

Poster presentation

Prevalence of depression in Ardabil medical students

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from International Society on Brain and Behaviour: 2nd International Congress on Brain and Behaviour
Thessaloniki, Greece. 17–20 November 2005

Published: 28 February 2006

Annals of General Psychiatry 2006, **5**(Suppl 1):S149 doi:10.1186/1744-859X-5-S1-S149

Background

Depression, which can be seen in students, is a sense of sadness with psychomotor retardation and worrying. Stresses due to university expectations, repetitive exams, and migration from the residence of family are parallel to the problems of development in youth, and the usual stressful events, which made students more prone to depression

Materials and methods

This study is a descriptive one and the instruments used was beck Inventory Scale for depression. All university students were selected as our sample; and students completed questionnaires after the contents of the scale and the target of the study had been explained.

Results

We found mild depression in 39/8 %, moderate deprecation 14/1 %, and sever depression in 3%.

Data analysis showed significant difference between males and females with female preface; and between citizens and emigrants with the preference of emigrants.

Discussion

We have suggested some recommendations in order to prevent and control the sources of the problem.