Stress, anxiety and depression in Portuguese nursing students

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4. Escola Superior Enfermagem Lisboa, 5. Faculdade Motricidade Humana

Background

The demands of nursing degree and the experience of undergraduate nursing students

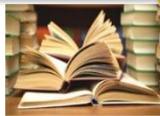lead to the occurrence of stress, anxiety and depression

Cestari, V. R. F., Barbosa, I. V., Florêncio, R. S., Pessoa, V. L. M. D. P., & Moreira, T. M. M. (2017). Stress in nursing students: study on sociodemographic and academic vulnerabilities. Acta Paulista de Enfermagem, 30(2), 190-196.

Claudino, J., & Cordeiro, R. (2016). Níveis de ansiedade e depressão nos alunos do curso de licenciatura em enfermagem. O caso particular dos alunos da Escola Superior de Saúde de Portalegre. Millenium-Journal of Education, Technologies, and Health, 32, 197-210.

Background

The levels of stress, anxiety and depression ➡ are highly prevalent in nursing students

Rathnayake, S., & Ekanayaka, J. (2016). Depression, anxiety and stress among undergraduate nursing students in a Public University in Sri Lanka. International Journal of Caring Sciences, 9(3), 1020-1032..

Objective

To determine the prevalence of stress, anxiety and depression among Portuguese undergraduate nursing students.
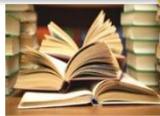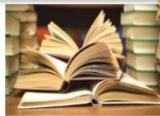
Methods

Study design
- Cross-sectional
- Descriptive

Sample
- Two hundred and thirty three nursing students
- Two private schools and two public schools participated in this study

Measures
- Sociodemographic and health behavior variables
- Depression Anxiety and Stress Scale (DASS-21)-Short Form

Pais-Ribeiro, J. L., Honrado, A., & Leal, I. (2004). Contribuição para o estudo da adaptação portuguesa das escalas de ansiedade, depressão e stress (EADS) de 21 itens de Lovibond e Lovibond. Psicologia, saúde & doenças, 5(2), 229-239.

Methods

Procedures

- **The data collection was fulfilled from January to April 2018**

Statistical analysis

- **The cut-off scores have been developed for defining mild/moderate/severe/extremely severe scores for each DASS scale.**
- **The sociodemographic variables were analyzed by Pearson chi-square analysis for dichotomous data.**
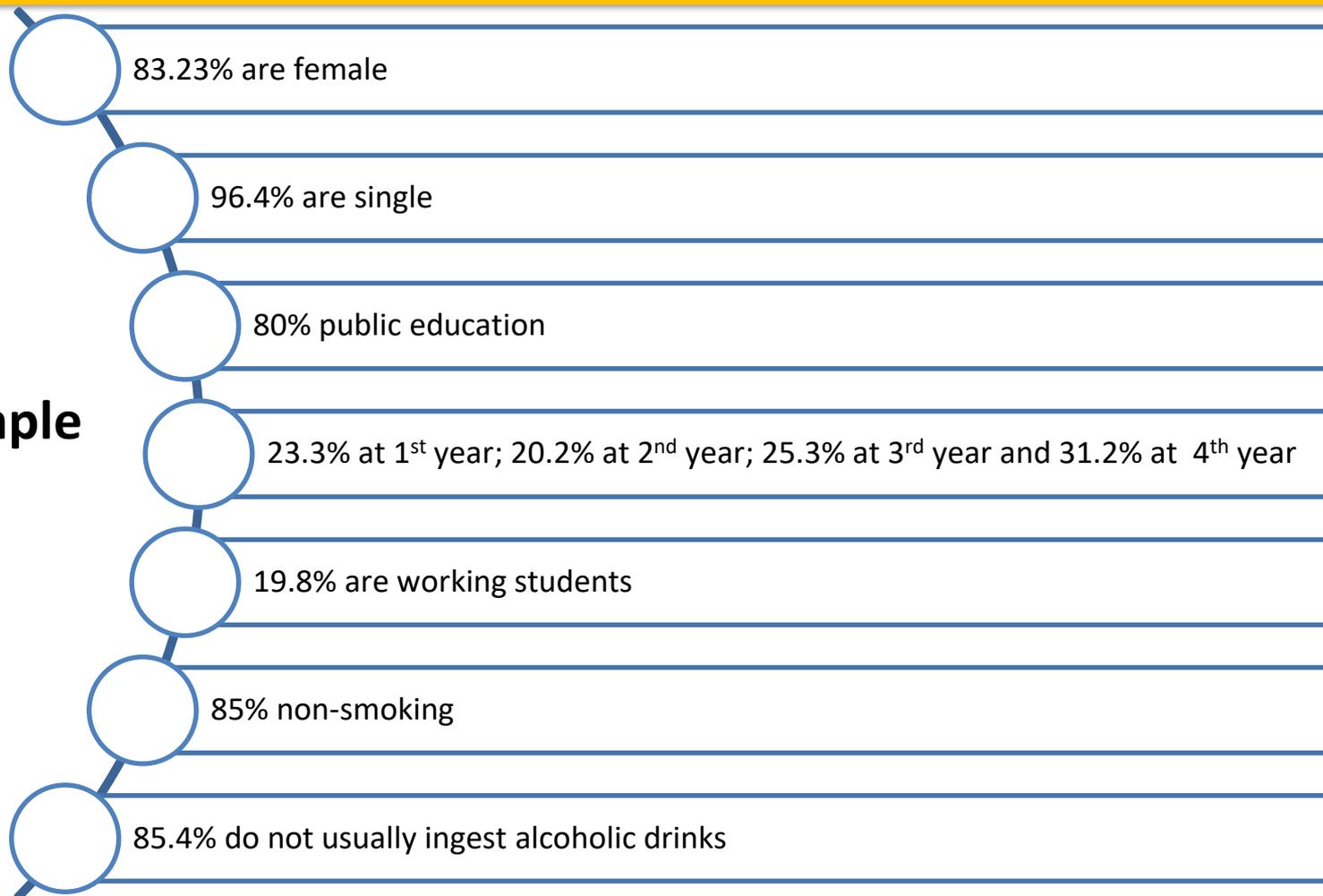
Ethical procedures

