

A comparative study depression, anxiety, stress among Baghlan and Kabul student

Mohammad Haidar Ghulami,

department of psychology, Baghlan university

Abstract

To study Depression, Anxiety, Stress among Kabul and Baghlan students of a comparative study.

The participants of the study are 160 students who studied in Kabul and Baghlan universities. The students fall into various departments and faculties in both universities, ranging from 19- 25years old or Bachelor period.

The purpose of the study to assess the negative emotional states of depression, anxiety, stress among students.

The result indicated that the difference in between tow groups was extremely significant but There was positive correlation or no correlation between those groups and there is very significant of depression and extremely significant in anxiety and stress of overall of DASS.

There is correlation and no correlation between Kabul and Baghlan students of DASS-21.

Key word: DASS 21^[2], depression, anxiety, stress, education, mental disorder.

Introduction

Psychological distress such as stress, anxiety and depression are frequent among students which can affect their academic performance, physical health and psychosocial wellbeing^[1], According to Sarason & Sarason (2002)^[5] depression may involve feelings of being sad, weak, disappointed, frustrated, despairing, helpless, and hopeless, and anxiety is a psychological disorder that is associated with significant suffering and impairment in functioning^[12] (Wilson, Nathan, O'leary, & Clark, 1996)^[7] it is a blend of thoughts and feelings characterised by a sense of uncontrollability and unpredictability over potentially adverse life events. According to Dusselier et al., (2005)^[10] Stress is a mechanism of any internal or external demand made upon the body, and Yusoff *et al.*,^[8] in other research from medial Students found, students themselves perceive curricular factors, such as examinations, high volume of work and time constraints, as the major factors contributing to high levels of stress in medical school and in the other research reported the National Health and Morbidity Survey III reported^[6] that young Malaysians aged between 16 to 24 years had the highest prevalence of acute and chronic suicidal ideation.

Statement of the problem

The problem of students which exist in Afghanistan universities include of economic, civil war or insecurity, puberty^[14], and living away from the families^[4], a heavy syllabus, and inefficiency in higher education programs^[11]. Therefore the objective of this study was to analysis to comparison depression, anxiety, and stress between students of Kabul and Baghlan universities.

Hypothesis

- There will be minimal depression, moderate anxiety and stress among kabbul and Baghlan students.
- There will be significant difference between depression, anxiety and stress among male and female Kabul and Baghlan students.

Objectives

To assess the negative emotional states of depression, anxiety and stress.

To measure the comparison depression, anxiety stress among Kabul and Baghlan students by using three self-report scales.

METHODOLOGY

This cross sectional study was carried out in descriptive study design depends on collective information and then comparative study among Kabul and Baghlan universities, and the participants have 19- 25 years, and the study the bachelor period in various departments and faculties in both universities, in this research used DASS21 questionnaire by administered to each student and after filed up by them the data apply for analysis and finding the subjects or consolation, the DASS 21^[9] questionnaire categorizes each condition into five subcategories, namely, normal, mild, moderate, severe, and extremely severe.

Sample

The participants of the study are 160 students who studied in Kabul and Baghlan Universities. In terms of objectivity, the sample consists of 80 kabul students and 80 Baghlan students with 40 Kabul male, 40 Kabul female, 40 Baghlan male and 40 Baghlan female who study in Kabul and Baghlan Universities. The students fall into various departments in both universities.

Description of the tools

The test used is DASS-21, the DASS-21 is a set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress.

There are 21 items of Depression, anxiety and stress each of the three DASS scales contains 7 items. The depression scale assesses dysohoria, hopelessness, devaluation of life, self-deprecation, and lack of interest/involvement, anhedonia, and enertia. The anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The stress scale is sensitive to levels of chronic non-specific arousal it assesses difficulty relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive and impatient^[3].

RESULTS AND DISCUSSION

Table 1: Showing the specific levels of Depression, Anxiety and Stress based on DASS of Male and Female Baghlan and Male and Female Kabul Universities students.

