

## **P-627 - THE MENTAL HEALTH OF MEDICAL STUDENTS: EXPLORATORY STUDY IN A PORTUGUESE MEDICAL SCHOOL**

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**Introduction:** Medical education is frequently stressful and could have a negative impact on mental health.

**Objectives:** Characterize mental health of medical students from a positive and negative point of view and investigate the relations between these and sociodemographic factors, year of course, sedatives/tranquilizers use and psychological support.

**Methods:** Medical students of University of Beira Interior were invited to answer an online questionnaire with four sections:

- 1) Socio-demographic data
- 2) Mental Health Inventory
- 3) sedative/tranquilizers use in the last month
- 4) questions about pharmacologic and psychological support.

The results were analyzed on SPSS. The significant results were considered for  $p < 0,05$ .

**Results:** A total of 272 (49.3%) students answered the questionnaire. The students of 1st and 3rd year had significant low scores in psychological well-being scale. About 11% of the total had used tranquilizers in last month. The variables: female sex, 3rd year of course and the use of tranquilizers had significant negative impact on global mental health. 30% of students consulted at least once a mental health professional, 6% have regular follow-up and do pharmacologic treatment. About 10% of all students reported suicidal ideation in the last month.

**Conclusions:** Symptoms of distress appear to be particular important in female students and in the 1st and 3rd years and it is necessary to understand the causes and the consequences of this situation. Targeted interventions that promote psychological well-being during the medical formation and identify students with symptoms of mental distress may be an effective way of dealing with this problem.