

醫學生知覺壓力與心理健康之關係

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Abstract

A considerable amount of research has shown that perceived medical school stress (PMSS) is a hazard to health and is predictive of psychiatric morbidity. The purpose of this study was firstly, to understand perceived stresses among medical students, secondly, to assess their mental health status and finally, to explore the relationship between stressors and mental health. We conducted this study using a questionnaire survey among second year medical students at seven medical schools. The questionnaire included demography, life events and various measures of health status and stress. Stress was assessed using the PMSS scale and the College Students' Adjustment Check List (CSACL). A total of 680 medical students participated in this study. Academic demands as noticed by the PMSS were the most serious concern. Time management problems as identified by the CSACL were also a significant stressor. In total, 70.6% of the students were concerned about not mastering the pool of knowledge, 41.0% of the students were concerned about enduring the workload and responsibility and 39.6% of the students were worried about baptism from faculty. Overall, 73.8% of the students showed emotional problems, 75.0% of the students had somatic symptoms, 40.4% of the students had sleep problems and 5.9% of the students had suicide ideation. Stepwise multiple regression analysis revealed that the score for the CSACL was a significant predictor of the mental health status of the student and explained 22.1% of variance. However, score for the PMSS scale did not show any predictive power with respect to mental health. In conclusion, this study indicates that students mental health is influenced by adjustment problems. It is especially important that time management problems should be identified early and intervention takes place. The teaching method of medical school focusing on "learning how to learn" should be emphasized. This will help the students to cope in the future with the painstaking nature of the medical profession and, as a result, would also help to improve the student's personal well-being.