Table1: showing overall DASS score & percentages

| Overall DASS Score | | | | | |
|--------------------|-------------|-------------|------------|-------------|------------------|
| | Normal | Mild | Moderate | Severe | Extremely severe |
| Depression | 52 (65%) | 24 (30%) | 59(73.75%) | 15 (18.75%) | 10 (12.5%) |
| Anxiety | 16 (0.002%) | 7 (8.75%) | 51(63.75%) | 35 (43.75%) | 51 (63.75%) |
| Stress | 73 (91.25%) | 29 (36.25%) | 34 (42.5%) | 21 (26.25%) | 3 (3.75%) |

Total sample for DAS

The number of students with normal depression: 52 (65%), the number of students with mild depression: 24(30%), the number of students with moderate depression were: 59 (73.75%), the number of students with severe: 15 (18.75%), The number of students with extremely severe depression: 10 (12.5%),the number of students with normal anxiety: 16 (0.002%), The number of students with mild anxiety: 7 (8.75%), The number of students with moderate anxiety: 51 (63.75%), the number of students with severe anxiety: 35 (43.75%), the number of students with extremely anxiety: 51 (63.75%), the number of students with normal stress: 73 (91.25%), the number of students with mild stress: 29 (36.25%), the number of students with moderate stress: 34 (42.5%), the number of students with severe stress: 21 (26.25%), the number of students with extremely severe stress: 3 (3.75%)

Table2: showing Kabul DASS score & percentages

| | Kabul student | Normal | mild | Modreate | sever | extremely severe |
|------------|---------------|-----------|-----------|------------|----------|------------------|
| Depression | Male(n=40) | 22(55%) | 8 (20%) | 5 (12.5%) | 3(7.5%) | 2 (5%) |
| | Female(n=40) | 12(30%) | 8 (20%) | 15(0.003%) | 3(7.5%) | 2 (5%) |
| Anxiety | Male(n=40) | 9(22.5%) | 3(7.5%) | 11 (27.5%) | 10(25%) | 7 (17.5%) |
| | Female(n=40) | 7(17.5%) | 2 (5%) | 13 (32.5%) | 9(22.5%) | 12 (30%) |
| stress | Male(n=40) | 21(52.5%) | 5(12.5%) | 10 (30%) | 3 (7.5%) | 1 (2.5%) |
| | Female(n=40) | 20 (50%) | 11(27.5%) | 3 (7.5%) | 4 (10%) | 2 (5%) |

On the looking at the above table showing Kabul DASS score and percentages

Depression: Kabul male students with normal depression 22 (55%), 8 (20%) as mild depression, 5(12.5%) as moderate depression, 3 (7.5%) as severe and 2 (5%) as extremely severe, whereas female Kabul students have 12 (30%) as normal, 8 (20%) as mild, 15 (0.003%) as moderate, 3 (7.5%) as severe and 2 (5%) as extremely severe.

Anxiety: Kabul male students with normal anxiety 9 ((22.5%), 3 (7.5%) as mild anxiety, 11 (27.5%)

As moderate anxiety, 10 (25%) as severe and 7 (17.5%) as extremely severe, whereas Kabul female students have 7 (17.5%) as normal, 2 (5%), as mild, 13 (32.5%) as moderate, 9 (22.5%) as severe and 12 (30%) as extremely severe.

Stress: Kabul male students with normal stress have 21 (52.5%), 5 (12.5%) as mild, 10 (30%) as moderate, 3 (7.5%) as severe and 1 (2.5%) as extremely severe, whereas Kabul female have 20 (50%) as normal stress, 11 (27.5%) as mild, 3 (7.5%) as moderate, 4 (10%) as severe and 2 (5%) as extremely severe.

