

## ***Depression and anxiety disorders***

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### ***Abstract***

About suspected number of Students from College of medicine and Health Sciences (medical students) when doing internship shows signs of Depression which are observed in both genders. And other suspected number of medical students also dodges and even dropout the school due to mental health illness especially Depression. Due to Depression, anxiety and other mental illness some engage their selves in drugs abuse, prostitution hence reducing students performance later leading to addictions and if left untreated, these issues can become worse or led to suicide. There are different mental illness that are affecting them such as Depression, Anxiety and so on. So among those psychological problems that are affecting students as far as university students are concerned highly, depression is the most mental illnesses we are going to target in our research firstly because it is predisposing other problems in our society. Thus by knowing the approximate number of students who are suffering from depression, it will lead us to find proper solution through collaboration with our university and mental health caregivers.

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(<https://mental-health.neurologyconference.com/>)



### ***Biography:***

Kwizera Rulinda, current undergraduate student in Clinical Psychology At University of Rwanda. Current President of Clinical Psychology Student Association Rwanda (Cpsar) in Project and event coordination programme. Co-founder of Rwanda Young Mental Health Researchers. Have published more than 5 articles about self-help psychology.

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