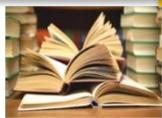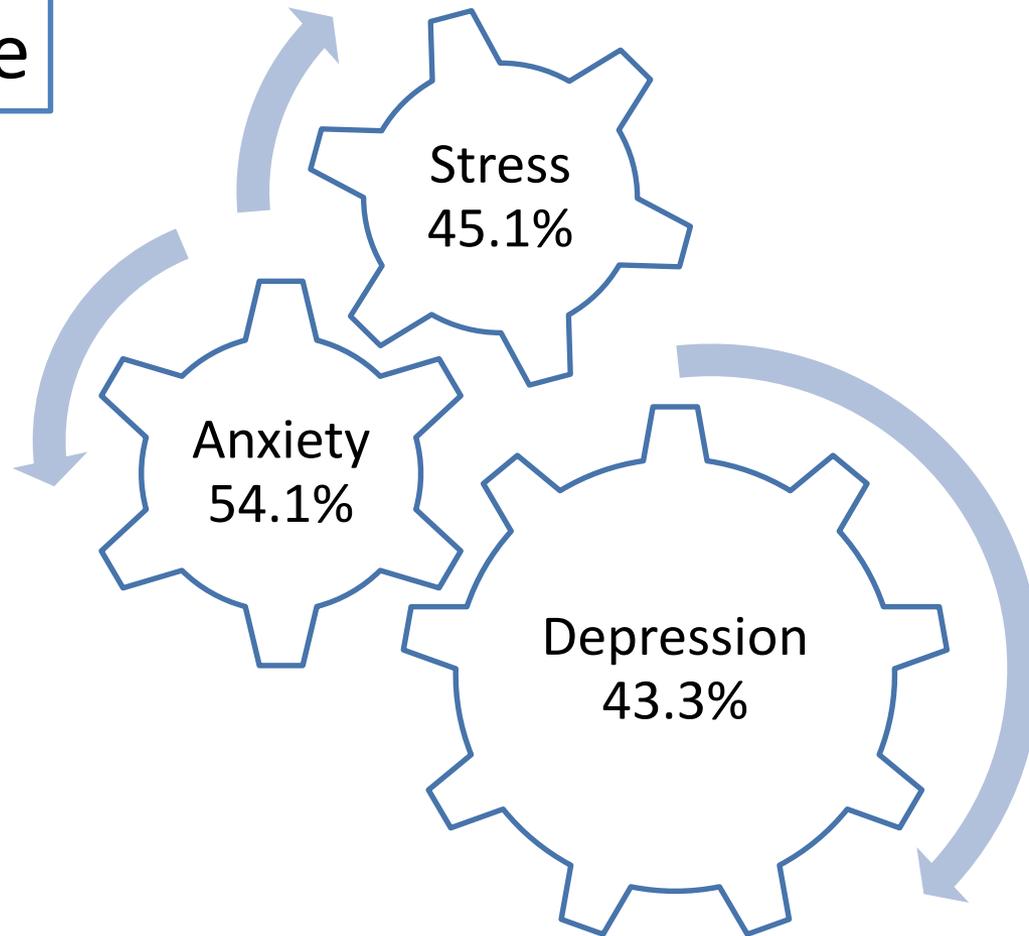- **The study was approved by the Ethics Committee of two nursing's schools.**

