PREVALENCE OF MENTAL DISTRESS AND ITS CORRELATES AMONG ASSIUT UNIVERSITY STUDENTS

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Abstract:

Objective: To estimate the prevalence and socio-demographic correlates of mental distress among Assiut university students.

Methods: A cross-sectional descriptive study design was carried out. A multi-stage stratified cluster sampling technique was used. Data were collected by using self-administered questionnaire. The questionnaire included the socio-demographic characteristics of the students in addition to a group of questions derived from the self-reporting questionnaire (SRQ-20) that was developed by the WHO to screen for mental disturbances especially in developing countries.

Results: This study included 828 of Assiut University students. Mental distress was present among 17.1% of students. By using logistic regression analysis, it was found that university or higher education of the parents, higher educational achievement in the past year were protective from mental distress among students. On the other hand, female gender, bad perceived health status, previous exposure to violence and family history of mental health problems were significantly associated with presence of mental distress among studied group. An intervention program was recommended to raise the awareness about the importance of mental health status among students, parents and university administrators and to overcome factors associated with mental distress.

Keywords:

Mental distress, Assiut University students, Prevalence, Correlates.

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