

**DEPRESSION AND STRESS AMONG THE FIRST YEAR MEDICAL  
STUDENTS IN UNVERSTY OF MEDICINE AND PHARMACY  
HOCHIMINH CITY, VIETNAM**



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A Thesis Submitted in Partial fulfillment of the Requirements  
for the Degree of Master of Public Health Program in Health Systems Development

College of Public Health Sciences,

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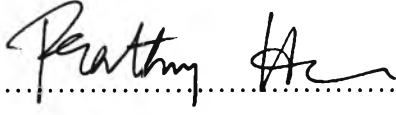
Thesis Title       DEPRESSION AND STRESS AMONG THE FIRST YEAR  
MEDICAL STUDENTS IN UNIVERSITY OF MEDICINE AND  
PHARMACY AT HOCHIMINH CITY, VIETNAM  
By                    Quyên Dinh Do  
Field of Study     Health Systems Development  
Thesis Advisor    Associate Professor Prida Tasanapradit, M.D., M.Sc.


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QUYEN DINH DO: DEPRESSION AND STRESS AMONG THE FIRST YEAR MEDICAL STUDENTS IN UNIVERSITY OF MEDICINE AND PHARMACY AT HOCHIMINH CITY, VIETNAM. THESIS ADVISOR: ASSOCIATE PROFESSOR PRIDA TASANAPRADIT. M.D., 95 pp.

**Objectives:** 1) to assess the prevalence of depression by using the Center for Epidemiologic studies depression scale (CES-D). 2) to determine sources of stress. 3) to find out the relationship between the main sources of stress, the general characteristics, potential personal consequences and depression among the first year Medical students in February, 2008.

**Methods:** in cross-sectional descriptive study design, CES-D with cut-off point 22 and Students Stress Survey questions were used as self-administrated to 351 first year Medical students in Hochiminh city. Chi-squared test, Spearman correlation were analyzed in bivariate analysis, binary Logistic regression used in multivariate analysis.

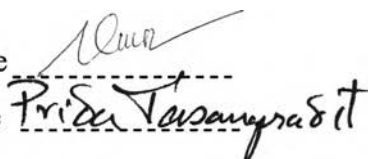
**Results:** the prevalence of depression was 39.6%. The top five of stress was prone intrapersonal factors, academic environment and environmental factors. Stress scores and depression scores had positive linear relationship with  $r = 0.272$ . There were significant different between depressive symptom group and ethnicity, type of accommodation, whom the students living with, exercise practice, perception of financial status, satisfaction of relationship with parents and friends. Working with un-acquainted people, decline in personal health, increased class workload, and put on hold for extended period of time as stressors were differentiated significantly with depressive group. Among those variables, quality of relationship, and stressors as decline in personal health, fight with friend and put on hold for long time increased the risk to get depression; in contrast, living with family, practice exercise, working with un-acquainted people reduced the risk of depression with  $p\text{-value} < 0.05$  in multivariate analysis.

For further study, qualitative and quantitative as longitudinal study should be conducted to determine consequences of daily hassles, level of stress and its relationship with depression in duration of Medical learning as well as in different faculty for a broader picture about depression in Medical University in Vietnam.

Field of Study Heath Systems Development Student's signature

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## TABLE OF CONTENTS

	Page
<b>ABSTRACT.....</b>	<b>i</b>
<b>ACKNOWLEDGEMENTS .....</b>	<b>ii</b>
<b>TABLE OF CONTENT.....</b>	<b>v</b>
<b>LIST OF TABLES.....</b>	<b>viii</b>
<b>LIST OF FIGURES .....</b>	<b>x</b>
<b>ABBREVIATIONS.....</b>	<b>xi</b>
<b>CHAPTER I INTRODUCTION.....</b>	<b>1</b>
1.1 Background .....	1
1.2 Research questions.....	3
1.3 Study hypotheses .....	3
1.4 Objectives .....	3
1.4.1 General objectives.....	3
1.4.2 Specific objectives .....	4
1.5 Variables in this study.....	4
1.6 Operational definition .....	5
1.7 Conceptual framework.....	8
<b>CHAPTER II LITERATURE REVIEW.....</b>	<b>9</b>
2.1 Stress and Students Stress survey questions .....	9
2.2 Depression and CES-D .....	11
2.3 Review of related studies .....	14
2.4 Site of study .....	22

