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DEPRESSION AMONG FINAL YEAR MEDICAL STUDENTS IN UNIVERSITI SAINS MALAYSIA (USM): ASSOCIATED, RISK AND DETERMINANT FACTORS

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Objective: This study interested in gathering data on the prevalence of depression and its contributing factors among final year medical students in USM.

Methods: A cross-sectional study was done. A total of 187 final year medical students of the 2007/2008 batch were selected as in study subjects. The Malay Beck's Depression Inventory (M-BDI_ was administered to identify depressed students. Data were collected during housemanship course, one week after their final summative examination.

Result: A total of 92 (49.2%) students responded to this survey. The percentage of depression among the students was 21.7%: approximately 19.5% with mild depression and 2.2% with moderate depression respectively. The mean M-BDI scores were found to be significantly increased among female medical students ($p < 0.05$), those in difficulties with peer and love relationships ($p < 0.01$), and those with poor general health status ($p < 0.001$). Logistic regression showed female students, those in difficulties with love relationship and those with poor general health were at higher risk to develop depression (X^2 (df) = 26.59 (3), $p < 0.001$). Multi-factorial ANOVA analysis showed that two factors contribute to depression among final year medical students which were gender and general health status (F (df) = 5.934 (13), $p < 0.001$).

Conclusion: The prevalence of depression among medical student was high. Female medical students, those in difficulties with love relationship, and poor general health status were at high risk to develop depression. Gender and general health status were determinant factors of depression among USM final year medical students.