Prevalence of Psychiatric Symptoms among Students of Nursing at Azad and State University of Bandar-e-Abbas City (2012)

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Abstract: Background and objectives: The main purpose of the study was to carry out the comparison of prevalence of psychiatric disorders among nursing students of these two universities. Material and method: In this cross-sectional study 159 nursing students of two University of Islamic Azad University Banbdar Abbas Branch and Hormozgan (non state university) University of Medical Sciences (HUMS) were taken up as categorization sampling. The data collection tool was included demographic data form and SCL-90-R questionnaire. Data was analyzed by Spss software version 13. Results: About 64% of nursing students of Azad University and 47.5% of HUMS nursing students of medical sciences college were hesitated to have mental disorders. Based on SCL-90-R score, no significant differences of the mental health status found between male students, although was reported between female students, of two universities. (P=0.45). There was found a significant relationship between the mental health of female students with the level of family income and also their interests in their own educational field. Discussion and conclusion: the most important finding of the study was the existence of significant difference between the mental health levels of female students of these two universities. This process may be due to the collection of Chain- based reasons. Based on the present study results, it seems that the level of mental health of few female students with low-income families and also not interested in nursing field which can be reduced by these two factors in compare to the girl Students of governmental University. [Seyed Reza Mirsoleymani, Fereshte Mazhariazad, Hamid Haghighi, Ali Akbar Hesam, Morteza Salimi. **Prevalence of Psychiatric Symptoms among Students of Nursing at Azad and State University of Bandar-e-Abbas City (2012)**. *Life Sci J* 2013; 10(1):929-934]. (ISSN: 1097-8135). http://www.lifesciencesite.com. 145

Key words: Nursing students, Psychiatric Disorders.

1. Introduction

Students can face with and susceptible to psychiatric disorders due to various reasons (1).The Psychiatric disorders among students is more prevalent than their same ages (2). This process is increasingly getting up in the recent years (3).

These psychiatric disorders are considered as the most common weakening diseases (4). While these mental disorders could not be treated or recognized among students, it would lead students to fail at their lessons, trying to suicide or other dangerous behaviors and event to death(5). About 450 million people suffer from psychiatric disorders in the world (4). In Iran, these disorders are the heaviest and expensive diseases after unexpected events (6), and its prevalence is estimated between 18-23% in this regard (7). Epidemiological studies have given different statistics of psychiatric disorders prevalence among Iranian different cities. In some studies, about 72% of students have been hesitated to be prone to psychiatric disorders, while other studies have shown about 30% of these disorders (8). Based on the carried out studies in Bandar-e-Abbas city, about 60% of nursing students have got depression at governmental university as one of the most weakening factors (9).

The mental health of students have been affected by various factors which college- based factors are considered in this case(10) . However, the existence of comparative studies are required to get objective observations, based on the same topic, as the most studies carried out in this case have seen only confined to one university (11). Therefore, this study has been achieved in relation to the comparison of

psychiatric disorders prevalence among nursing students of Bandarabbas Islamic Azad University and Hormozghan Medicine College.

2. Materials and Methods

The present study is a descriptive study which evaluates the mental health of nursing students which studying in both Islamic Azad university Bandar Abbas Branch (a type of non state university) and HUMS (state university). This study was completed in 2012 among the students of two early years nursing field. The population of the sample was 159 ones estimated based on Krejcie and Morgan's sampling table which considering the test reduction, the number of 40 people was added. Due to the number of students of two universities 128 ones of Azad university and 71 ones of state university were collected as categorization sampling method and then were investigated.