Table3: showing Baghlan DAS score & percentages

| | Baghlan student | Normal | mild | Modreate | sever | extremely severe |
|------------|-----------------|------------|-----------|------------|-----------|------------------|
| Depression | Male(n=40) | 7 (17.5%) | 3 (7.5%) | 20 (50%) | 6 (15%) | 4 (10%) |
| | Female(n=40) | 11 (27.5%) | 5 (12.5%) | 19 (47.5%) | 3 (7.5%) | 2 (5%) |
| Anxiety | Male(n=40) | 2 (5%) | 1 (2.5%) | 14 (35%) | 10 (25%) | 13 (32.5%) |
| | Female(n=40) | 1 (2.5%) | 1(2.5%) | 13 (32.5%) | 6 (15%) | 19 (47.5%) |
| stress | Male(n=40) | 14 (35%) | 7 (17.5%) | 12 (30%) | 7 (17.5%) | 0 (0%) |
| | Female(n=40) | 18 (45%) | 6 (15%) | 9 (22.5%) | 7 (17.5%) | 0 (0%) |

On the looking at the above table showing Baghlan DASS score and percentages

Depression: Baghlan male students with normal depression 7(17.5%), 3(7.5%) as mild depression, 20(50%) as moderate depression, 6 (15%) as severe and 4 (10%) as extremely severe, whereas Baghlan female students have 11 (27.5%) as normal, 5 (12.5%) as mild, 19 (47.5%) as moderate, 3 (7.5%) as severe and 2 (5%) as extremely severe.

Anxiety: Baghlan male students with normal anxiety 2(5%), 1 (2.5%), as mild, 14 (35%) as moderate, 10 (25%) as severe and 13 (32.5%) as extremely severe, whereas Baghlan female students with normal anxiety have 1 (2.5%), 1 (2.5%) as mild, 13 (32.5%) as moderate, 6 (15%) as severe and 19 (47.5%) as extremely severe.

Stress: Baghlan male students with normal stress have 14 (35%), 7 (17.5%) as mild, 12 (30%) as moderate, 7 (17.5%) as severe and 0 (0%) as extremely severe, whereas Baghlan female students have 18 (45%) as normal, 6 (15%) as mild, 9 (22.5%) as moderate, 7 (17.5%) as severe and 0 (0%) as extremely severe.

Table 4: showing comparative of Kabul male and Baghlan male DASS score & percentages

| | Kabul and Baghlan student | Normal | mild | Modreate | sever | extremely severe |
|------------|---------------------------|----------|----------|-----------|----------|------------------|
| Depression | Kabul Male (n=40) | 22(55%) | 8 (20%) | 5 (12.5%) | 3 (7.5%) | 2 (5%) |
| | Baghlan male(n=40) | 7(17.5%) | 3 (7.5%) | 20 (50%) | 6 (15%) | 4 (10%) |
| Anxiety | Kabul Male (n=40) | 9(22.5%) | 3 (7.5%) | 11(27.5%) | 10 (25%) | 7 (17.5%) |

| | | | | | | |
|---------------|----------------------------|-----------|----------|----------|-----------|------------|
| | Baghlan male (n=40) | 2 (5%) | 1 (2.5%) | 14 (35%) | 10 (25%) | 13 (32.5%) |
| stress | Kabul Male (n=40) | 21(52.5%) | 5(12.5%) | 10 (30%) | 3 (7.5%) | 1 (2.5%) |
| | Baghlan male (n=40) | 14 (35%) | 7(17.5%) | 12 (30%) | 7 (17.5%) | 0 (0%) |

On the looking at the above table showing Kabul male and Baghlan male DASS score and percentages-
Depression- Kabul male have normal depression 22 (55%), 8 (20%) as mild, 5 (12.5%) as moderate, 3 (7.5%) as severe, and 2 (5%) extremely severe, whereas Baghlan male have 7 (17.5%) as normal, 3 (7.5%) as mild, 20 (50%) as moderate, 6 (15%) as severe and 4 (10%) as extremely severe.

Anxiety- Kabul male have normal anxiety 9 (22.5%), 3 (7.5%) as mild, 11 (27.5%) as moderate, 10 (25%) as severe and 7 (17.5%), whereas Baghlan male students have 2 (5%) as normal, 1 (2.5%) as mild, 14 (35%) as moderate, 10 (25%) as severe and 13 (32.5%) as extremely severe.

