

*Prevalence of Depression among 6<sup>th</sup> and 5<sup>th</sup> year medical students at Khartoum University from August to October 2008.*

**Abstract**

**Objective:** This study was carried out aiming to determine the prevalence of depressive symptoms among 6<sup>th</sup> and 5<sup>th</sup> year medical students at Khartoum University and to observe an association between the levels of stress and study variables including Gender, Grade, Current living, Economic status, Social activities, Study place, The decision of medicine study, Attendance of lectures, and relation with their mates in clinical rounds.

**Method:** Descriptive cross sectional study design using The Beck Depression Inventory (BDI) for evaluation, questionnaire was used.

**Results:** The prevalence of depressive symptoms among 5<sup>th</sup> and 6<sup>th</sup> year medical students was high.

Depression is more common among females, students with low economic status, low social activities, and in students who chose the study of medicine according to their own decision but now they blame their selves.

Depression is more common in students who study in the library than those who study at home or at lecture theatres.

Majority of students who fully attend lectures and clinical rounds are found to be mildly depressed while those who few attend are found to be severely depressed.

Selection of colleges in clinical round groups is proofed to be very important as those who rotate with their favorite friends are found to be normal while majority of those rotating with colleges who hate are found to be severely depressed. 6<sup>th</sup> year medical students found to be more worried about the future and have got many sleeping problems.

**Conclusion:** The rate of mental health problems was quite high among the students. Preventive mental health programs should be developed and implemented.