In study, the test of SCL-90-R (symptom checklist 90 Revised) has been used to evaluate the mental disorders. The Persian version of the test derived from the latest published version of Derogates and Leonard (1983) (12). This questionnaire includes 90 questions in 9 scales of common psychiatric disorders as following: Depression, anxiety, physical complaining, compulsive obsession, sensitivity in interpersonal relations, aggression, phobia, paranoid thinking's and psychosis. The test explanation based on General Symptom Index (GSI) which obtained from the sum of 90 questions divided on 90 has been carried out; According to the completion foundation caused by Masoudzade and et al (2004), the cut point is GSI= 0.7 in this application and people with higher score than this degree are more susceptible to psychiatric disorders (13). GSI higher than 1.6 has been considered as the vulnerable population to psychiatric disorders based on fulfilled studies (14) . To determine the prevalence of psychological symptoms in each 9 dimension base on the studies, the cut point ≥ 1 was applied and scores one and higher than it were introduced as mental disorders (15). The demographic data of students has been gathered through a thirteen question questionnaire; these data including:age, sex, type of university (governmental or free), job position, marital status, monthly salary, monthly family income, background of chronic physical diseases before, interesting in the field, college satisfaction, personal perspective in future job, dwelling area (native and non-native) and living place (dormitory, private house with family, rented house with friends). In order to analysis data, the SPSS 13 software was applied effacingly.

To represent the results, the descriptive statistics test, percentage, and distribution were also used but for inferential test, the tests of t-test were efficiently applied. The significance level is also considered lower than 0.05.

3. Results

Among all number of 128 distributed questionnaires in Azad University and 71 ones of HUMS, 100 and 59 ones (75%, 83%) responded more than 80% of the questions one the rest were got out of the study due to the lack of cooperation in this regard. Therefore, in this study, 159 people 59 ones (37.1%) of HUMS and 100 ones (62.9%) of Azad university) were participated, respectively.

Table one shows the demographic data of participant students in this study. Of 159 participant students, 108 were female (67.9%) and 51 were male (32.1%).

Table 1. The demographic data of students by university level Azad University

	State University		Azad University	
	No	%	No	%
Age				
18-20	19	32.2	31	31.0
21-23	36	61.0	50	50.0
24-26	3	5.1	11	11.0
+27	1	1.7	8	8.0
Sex				
Male	29	49.2	22	22.0
Female	30	50.8	78	78.0
Job				
Working	2	3.4	6	6.0
Student	54	91.5	78	78.0
Part time job	3	5.1	16	16.0
monthly income				
100	35	59.3	51	51.0
100-500	14	23.7	30	30.0
-1	2	3.4	9	9.0
500	1	1.7	1	1.0
1+	7	11.9	9	9.0
No response				
Monthly income	22	37.3	29	29.0
Parents	21	35.6	48	48.0
500	9	15.3	11	11.0
-1	4	6.8	9	9.0
500	3	5.1	3	3.0
No response				
Living place				
Native	43	72.9	76	76.0
Non-native	16	27.1	23	23.0
Provincial	0	0.0	1	1.0
No response				
Living place	47	79.7	20	20.0
Dormitory	11	18.6	53	53.0
With parents	1	1.7	27	27.0
With friends'				

1- Percent for showing distribution among university students population is given.
2- Per 1000 Toman
3- Private house.

In the Table 2 is shown the prevalence of psychiatric symptoms among the whole students by university type. The paranoid thoughts with 60% prevalence reported the most prevalent disorder in Azad University and depression, paranoid thoughts, anxiety whit 37.3% were the most prevalent diseases among state universities.

Table 2. the prevalence of psychiatric symptoms in the whole students.

Variables	Azad University		State University	
	No	%	No	%
Depression	47	47.0	22	37.3
Aggression	34	34.0	19	32.2
Anxiety	41	41.0	22	37.3
Physical complain	48	48.0	21	35.6
Compulsive- obsession	48	48.0	21	35.6
Interpersonal sensitivity	45	45.0	20	33.9
Phobia	24	24.0	16	27.1
Paranoid	60	60.0	22	37.3
Thought	34	34.0	18	30.5

1-the number of hesitate people based on cut point ≤ 1 of each person in multi dimension of hesitation
2-Percent for showing distribution among university students population. Table 3 and 4 are also shown the prevalence of psychiatric symptoms among boys and girls students. The most prevalent psychiatric symptoms in male of state university was subjected to anxiety (48.3%). The percent study indicated that paranoid thought was the most prevalent mental disorder among following group, 60.3% of female students of Azad university , 36.7% of female student of state university as well as 63.6% of male student of Azad university.

