

Assessment of stress, anxiety, and depression among medical students at a medical college in North India: Reg No: 345

Absar Ahmad, Subhash Kumar, Mohd Yasir Zubair, Sameena Ahmad, Uzma Eram, Saira Mehnaz

Vardhman Mahavir Medical College & Safdarjung Hospital
Jawaharlal Nehru Medical College Hospital

CORRESPONDING AUTHOR

Dr Absar Ahmad, Vardhman Mahavir Medical College & Safdarjung Hospital

Email: absarahmad20@gmail.com

CITATION

Ahmad Absar, Kumar Subhash, ZubairMohd Yasir, Ahmad Sameena, Eram Uzma, Mehnaz Saira. Assessment of stress, anxiety, and depression among medical students at a medical college in North India: Reg No: 345.

Journal of the Epidemiology Foundation of India. 2025;3(2Suppl):81.

DOI: <https://doi.org/10.56450/JEFI.2025.v3i2Suppl.081>

ARTICLE CYCLE

Received: 10/11/2025; Accepted: 20/12/2026; Published: 31/12/2025

This work is licensed under a Creative Commons Attribution 4.0 International License.

©The Author(s). 2026 Open Access

ABSTRACT

Introduction – Medical students are more vulnerable to stress, anxiety, and depression than students in other courses. Mental health issues can adversely affect academic performance, professional development, and the delivery of quality patient care. The aim of this study was to estimate the prevalence of stress, anxiety, and depression among medical students at a medical college in North India. **Material and methods** – A cross-sectional study conducted from August to October 2024 at JNMCH, AMU, among undergraduate medical students. The sample size calculated was 258. All medical students willing to participate were included, and students with diagnosed psychiatric illnesses receiving treatment were excluded. PSS SCALE, GAD-7, and PHQ-9 were used. The questionnaires were administered through the Google link on WhatsApp groups. Data analysed and appropriate tests used. **Results** – The mean age of participants was 20.81 ± 1.44 years. Males (64.6%) were more than females (35.4%). The majority live in a hostel (72.6%). Approximately 3/4th of the students (75.80%) had moderate to severe perceived stress. 15.0% had moderate to severe anxiety, and 11.0% had severe depression. **Conclusion** – Early identification and intervention are crucial to support student well-being and academic performance. Regular conduction of mental health screening programs for medical students to identify those at risk early, and provide accessible counseling and psychological support services within the college.

KEYWORDS

Stress, Anxiety, Depression, Medical students, North India.