

ORIGINAL RESEARCH

56. **Prevalence of Anxiety Among Medical Students in River Nile Universities: A Cross-Sectional Study**Tarteel Abazer Musa,¹ Alwathig Yahia²¹ Elsheikh Abdulla Elbadri University, Sudan² Facultad de Medicina, Universidad de Al Sheikh Abdullah Al-Badri, Berber, Sudán

Background: Despite the social prestige the medical profession gives, it is not without taxation. Because of the rigorous training curriculum and long-term clinical practice medical school is stressful and onerous for mental health. We aim to measure prevalence of anxiety among medical students in the River Nile state and its association with sociodemographic characteristics.

Methods: A descriptive cross-sectional facility-based study involving 335 students from first to fifth academic years at River Nile State medical schools. conducted using the Hospital Anxiety and Depression Scale (HADS) in addition to questions about a demographic. Data analysis was done on STATA program.

Results: In our study we found a high prevalence of anxiety 71.4% (Anxiety 47.8% and borderline anxiety 23.6%). There was no significant association between different colleges and anxiety ($p=0.85$), and no significant association in different academic years ($p=0.23$), Nationality ($p=0.64$), smoking ($p=0.59$) and drug ($p=0.3$). There was a significant association between anxiety and gender ($p=0.001$) female has more anxious than male.

Conclusions: The Level of anxiety among medical students at River Nile state was high (71.4%), there is an urgent need to focus on awareness about mental well-being and provide the necessary support services to reduce anxiety.

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