Table 3. The prevalence of psychiatric symptoms among by students by university separation

Variables	Azad University		State University	
	No	%	No	%
Depression	10	45.5	13	44.8
Aggression	8	36.4	12	41.4
Anxiety	9	40.9	14	48.3
Physical complain	8	36.4	12	41.4
Compulsive- obsession	10	45.5	12	41.4
Interpersonal sensitivity	10	45.5	11	37.9
Phobia	6	27.3	9	31.0
Paranoid	14	63.6	11	37.9
thought	11	50.0	10	34.5

1- The number of hesitated people based on cut point ≤ 1 of each person in multi dimension of hesitation
2- Percent for showing distribution among university students population.

Table 5 provides information about the level of student's mental health based on GSI score. As shown in the table, 35.6% of state and 45% of Azad university students are prone to psychiatric disorders. About 11.9% and 19% of state and Azad universities students were susceptible to psychiatric disorders. Independent t-test showed that there is no any significant difference between the general mental health of booth groups (P= .086).

Also, the test illustrated that difference was just exited in the dimension of paranoid thoughts between two groups of students (P=.000).

The t-test also showed the significant difference between female students mental health in booth groups (P=.003).

Coming from the controversial issues of Compulsive-obsession (P=.019), paranoid (P=.003) and depression (P=.044) dimensions But t-test did not show any significant difference between male mental health status in both groups (P=.735) and the difference only was found in paranoid thoughts (P=.024).

Table 4. The prevalence of psychiatric symptoms among girl students by university separation.

Variables	Azad University		State University	
	No	%	No	%
Depression	38	48.7	9	30.0
Aggression	27	34.6	7	23.3
Anxiety	33	42.3	8	26.7
Physical complain	40	51.3	9	30.0
Compulsive- obsession	38	48.7	9	30.0
Interpersonal sensitivity	35	44.9	9	30.0
Phobia	19	24.4	7	23.3
Paranoid	47	60.3	11	36.7
thought	24	30.8	8	26.7

1-The number of hesitate people based on cut point ≤ 1 of each person in multi dimension of hesitation
2-Percent for showing distribution among university students population.

Table 5. The level of public health of Students based on GSI score.

Variables	Azad University		State University	
	No	%	No	%
Depression	38	48.7	9	30.0
Aggression	27	34.6	7	23.3
Anxiety	33	42.3	8	26.7
Physical complain	40	51.3	9	30.0
Compulsive- obsession	38	48.7	9	30.0
Interpersonal sensitivity	35	44.9	9	30.0
Phobia	19	24.4	7	23.3
Paranoid	47	60.3	11	36.7
thought	24	30.8	8	26.7

1-Percent for showing distribution among students population of the same sex.
2-Percent for showing distribution among students population of the same university.
Figure 1 has shown information about the percent of mental disorders prevalence among female students in both universities which their family income is under 500 thousand Toman. Only 22.7% of Azad university female students with 500'000 Toman family income monthly showed healthy mental health status based on GSI and 77.3% of these female were susceptible to mental disorder while in state university, 75% of female students with the same economical situation were recognized as health population based on GSI scores, and only 25% of the female were susceptible to mental disorders. T-test revealed a significant differences between both groups in dimensions of phobia (P=0.005), paranoid thoughts (P=0.001), psychosis (P=0.020), sensitivity in interpersonal relations (P=0.033), compulsive-obsession (P=0.020) and aggression (P=0.019). The mental health status of female students of two universities with higher than 500'000 Toman per mouth family income was compared in three deciless but there was no found any significant difference between mental health status of these groups together.
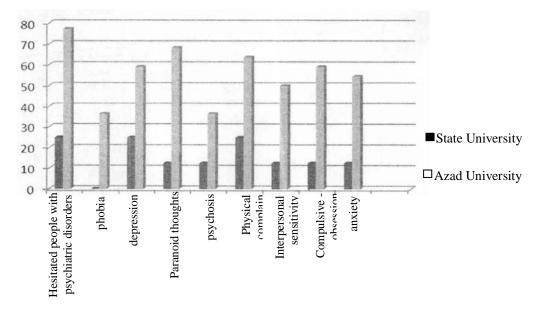