Results

Sample

- 83.23% are female
- 96.4% are single
- 80% public education
- 23.3% at 1st year; 20.2% at 2nd year; 25.3% at 3rd year and 31.2% at 4th year
- 19.8% are working students
- 85% non-smoking
- 85.4% do not usually ingest alcoholic drinks

Results

Prevalence

Stress
45.1%

Anxiety
54.1%

Depression
43.3%

Results

Anxiety (α=0.80)

Results

Depression (α=0.92)

Results

Stress
(α=0.87)

Results

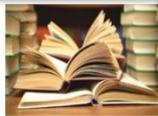| Depression	Anxiety	Stress
Student worker	Type of education	Student workers
	Student worker	Marital status
	Marital status	
	Age	

Pearson Chi-Square's analysis (Association)
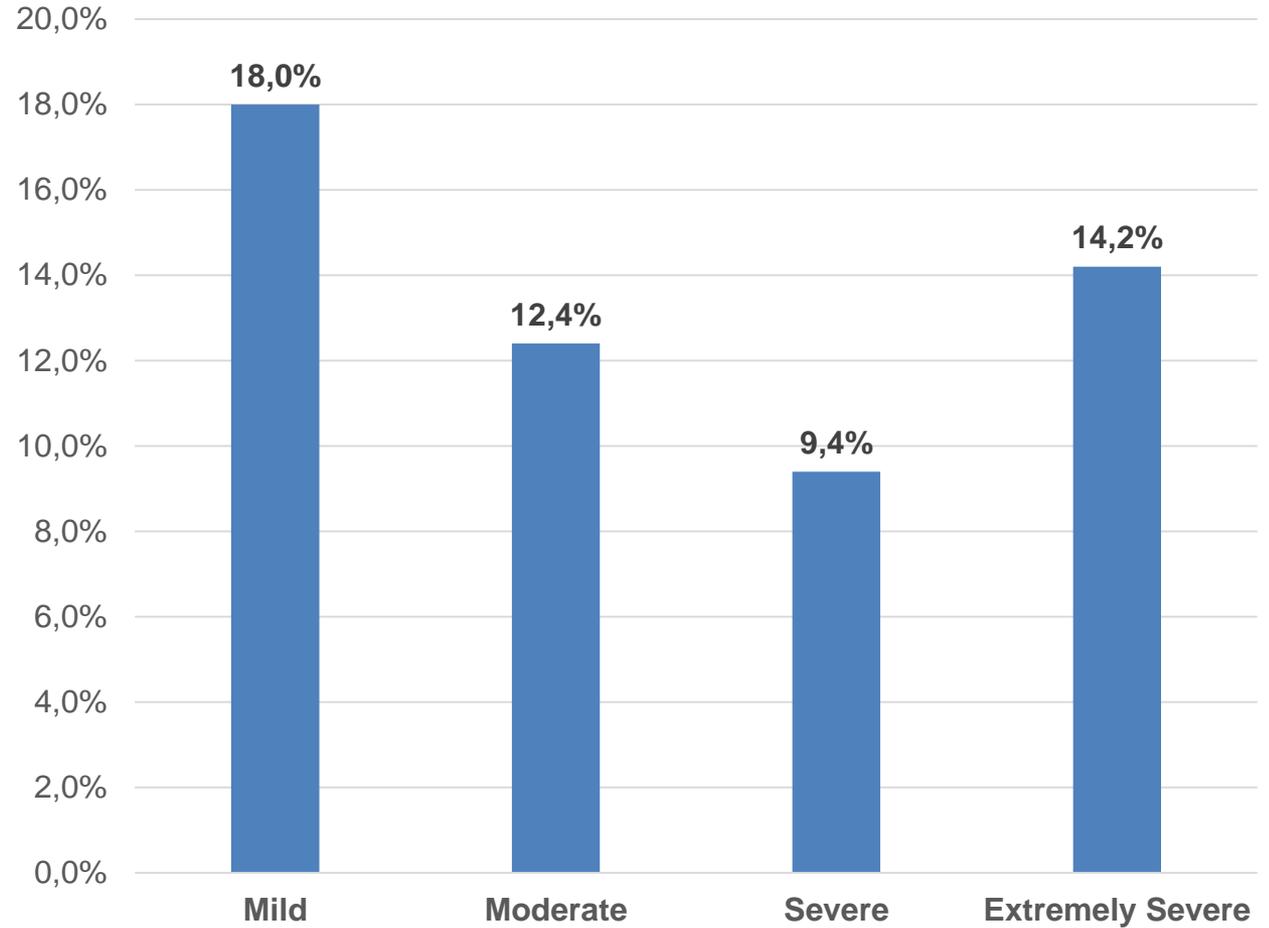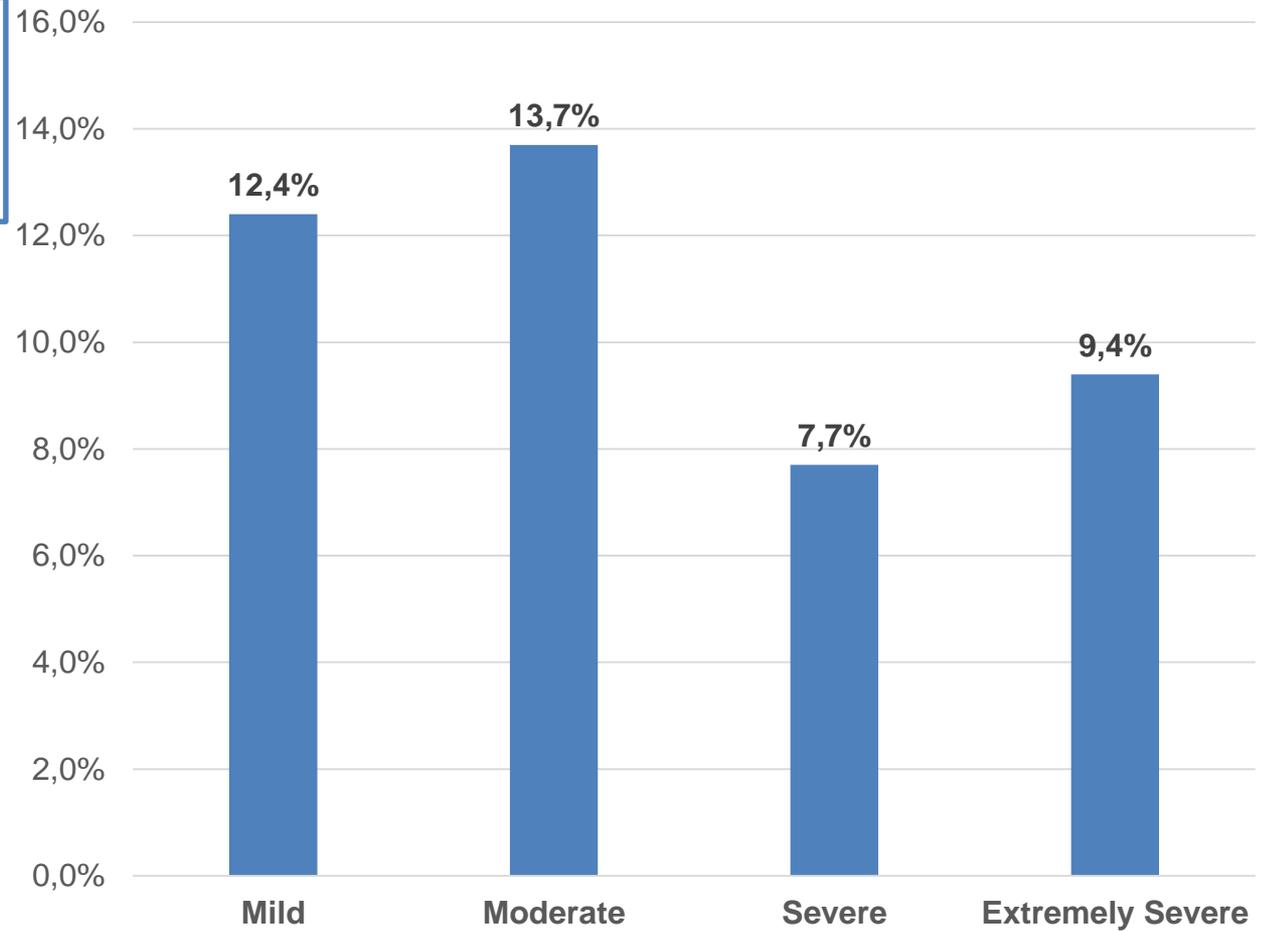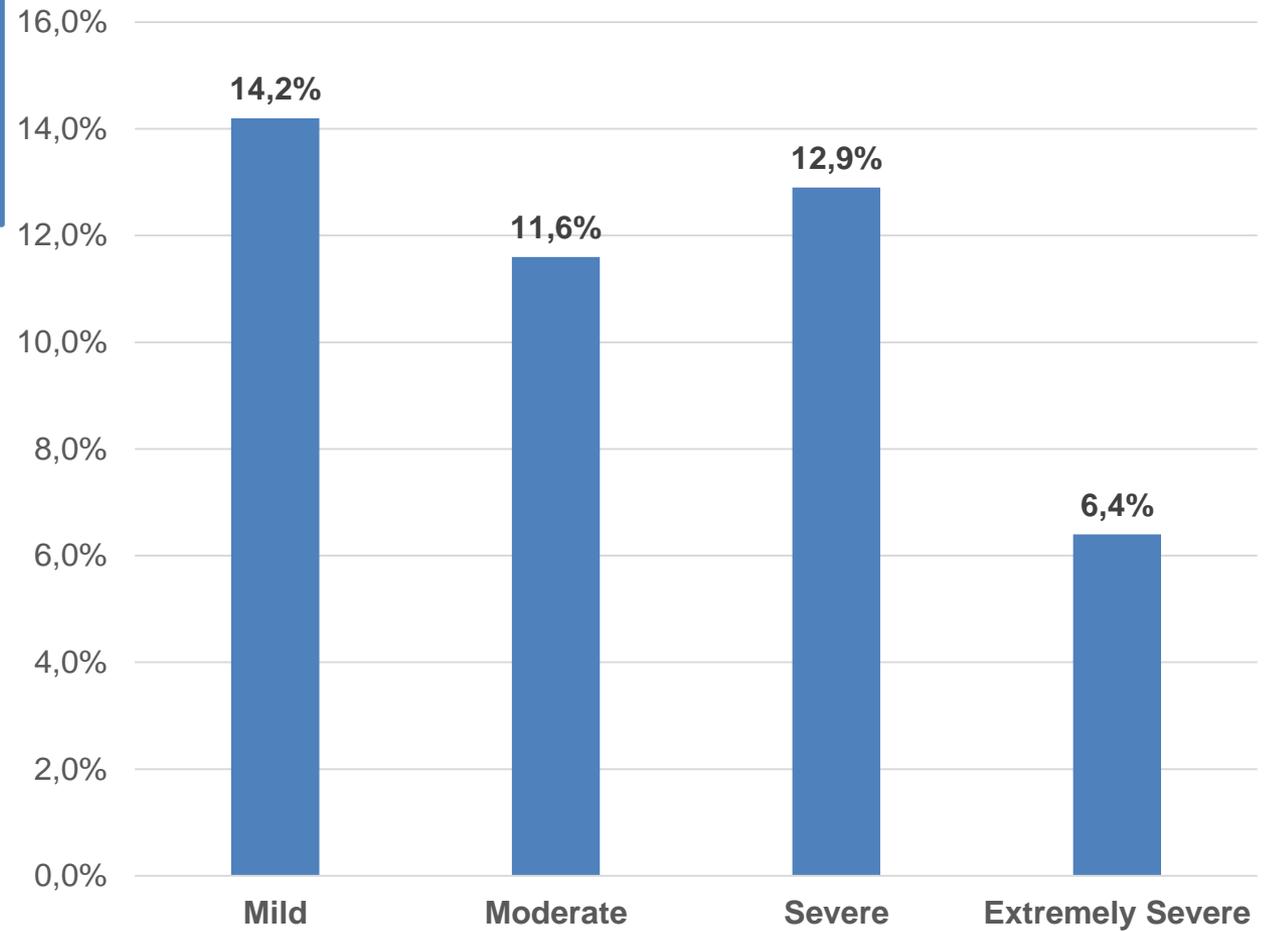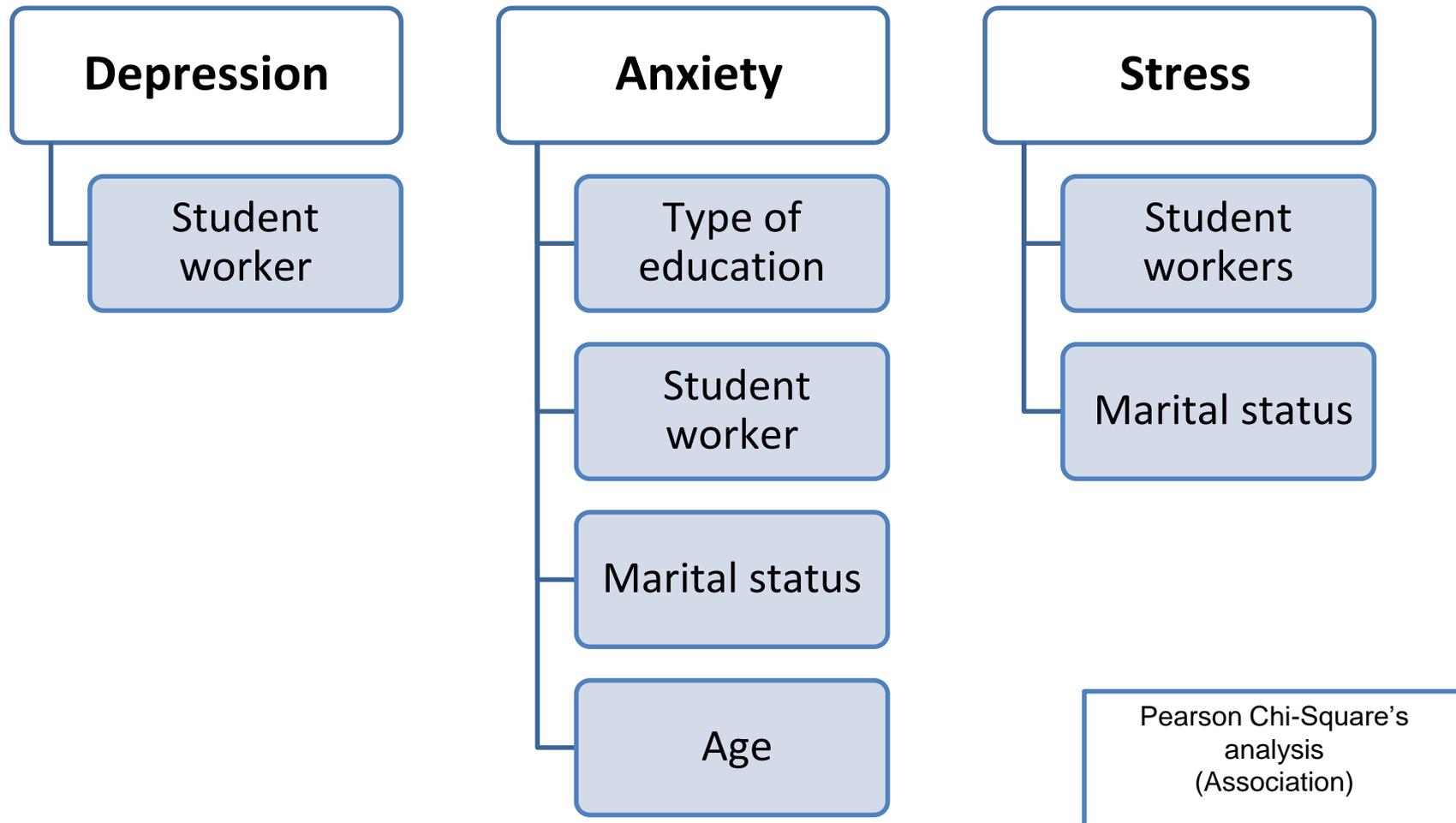
Conclusions

- Depression, anxiety and stress are highly prevalent in Portuguese nursing students.

Conclusions

According to our results,
it is suggested the use of some
interventions that can improve
the mental health of nursing
students.

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October 2018

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