

Stress Management Summit

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Perceived stress and general health in medical students in Saudi Arabia

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How perceived stress appears to be very important role entity in all students. The students of medicine experience very high stress during their undergraduate study. Hence the objective of this study was to evaluate general health condition and the perceived stress and also to examine the correlation between general health condition and perceived stress. This study included 185 male students from the second to the sixth year of the MBBS. In this study general health was assessed by using SF-36 health survey, student Perceived Stress was measured by Perceived Stress Scale.

Statistical analysis indicated the general health condition of students was significantly correlated with how the students perceived the stress in particular with the following subscales of the SF-36 health survey:

- Role Physical RP
- General Health Perceptions GH
- Vitality VT
- Role Emotional RE
- Mental Health MH

Biography

Ahmed Alkhalaf currently working as the Faculty of Medicine, Al-Baha University as assistant professor of Behavioral Sciences & Consultant of Clinical Psychology. His research interested in clinical and health psychology for adolescents and adults. He received Master of Science (MSc) in Abnormal and Clinical Psychology from Wales University (UK) & he obtained a Ph.D. in clinical health psychology from Plymouth University (UK). He utilizes a variety of psychology intervention to treat patients including cognitive behavioral therapy and positive psychotherapy). As a clinician, he has a particular interest in stress management and the role of positive psychology to reduce the stress in short and long-term.

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