

Spirituality and Mental Health of Medical Students

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Background:

- Medical school is considered a very stressful and difficult time in someone's life
- Many medical students are not equipped with the appropriate coping
- This study was designed to assess if higher reported levels of spirituality showed an inverse relationship with perceived anxiety in medical school

Methods:

- Anonymous survey including demographic questions & the two scales
 - DUREL (Duke University Religion Index): measures levels of spirituality
 - GHQ 12: empirically validated assessment for status of mental health symptoms
- Survey distributed through QR code at RowanSOM campus
- Responses statistically evaluated to assess for correlation between spirituality & a lower level of psychological stress among medical students at RowanSOM
 - Those students under age 18 were excluded

Results:

- 62 total responses were received; 54 responses kept for analysis
- The DUREL and GHQ 12 total scores not significantly correlated with each other
 - Spearman rank-order correlation = -0.26, $p = .06$
- Negative correlation supports proposed hypothesis
 - Trend of students with higher levels of spirituality also describe lower levels of anxiety

Conclusion:

- While data did not support hypothesis, it demonstrated an inverse relationship between self-reported spirituality and psychological stress in medical students at RowanSOM
- Outcome is important because need to consider spirituality as another determinant of physical and mental health, particularly in the osteopathic field
- Our goal is to consider all aspects of health, especially as family medicine physicians
 - This study serves as a reminder that the body is truly a unit

Acknowledgment: We acknowledge Rowan Family Medicine for their support. The study was approved by the institution's Institutional Review Board

TABLE 1: Correlations of DUREL and GHQ12

		Durel Total Score	GHQ12 Total Score	What is your age:	
Spearman's rho	Durel Total Score	Correlation Coefficient	1.000	-.256	-.166
		Sig. (2-tailed)	.	.062	.216
		N	57	54	57
	GHQ12 Total Score	Correlation Coefficient	-.256	1.000	.112
		Sig. (2-tailed)	.062	.	.420
		N	54	54	54
	What is your age:	Correlation Coefficient	-.166	.112	1.000
		Sig. (2-tailed)	.216	.420	.
		N	57	54	61
	What is your current year in medical school? - Selected Choice	Correlation Coefficient	-.100	.262	.413**
		Sig. (2-tailed)	.460	.055	.001
		N	57	54	60
	How do you identify your gender?	Correlation Coefficient	.151	.082	.094
		Sig. (2-tailed)	.263	.555	.471
		N	57	54	61

FIGURE 1:

