

# Stress Management Summit

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## Prevalence of anxiety and insomnia among the medical students: A cross sectional study at a tertiary care hospital

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**Context:** Anxiety among the medical students is a common behavioral issue which affects the lifestyle and academic performance. It includes a cognitive malfunction, perceptual symptoms and affective symptoms. The other behavioral problems which frequently affect this group is insomnia, which is a complaint of inadequate sleep. **AIMS:** To study the prevalence of anxiety and insomnia among the medical students in a tertiary care hospital of Delhi.

**Settings and Design:** Cross sectional study.

**Methods and Material:** A prestructured questionnaire based study, for a span of 1 month. The study population included the students studying in the 1st, 2nd and 3rd professionals Part I and II. Hamilton anxiety scale and Athens insomnia scale was used to collect the data. **STATISTICAL ANALYSIS:** The questionnaire included questions on sociodemographic profile namely age, sex, professional year and residence. Hamilton Anxiety Scale and Athens insomnia scale was used for insomnia. Data analysis was done using SPSS ver 16.

**Results:** A total of 188 study subjects were included in the study. The overall prevalence of anxiety and insomnia was found to be 28.72% (54/188) and 30.3% (57/188) respectively. It was found that prevalence of anxiety was more in females however prevalence of insomnia was more in males. Prevalence of anxiety was found to be highest in students of 3rd professional part II which was found to be statistically significant. Prevalence of insomnia was highest in students studying in 3rd professional part II which was found to be statistically significant.

It was found that the hostellers had a higher prevalence of anxiety viz 40.69% (35/54), as compared to 18.62% (19/102) in non-hostellers and this was found to be statistically significant. Similarly insomnia in hostellers was found to be more 40.69% (34/86) as compared to non-hostellers 22.5% (23/102) which was found to be statistically significant.

**Conclusions:** Anxiety and insomnia among the medical students should be recognized and attempts should be made to alleviate them.

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