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Emotional state of first-year medical students and contributing social factors

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Quick glance of the research

- **Background**

All over the world, medical students experience high levels of depression, anxiety and psychological distress.

- **Aim**

The aim of our study was to evaluate self-reported emotional state of first-year medical students and investigate, which social factors could have an effect thereon.

- **Methods**

The target group was the first-year local medical students at the Vilnius University Faculty of Medicine. Anonymous questionnaire created by the authors was used to collect data about self-perceived emotional state and about social factors which may affect it (change of the city/town of residence, living in parents' house, having regular hobbies). The study involved 97 local medical students. SPSS 17.0 was used for statistical data analysis.

Research Results

- The study included 73.2% female and 26.8% male students.
- 42.3% of students had to move to another city because of their studies.
- 40.2% of students remained at their parents' house after entering the university.
- Half of the students reported that they had a regular hobby (53.6%) while 46.5% reported not having any particular hobbies besides their studies.
- 69.1% of the students reported that the studies had a negative impact on their emotional condition. We did not find any statistically significant correlation between self-perceived emotional condition of students and the aforementioned social factors.

Conclusion

The majority of the first-year medical students reported that studies had a negative impact on their emotional condition. However, further research is needed to investigate, which social factors could affect their emotional condition.