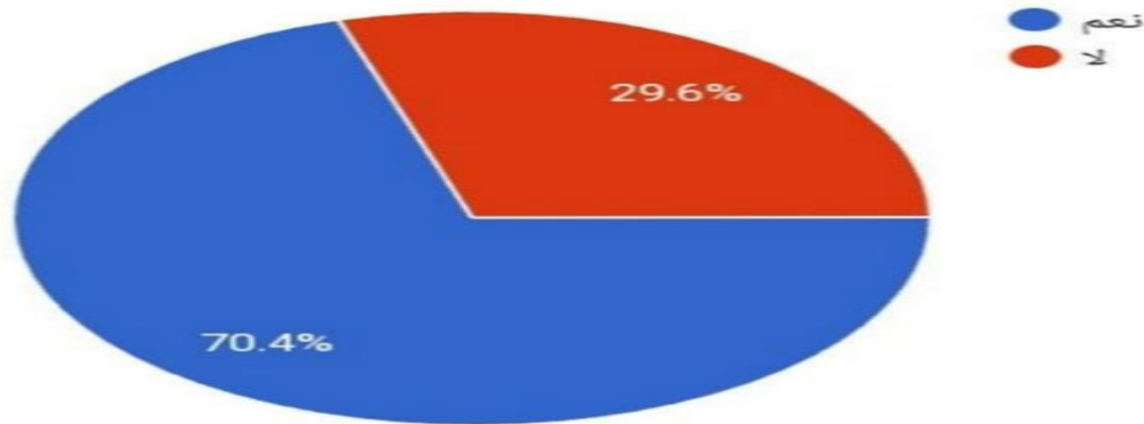
9) Have you ever felt that you are not in the right place for you?



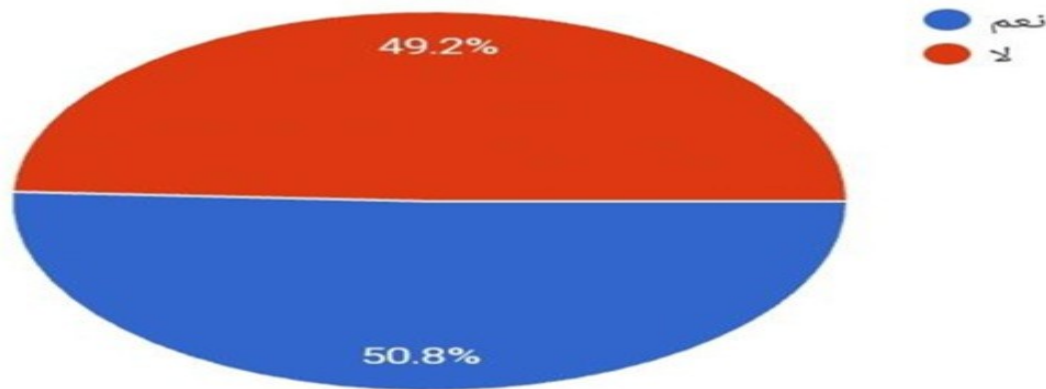
10) Have you ever thought about changing the College of Medicine, but you were not able to?