Stress- Kabul male have 21 (52.5%) as normal, 5 (12.5%) as mild, 10 (30%) as moderate, 3 (7.5%) as severe and 1 (2.5%) extremely severe, whereas Baghlan female have 14 (35%) as normal, 7 (17.5%) as mild, 12 (30%), 7 (17.5%) as severe and 0 (0%) as extremely severe.

Table5: showing comparative of Kabul female and Baghlan female DAS score & percentages

| | Kabul and Baghlan student | Normal | Mild | Moderate | sever | extremely severe |
|-------------------|----------------------------------|---------------|-------------|-----------------|--------------|-------------------------|
| Depression | Kabul femal (n=40) | 12 (30%) | 8 (20%) | 15(0.003%) | 3 (7.5%) | 2 (5%) |
| | Baghlan female (n=40) | 11 (27.5%) | 11 (27.5%) | 19 (47.5%) | 3 (7.5%) | 2 (5%) |
| Anxiety | Kabul female (n=40) | 7 (17.5%) | 2 (5%) | 13 (32.5%) | 9(22.5%) | 12 (30%) |
| | Baghlan female (n=40) | 1 (2.5%) | 1 (2.5%) | 13 (32.5%) | 13 (32.5%) | 19 (47.5%) |
| stress | Kabul female (n=40) | 20 (50%) | 11(27.5%) | 3 (7.5%) | 4 (10%) | 2 (5%) |
| | Baghlan female (n=40) | 18 (45%) | 6 (15%) | 9 (22.55) | 7(17.5%) | 0 (0%) |

On the looking at the above table showing Kabul female and Baghlan female DASS score and percentages-
Depression- Kabul females have 12 (30%) as normal depression, 8 (20%) as mild, 15 (0.003%) as moderate, 3 (7.5%) as severe and 2 (5%) as extremely severe, whereas Baghlan females have 11 (27.5%) as normal, 5 (12.5%) as mild, 19 (47.5%) as moderate, 3 (7.5%) as severe, and 2 (5%) as extremely severe.

Anxiety- Kabul females have 7 (17.5%) as normal, 2 (5%) as mild, 13 (32.5%) as moderate, 9 (22.5%) as severe, and 12 (30%) as extremely severe, whereas Baghlan female students have 1 (2.5%) as normal and mild, 13 (32.5%) as moderate, 6 (15%) as severe and 19 (47.5%) as extremely severe.

Stress- Kabul female students have 20 (50%) as normal, 11 (27.5%) as mild, 3 (7.5%) as moderate, 4 (10%) as severe and 2 (5%) as extremely severe, whereas Baghlan female students have 18 (45%) as normal, 6 (15%) as mild, 9 (22.55) as moderate, 7 (17.5%) as severe and 0 (0%) as extremely severe.

Table 6: showing mean, standard deviation and t-ratio values for the overall sample on DASS.

| | Student type | N | Mean | SD | t-ratio |
|-------------------|---------------------|----------|-------------|-----------|----------------|
| Depression | Kabul | 80 | 11.3 | 8.124 | 3.341 |
| | Baghlan | 80 | 15.3 | 6.972 | |
| Anxiety | Kabul | 80 | 13.88 | 6.817 | 3.4371 |
| | Baghlan | 80 | 17.42 | 6.196 | |
| Stress | Kabul | 80 | 15.25 | 8.04 | 1.6722 |
| | Baghlan | 80 | 17.3 | 7.456 | |

On looking at the above table for overall DASS it can be seen that

1. **Depression-** Kabul students have a mean of 11.30 and 8.124 as SD whereas Baghlan students have 15.30 as mean and 6.972 as SD with 3.341 as t-ratio, the p value was found to be 0.00010 by conventional criteria the difference between both the groups with DASS is found to be very significant difference.
2. **Anxiety-** Kabul students have a mean of 13.88 and 6.817 as SD whereas Baghlan students have 17.42 as a mean and 6.196 as SD with 3.4371 as t-ratio, the p value was found to be 0.0008 by conventional criteria the difference between both the groups with Anxiety is found to be extremely significant.
3. **Stress-** Kabul students have a mean of 15.25 and 8.040 as SD whereas Kabul students have 17.30 as mean and 7.456 as SD with 1.6722 as t-ratio, and the p value being 0.0008, by conventional criteria the difference between both the groups with stress is found to be extremely statistical significant.