Figure 1. percent of psychiatric symptoms prevalence among girl students of both universities with 500.000 Taman family incomes

In addition, t-test did not show any significant difference between female students mental health of both university with 500'000 Toman per month or lower family income while they were very interested in their educational field (P=0.58).
However, there were significant difference in dimensions of compulsive-obsession, interpersonal sensitivity, paranoid thoughts and phobia among people of both groups.The results of the study did not show any significant difference in the nine inspected dimensions as well as mental health status between of female students of both university dwelled at college -bonded dormitories. Also, those students living with their family had not any significant difference in these fields.

4. Discussion
According to the present study, about 64% of nursing students of Bandar abbas Azad University, 47.5% of HUMS (nursing field) and totally 57.8% of the whole

participants in the study had GSI higher than cut-point 0.7, and as a result, they were considered suspicious to mental disorders show different statistics of mental disorders in various cultures and countries (14). Therefore, the obtained results of the study could not be compared to other studies because the samples with GSI higher than 0.7 were not got under psychological evaluations based on DSM-IV.

Based on the results of the study, there was no any significant difference between mental health statuses of both university students; also, the difference had not been found in male students as well; but it was observed in female students of two universities significantly. In addition to the significant difference in dimension of compulsive-obsession, paranoid thoughts and depression was found in female students of both universities. The relationship between gender and mental health confirmed in various studies so far; for example, Chaghini and et al carried out on evaluation about the other part of Iran (16). The carried out studies among the various university students were also representing the same topic (8, 17, 18). Which the results were adjusted together. In Hosseini's study no any significant difference found between the mean total score of the male and female students mental health test, but in some dimensions of phobia depression and anxiety, a significant difference was found (18). it seems that biological factors and women sensitivity around their environment can be an influential Factors of emotional and mental problems.

The results of the study showed that there was a significant difference between mental health status of female students at both universities with 500'000 Toman and lower family income; In other words, Azad university female students with 500'000 Toman and lower family income had lower mental health status than the second group while there was no significant difference of mental health status found between other student groups; hence, the research hypothesis in the field of effectiveness of economical conditions was confirmed which it was coincident with Ahmadi's et al findings (2007). Ghasemi et al (2008) and hosseini et al (2000) (12, 17, 19). It seems that providing Azad university tuition and expenditures for low income families make extra pressure economical while state students not only do not pay tuition but also they are paid more financial expenses; therefore, it seems that the economical problems could effect on Azad university female students in dimensions of sensitivity in interpersonal relations, compulsive-obsession, aggression, phobia to have the lowest level of public mental health in compare to other group. In the other hand, some studies indicated that interest in educational field can has a direct relationship with mental health indices (12, 19-21), which the difference was existed in terms of public mental health indices, aggression and psychosis happened between both group of female students with 500'000 Toman low family income but in the field of educational interest, no any difference observed; therefore, it can be concluded that very high interesting in educational field by enhancing tolerability can lead to the recovery and healing of mental health status, aggression indices and psychosis of low income people.

 Other factors studied in this study were subjected to the dwelling place of students. Due to the results of the study, there was significant difference between students living place of both universities. The high number of people living along their families at Azad University which this is coincident with optional native policies of Azad University. Some studies representing the fact that the dormitory students have lower mental health than non-dormitory students (19, 22), but some other studies have not confirmed the issue (18, 23). The results of the study showed that there was no any significant difference between any mental indices related to female dormitory students ; therefore, it seems that the conditions of dormitory through stress full factor is not represented to the significance difference between female mental indices of both universities.

In general, the most important findings of the study was related to the difference between female students mental health status of both universities which this phenomenon may come from various factors. Among the students of Azad university, the financial problems of education in one hand, and in the other hand the lack of interesting in their fields caused some indices of female students mental health which it may force to get their educational degree reaching to a social situation made them to get in to it is suggested to all Azad university consultants to determine the mental health of students in a specific planning importantly.

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