Durel Total Score

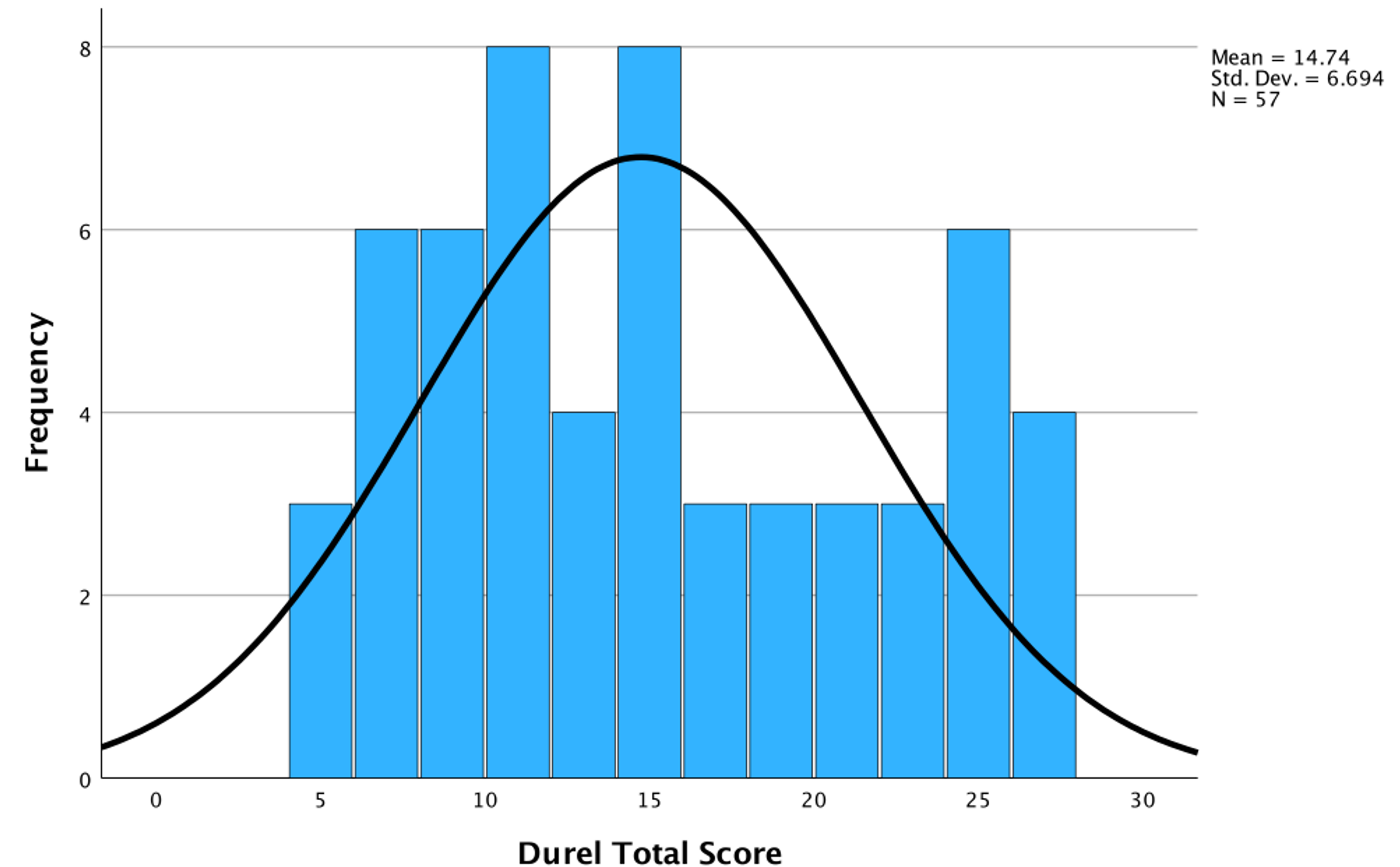
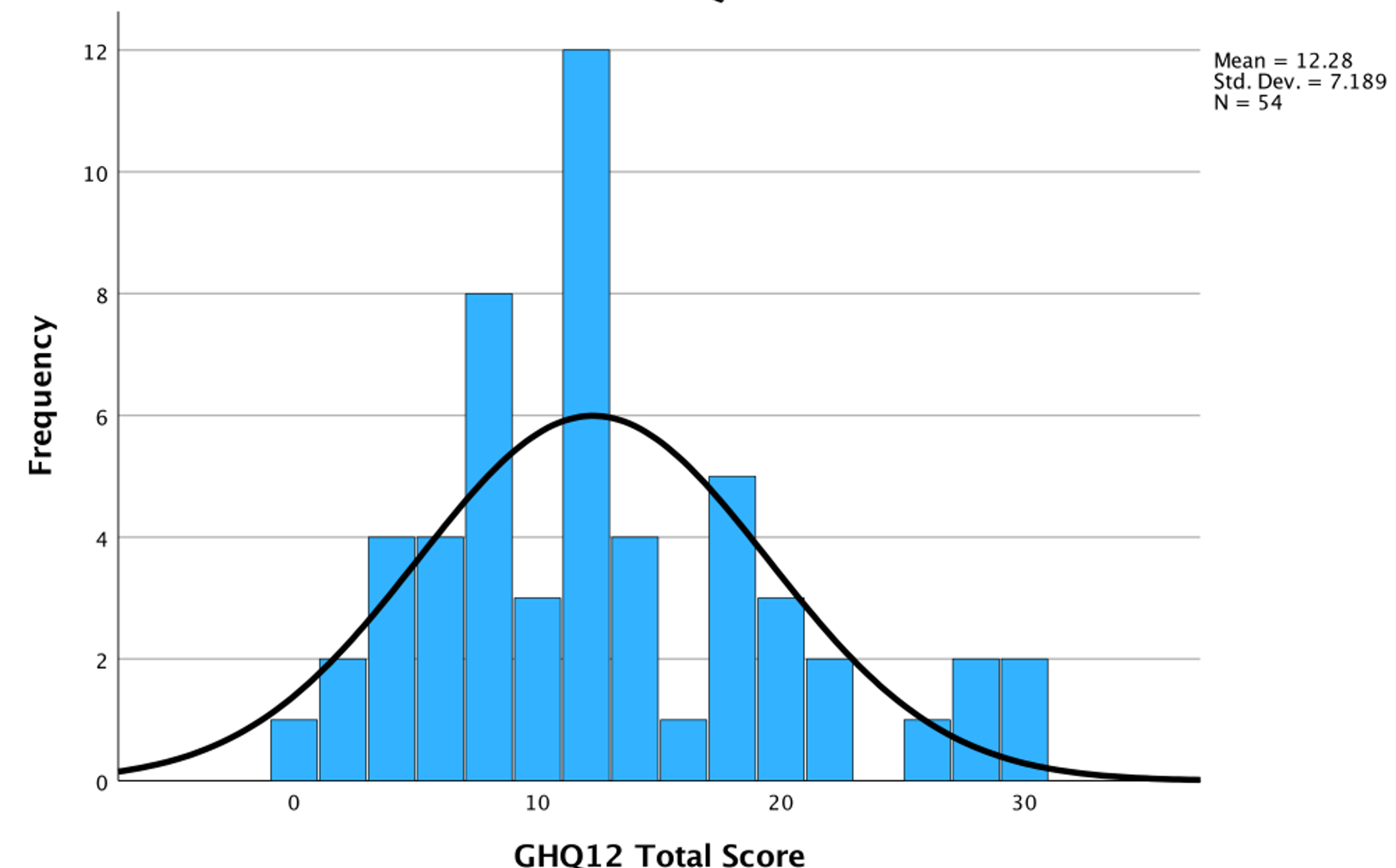


FIGURE 2:

GHQ12 Total Score



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