Table 7: showing mean, standard deviation and t-ratio values of Kabul students on DASS

| | Student type | N | Mean | SD | t-ratio |
|-----------|--------------|----|-------|-------|---------------|
| Dpression | Male | 40 | 9.65 | 9.65 | 0.6212 |
| | Female | 40 | 12.95 | 12.95 | |
| Anxiety | Male | 40 | 12.45 | 12.45 | 1.9143 |
| | Female | 40 | 15.32 | 15.32 | |
| stress | Male | 40 | 15.1 | 15.1 | 0.1659 |
| | Female | 40 | 15.4 | 15.4 | |

On looking at the above table for DASS according Kabul male and female students it can be seen that-

1. **Depression-** Kabul male students have a mean of 9.65 and 8.163 as SD whereas Kabul female students have 12.95 as mean and 7.841 as SD with 0.6212 as t-ratio, the p value equals 0.00690 to be not quite statistically significant.
2. **Anxiety-** Kabul male students have 12.45 as mean and 6.816 as SD whereas Kabul female have 15.32 as mean and 6.592 as SD with 1.9143 as t-ratio, and p value being 0.0593 by conventional criteria the difference between both the Kabul male and female groups with anxiety is found to be not quite statistically significant.
3. **Stress-** Kabul male students have 15.10 as mean 8.176 as SD whereas female students have 15.40 as mean and 8.002 as SD with 0.1659 as t-ratio, and p value being 0.8687 by conventional criteria the difference between both the Kabul male and female groups with anxiety is found to be not statistically significant.

Table 8 showing mean, standard deviation and t-ratio values of Baghlan students on DASS

| | Student type | N | Mean | SD | t-ratio |
|------------|--------------|----|-------|-------|---------------|
| Depression | Male | 40 | 16.6 | 7.192 | 1.6871 |
| | Female | 40 | 14 | 6.578 | |
| Anxiety | Male | 40 | 16.8 | 6.321 | 0.9011 |
| | Female | 40 | 18.05 | 6.084 | |
| Stress | Male | 40 | 17.9 | 8.176 | 0.7176 |
| | Female | 40 | 16.7 | 6.71 | |

On looking at the above table for DASS according Baghlan male and female students it can be seen that-

1. **Depression-** Baghlan male students have 16.60 as mean and 7.192 as SD whereas female students have 14.00 as mean and 6.578 as SD with 1.6871 as t-ratio, and p value being 0.0956 0593 by conventional criteria the difference between both Baghlan male and female groups with depression is found to be not quite statistically significant.
2. **Anxiety-** Baghlan male students have 16.80 as mean and 6.321 as SD whereas Baghlan female have 18.05 as mean and 6.084 as SD with 0.9011 as t-ratio, and p value being 0.3703 by conventional criteria, this difference is considered to be not statistically significant.
3. **Stress-** Baghlan male have 17.90 as mean and 8.176 as SD whereas Baghlan females have 16.70 as mean and 6.710 as SD with 0.7176 as t-ratio, and p value being 0.4752 by conventional criteria the difference between both Baghlan male and female groups with stress is found to be not statistically significant.

