

**High Prevalence of Stress Among Male Medical Students in Al Hasa, Saudi Arabia According to Kessler Psychological Distress Scale (K10)**

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This cross-sectional, descriptive, study aims to determine the level of stress among male undergraduate medical students. It was conducted in King Faisal university in Al-Hasa, Saudi Arabia from December 2015 to March 2016. Kessler Psychological Distress Scale (K10) was applied in this study. After taking the proper approval, a self-administered questionnaire was distributed to medical students from 2nd to 6th year. 200 student filled the questionnaire. The average stress score was found to be 24.62 (SD=7.72) from a range of 10 to 50. The total number of students suffering from stress was found to be 134 (67%). The majority of students were found to have severe stress (38%) with a significant relationship between stress and academic year ( $P=0.003$ ). Students of 2nd and 4rd years scored higher than those of 3th,5th, and 6th. According to Kessler K10 Psychological distress scale. The major finding of severe stress among male medical students in Saudi Arabia is of concern. Stress management programs should be properly established to help medical student overcome their academic-related difficulties.

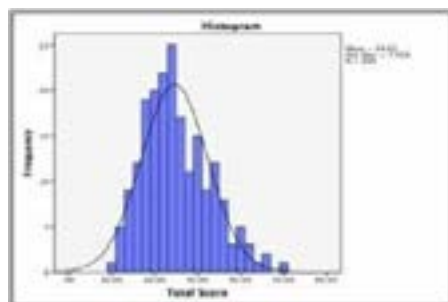


Figure 1: Stress score distribution of subjects from a range of 10 to 50, Al Hasa, Saudi Arabia (n=200) Mean= 24.62 (SD=7.7)

**Biography**

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