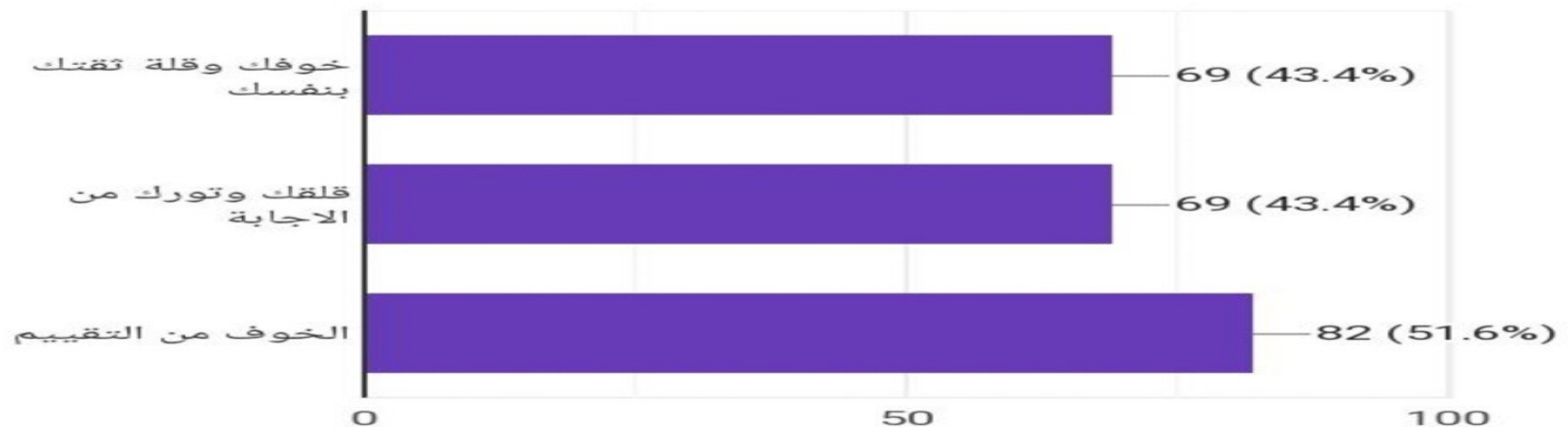
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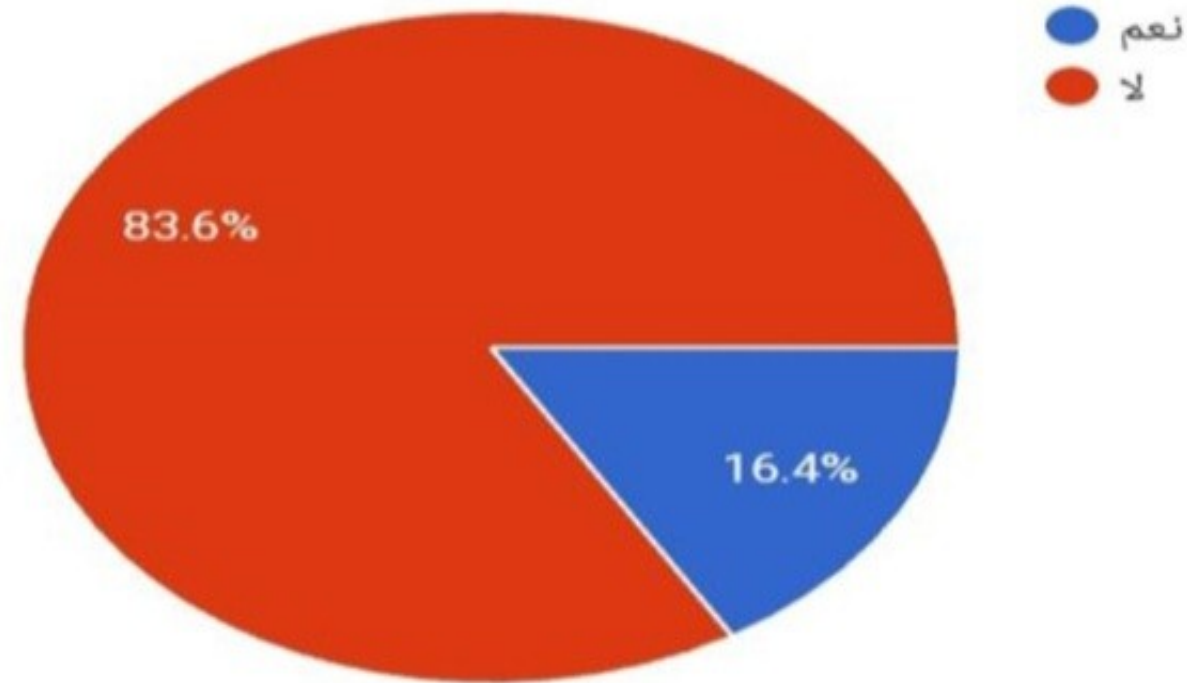
16) Have you been asked a question by your supervisor or one of your relatives, friends or neighbors....and despite your knowledge of the answer, you did not answer?



Was it because:



23) Have you visited a psychiatrist?



You can talk about how you felt during your years of study at the Faculty of Human Medicine and about your personal experience: **Some answers were chosen:**

1. Tired and exhausted psychologically and physically
2. Anxiety and tension, I think, started when I entered college and were subjected to constant pressure in exams and fear of failing in them, and it affected my psyche in general.
3. I used to feel that it was where I belonged, but the feeling of powerlessness that I could not do what I aspire to. I wish I was more perfect.
4. Always.” There was a fear of the future and the future, perhaps because the road to medicine is long.
5. All the feelings of joy, sadness, crushing failure, extraordinary success, regret and love for being in the place, and hate means everything and they literally reversed.

- **Key findings**

- Human medical students show symptoms of depression and anxiety in a large proportion among them.
- The human medical students suffer from psychological burnout greatly, because of the anxiety of getting a low grade or because of getting a low grade.
- The percentage of students who study medicine at the request of the parents is not small, which causes these students to feel that they are not in the right place for them.
- Medical student syndrome is widely spread among human medical students, and they show symptoms of this syndrome.
- Many medical students feel impostor syndrome, and suffer from problems with self-confidence, stress, a

A large percentage of them feel that they do not deserve to enter the Faculty of Human Medicine. The idea of the ideal student exists within the life and desires of the medical student. It has caused them a problem in his life.

One of the very sad results and the need to take it into account is that a very small percentage of human medicine students tried to explain their psychological state or visit a psychiatrist.

Many medical students think that the problem may be with medical education.

It has also been observed that medical students in private universities suffer from psychological burnout more than students of public universities. This is due to mandatory attendance and financial burdens.

# recommendations for medical students:

- Learn to manage time and focus on the goal.
- Develop the skill of adapting, acquiring the skills that are supposed to help you during your years of study in the College of Human Medicine.
- Rethink how you define failure. Being a good student does not mean that you will never make mistakes. Mistake is the key to learning and growth.
- Paying attention to identities and not indulging in studying all day long.
- Focus on your strengths and achievements.
- Doing sports.
- Maintain supportive social relationships.
- Consult those around you in case you feel the problem.
- Refer to a specialist for treatment.



- **At the conclusion of this project,**
- I emphasize the need to improve the method of medical education during the years of study at the Faculty of Human Medicine and focus on physical wellness And psychological counseling for students through the presence of psychological and health , counseling programs, providing places and recreational activities for students, and dealing with students as much more than rates and exams they must pass, where students must be prepared and trained to be doctors in the future more compassionate and sympathetic to Patients and that the main goal is to provide the best possible assistance to patients in the future according to the specialty they wish to study, work and succeed in.

**Thank you for listening**  
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