

## **Effects of covid-19 lockdown on mental health of medical students in Lahore, Pakistan**

**Shamaila Hassnain**

Central Park Medical Colleg , Pakistan

A recent survey has indicated that 24.9% of medical college students are suffering with mild to severe anxiety levels due to the pandemic. As for the future of the healthcare workforce, this impedance may have detrimental effects on their professional outlook as well as clinical training, so these serious repercussions must not be undermined. It is crucial to evaluate the mental wellbeing of these undergraduate students to gain insight in this regard. The objective is to assess the effects of lockdown on mental health of medical students of a Private medical college in Lahore. A cross sectional study had been conducted to assess the mental health status of medical students during lockdown using the designed scale DASS 21. The reliability of scale was tested using Cronbach alpha. The scale is based on 3 sub-scales used to measure depression, anxiety and stress. A sample of size 230 students from different years of MBBS were used. The data was analyzed using SPSS 21.0. The proportion of females participated in study was comparatively higher. The females were observed as more depressive. As observed 62.6% of medical students suffered from mild to very severe depression during the lockdown period. Anxiety was observed among 52% of the students. More than half dealt with various levels of anxiety and faced stress. COVID-19 has caused extensive distress in the lives and mental health of millions of medical students. The findings of this study indicate that depression, anxiety and stress are common morbidities amongst medical students, particularly those in their clinical training years.

### **Biography**

Dr. Shamaila Hassnain has completed her MCPS in Community Medicine from College of Physicians and Surgeons Pakistan. She is the assistant professor in the department of Community Medicine in Central Park Medical College, Lahore. Pakistan. She has published original research papers in reputed journals and has been serving as an reviewer of an reputed medical journal as well.