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Stress, Prevalence, symptoms, determinants and coping mechanisms among University students during COVID-19 Pandemic, 2021

Stress is a physiologic response, and can badly affects the mental and physical health. The current study aimed to study the prevalence, causes, determinants, of stress, explore its related symptoms involving (physical, cognitive, emotional, and behavioral symptoms) and coping strategies among university students, in Egypt during the COVID-19 pandemic ,2021. A cross-sectional study was conducted on a random stratified sample of 1467 undergraduate university students to representing all practical, and theoretical students from 13 University in Egypt during May 2021 through a well-structured, validated, Arabic, and self-administrated questionnaires composed of ----- questions. out of the studied 1467 students, (78.9%) were females, with a mean age of 21.2 years (SD = 1.7), 1262(86.0) single, and 761(51.9) had no chronic diseases. The total stress related symptoms score are statistically significant ($p < 0.05$) higher among female (86.4 ± 24.0), married (86.2 ± 29.9), living in campus (86.4 ± 24.7), with average GPA (84.3 ± 25.1), and students who had both organic and psychological disorders (99.5 ± 21.5). Regarding physical aspects, nearly all body systems were affected. The most commonly affected systems in descending orders were 939 (64%), neuro-musculoskeletal system, 894 (61%) ophthalmology, 851 (58%), dermatological problems, 667 (57.6%) female menstrual disorders and, 689 (47%) general symptoms. On the other hand, the most common prevalent symptoms were headache 1225 (83.5%), chronic fatigue 1212 (82.6%), hair loss 1104 (75.3%), and low back pain 1036 (70.6%). The most common symptoms as regards the Cognitive aspects was anxiety or racing thoughts 1313 (89.5%), Emotional aspects was moodiness, irritability, or anger 1288 (87.8%), Behavioral aspects was excessive sleeping 1142 (77.8%). 960 (65.4%) of students suffered from moderate stress, and the total Stress prevalence score was significantly higher among females, non-Egyptians, students with low GPA, and who suffered from disorders. The study concluded that stress and its related physical, cognitive, emotional, and behavioral symptoms were prevalent among university students.

Biography

Samar is an Associate Professor of Public Health and Community Medicine, Zagazig University, Egypt . Membership at the Royal Colleague of General Practitioner. Master degree in Mental Health primary care, Nova University, Portugal. My expertise in evaluation and passion in improving the health and wellbeing. I had a 23 Publications, three books. I am a reviewer in 05 journals.

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