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DEPRESSION FREQUENCY IN URMIA UNIVERSITY OF MEDICAL SCIENCES, IRAN

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Background: A depressive disorder is an illness that involves the body, mood, thoughts, and behaviors. It affects the way a person eats, feels, sleeps and thinks about things. A research about depression in Urmia University of medical sciences was done to propose some methods for solving of problems of the students. This study aimed to identify the presence of depression among medical students

Methods: This study designed to determine prevalence of depression in student of Urmia, Iran. A descriptive cross-sectional study was conducted on 700 undergraduate medical and basic students in Urmia University of medical science, west Azerbaijan Province, Iran. BDI questionnaire has been used for data gathering.

Results: Mean score of students was 10.4 ± 0.8 and 52.6% of students scored under the threshold of Beck depression inventory questionnaire indicating depressed. 2% of them have a major depression. Results didn't observe any significant relationship between ages, education, sex, rank of birth, duration of education. Depression level in Urmia medical science university was very high that can affect on the quality of education and social behavior of the students.

Conclusion: It is important to research the causes of depression and plan to omit them. Establishment of consulting and recreation and problem solving centers that they will have in the future can be helpful.