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STUDY OF STRESS LEVEL AMONG MEDICAL SCHOOL STUDENTS OF SEMNAN UNIVERSITY, IRAN

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Background: The professional education can be stressful experience and medical students are exposed to high levels of stress in both theoretical and clinical components of their educational programme. The high level of stress often leads to disruptions in physiological and psychological health.

Objective: The purpose of this study was to study stress in medical school students of Semnan university.

Methods: This study was a descriptive and cross-sectional research. The sample were 211 students of general physicians (160) and paramedical (51). 206 students filled in a questionnaire. Data were collected using a stress questionnaire (R.S.Eliot). Then data were analyzed by SPSS and mean, frequency distributions. For this study were used chi-square, spearman and pearson correlation coefficient.

Results: The findings showed 9.7% of students under study had high control degree, 82.5% of students had intact life but sometimes stressful situation caused anxiety for them, 6.8% of students feel depress and 1% in their life have mental crisis or conflict.

Conclusion: Teaching to students in order to reduce stress level and provide educational improvement in medical students are recommended.