	Page
<b>CHAPTER III METHODOLOGY.....</b>	<b>24</b>
3.1 Research design .....	24
3.2 Study population .....	24
3.3 Sample size .....	24
3.4 Sampling technique.....	25
3.4.1 Inclusion criteria .....	25
3.4.2 Exclusion criteria .....	25
3.5 Data collection tool.....	25
3.6 Data collection procedure .....	26
3.7 Data analysis .....	26
3.8 Reliability and Validity.....	28
3.9 Ethical consideration.....	29
<b>CHAPTER IV RESULTS.....</b>	<b>30</b>
4.1 Description of General characteristics .....	30
4.2 Potential personal consequence factors .....	35
4.3 Student stress factors.....	38
4.4 Prevalence of depression.....	42
4.5 Relationship between depression and related factors .....	42
4.5.1 Relationship between depression and general characteristics .....	43
4.5.2 Relationship between depression and potential personal consequence .....	47
4.5.3 Relationship between depression and student stress.....	50

<b>CHAPTER V DISCUSSION, CONCLUSIONS AND</b>	
<b>RECOMMENDATIONS.....</b>	<b>63</b>
5.1 Discussion.....	63
5.2 Conclusions.....	70
5.3 Recommendations.....	72
<b>REFERENCES .....</b>	<b>74</b>
<b>APPENDICES .....</b>	<b>79</b>
APPENDIX A: The relationship between depression and related factors .....	80
APPENDIX B: CES-D Reliability Statistics .....	81
APPENDIX C: Questionnaire (English version) .....	82
APPENDIX D: Questionnaire (Vietnamese version) .....	87
APPENDIX E: Schedule Activities .....	93
APPENDIX F: Administration Cost .....	94
<b>CIRRICULUM VITAE .....</b>	<b>95</b>

## LIST OF TABLE

	Page
Table 1: University of Medicine and Pharmacy .....	23
Table 2: Variables, measurement scale and statistic inference.....	28
Table 3: Description of general characteristics.....	32
Table 4: The student's religion and their religious practice .....	33
Table 5: Financial status .....	34
Table 6: Coping with problems.....	35
Table 7: Quality of friendship.....	36
Table 8: Quality of relationship with parents .....	37
Table 9: Leisure activities and exercise practice .....	38
Table 10: Student stress factors .....	40
Table 11: Prevalence of depression among the first year Medical students .....	42
Table 12: The relationship between depression and general characteristics .....	45
Table 13: The relationship between depression and religion practice .....	46
Table 14: The relationship between depression and perception of financial status.....	46
Table 15: The relationship between depression and coping with problems .....	47
Table 16: The relationship between depression and quality of relationship.....	48
Table 17: The satisfaction with friendship among students who have no close friend and lower.....	48
Table 18: The relationship between depression and exercise practice .....	49
Table 19: The relationship between leisure activities and depression .....	50
Table 20: The relationship between stress and depression .....	50



Page

Table 21: The relationship between depression and interpersonal sources .....52

Table 22: The relationship between depression and intrapersonal sources .....53

Table 23: The relationship between depression and academic sources .....56

Table 24: The relationship between depression and environmental stress factors .....58

Table 25: The relationship between depression and related factors in Logistic  
regression model .....61

## LIST OF FIGURES

	Page
Figure 1: Conceptual framework .....	8
Figure 2: Proposed model of causes and consequences of student distress.....	18

## ABBREVIATIONS

<b>B</b>	: Regression coefficient
<b>CES-D</b>	: The Center for Epidemiologic Studies Depression Scale
<b>C.I</b>	: Confident interval
<b>df</b>	: degree of freedom
<b>HCM</b>	: HoChiMinh
<b>SD</b>	: Standard Deviation
<b>WHO</b>	: The World Health Organization
<b><math>\chi^2</math></b>	: Chi-square