Table 9 showing mean, standard deviation and t-ratio values of Kabul male and Baghlan male students on DASS.

| | Student type | N | Mean | SD | t-ratio |
|------------------|--------------|----|-------|-------|---------------|
| depressin | Kabul male | 40 | 9.65 | 8.163 | 4.0403 |
| | Baghlan male | 40 | 16.6 | 7.192 | |
| Anxiety | Kabul male | 40 | 12.45 | 6.816 | 2.9596 |
| | Baghlan male | 40 | 16.8 | 6.321 | |
| Stress | Kabul male | 40 | 15.1 | 8.176 | 0.8752 |
| | Baghlan male | 40 | 16.7 | 8.176 | |

On looking at the above table for DASS according Kabul male and Baghlan male students it can be seen that-

1. **Depression-** Kabul male students have 9.65 as mean and 8.163 as SD whereas Baghlan male students have 16.60 as mean and 7.192 as SD with 4.0403 as t-ratio, and p value being 0.0001 by conventional criteria the difference between both Kabul male and Baghlan male groups with depression is found to be not statistically significant.
2. **Anxiety- Kabul** male students have 12.45 as mean and 6.816 as SD whereas Baghlan male students have 16.80 as mean and 6.321 as SD with 2.9596 as t-ratio, and p value being 0.0041 by conventional criteria the difference between both Kabul male and Baghlan male groups with anxiety is found to be very statistically significant.
3. **Stress-** Kabul male students have 15.10 as mean and 8.176 as SD where Baghlan male have 16.70 as mean and 8.176 as SD with 0.8752 as t-ratio, and p value being 0.3842 by conventional criteria the difference between both Kabul male and Baghlan male groups with stress is found to be not statistically significant.

Table 10: showing mean, standard deviation and t-ratio values of Kabul female and Baghlan female students on DASS

| | Student type | N | Mean | SD | t-ratio |
|------------|----------------|----|-------|-------|---------------|
| Depression | Kabul female | 40 | 12.95 | 7.841 | 0.6488 |
| | Baghlan female | 40 | 14.00 | 6.578 | |
| Anxiety | Kabul female | 40 | 15.32 | 6.592 | 1.9248 |
| | Baghlan female | 40 | 18.05 | 6.084 | |
| Stress | Kabul female | 40 | 15.40 | 8.002 | 1.8969 |
| | Baghlan female | 40 | 16.70 | 6.710 | |

On looking at the above table for DASS according Kabul female and Baghlan female students it can be seen that-

1. **Depression- Kabul** female students have 12.95 as mean and 7.841 as SD whereas Baghlan female have 14.00 as mean and 6.578 as SD with 0.6488 as t-ratio, and p value being 0.5183 by conventional criteria the difference between both Kabul female and Baghlan female groups with depression is found to be not statistically significant.
2. **Anxiety-** Kabul female have 15.32 as mean and 6.592 as SD whereas Baghlan females have 18.05 as mean and 6.084 as SD with 1.9248 t-ratio, and p value being 0.0579 by conventional criteria the difference between both Kabul female and Baghlan female groups with anxiety is found to be not quite statistically significant.
3. **Stress-** Kabul female students have 15.40 as mean and 8.002 as SD whereas Baghlan female have 16.70 as mean and 6.710 as SD with 1.8969 as t-ratio, and p value being 0.4335 by conventional criteria the difference between both Kabul female and Baghlan female groups with stress is found to be not statistically significant.

Conclusion

To measure the comparison depression, anxiety stress among Kabul and Baghlan students by using three self-report scales, based on the above objectives, the formulated hypotheses were as follows:

- There will be minimal depression, moderate anxiety and stress between among Kabul and Baghlan students.
- There will be significant difference between the ways of coping among Kabul and Baghlan students.
- There will be significant difference between depression, anxiety and stress among male and female Kabul and Baghlan students.

The study consists of 160, 80 from Kabul and 80 from Baghlan

The hypothesis that will be minimal depression is not accepted as the results show a very statistical significant among two groups with DASS-21.

Recommendation

Since DASS among students is extremely of anxiety and stress significant and very significant of depression.

Skills such as language, soft skills, self-development skills, stress management skills and strategies must be developed. Professional Psychologists Counselling can be of major help during such crucial periods of crisis.

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