

Stress and Alcohol Consumption among Preclinic Medical Students of Naresuan University.

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Advisor

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Background

- Academic achievement is an important dimension for studying in university
- Studying medicine could have more stress
 - study program is very intense
 - a lot of ward work activities
 - lacking of free time
- make medical students stressed and may result in psychological or emotional impairment

Objectives

- To determine the effect of stress on alcohol consumption
- To study the level of stress and causes of stress
- To study the alcohol consumption behaviors

in the preclinic medical students of Naresuan
University

Material and Method

- A cross-sectional analysis study
- using questionnaires
 - general information
 - Suanprung stress test and cause&management of stress
 - Alcohol Use Identification Test (AUDIT)
- Population : preclinic medical students in academic year 2013 of the Faculty of Medicine, Naresuan University.

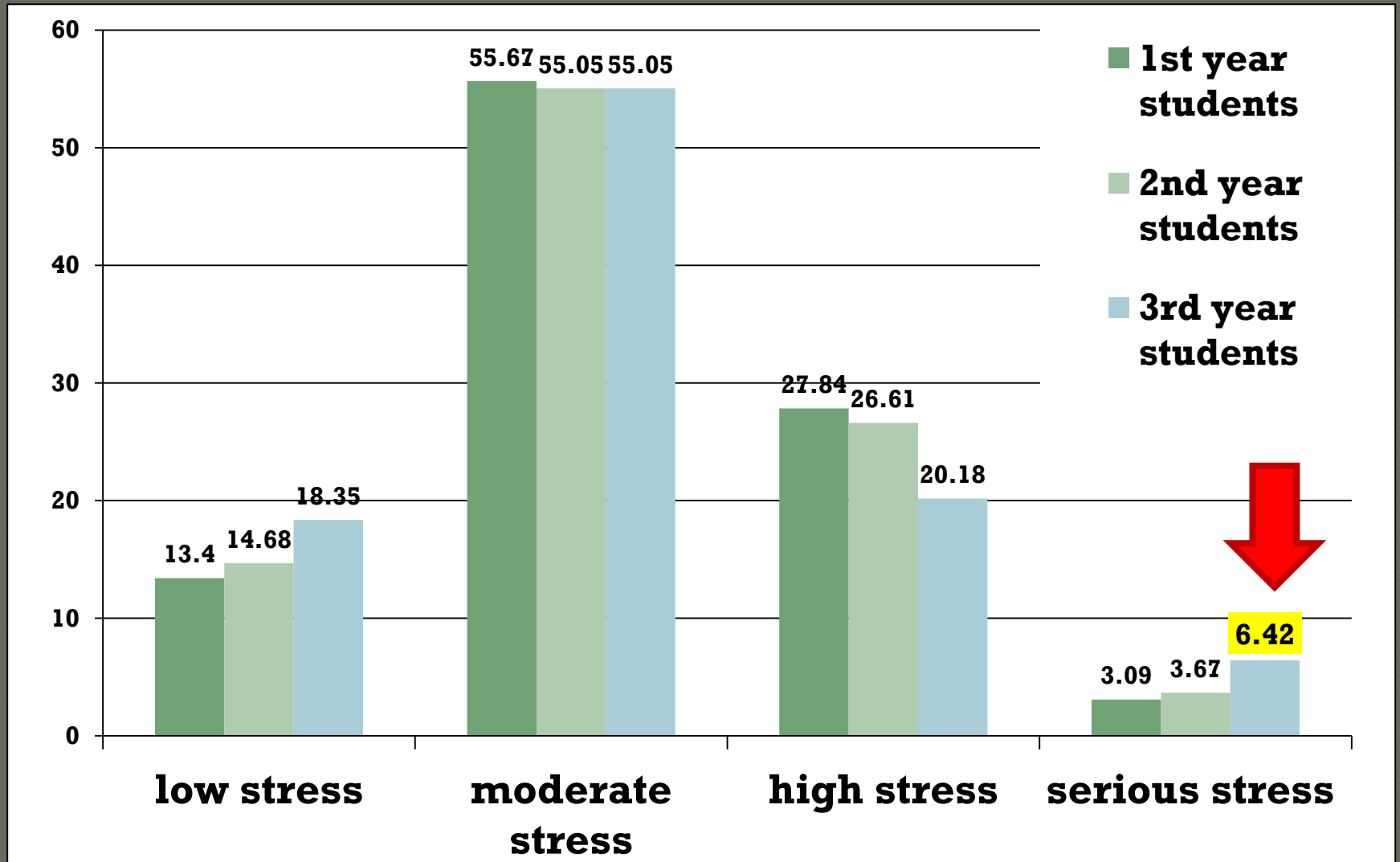
Results (1)

Population 351

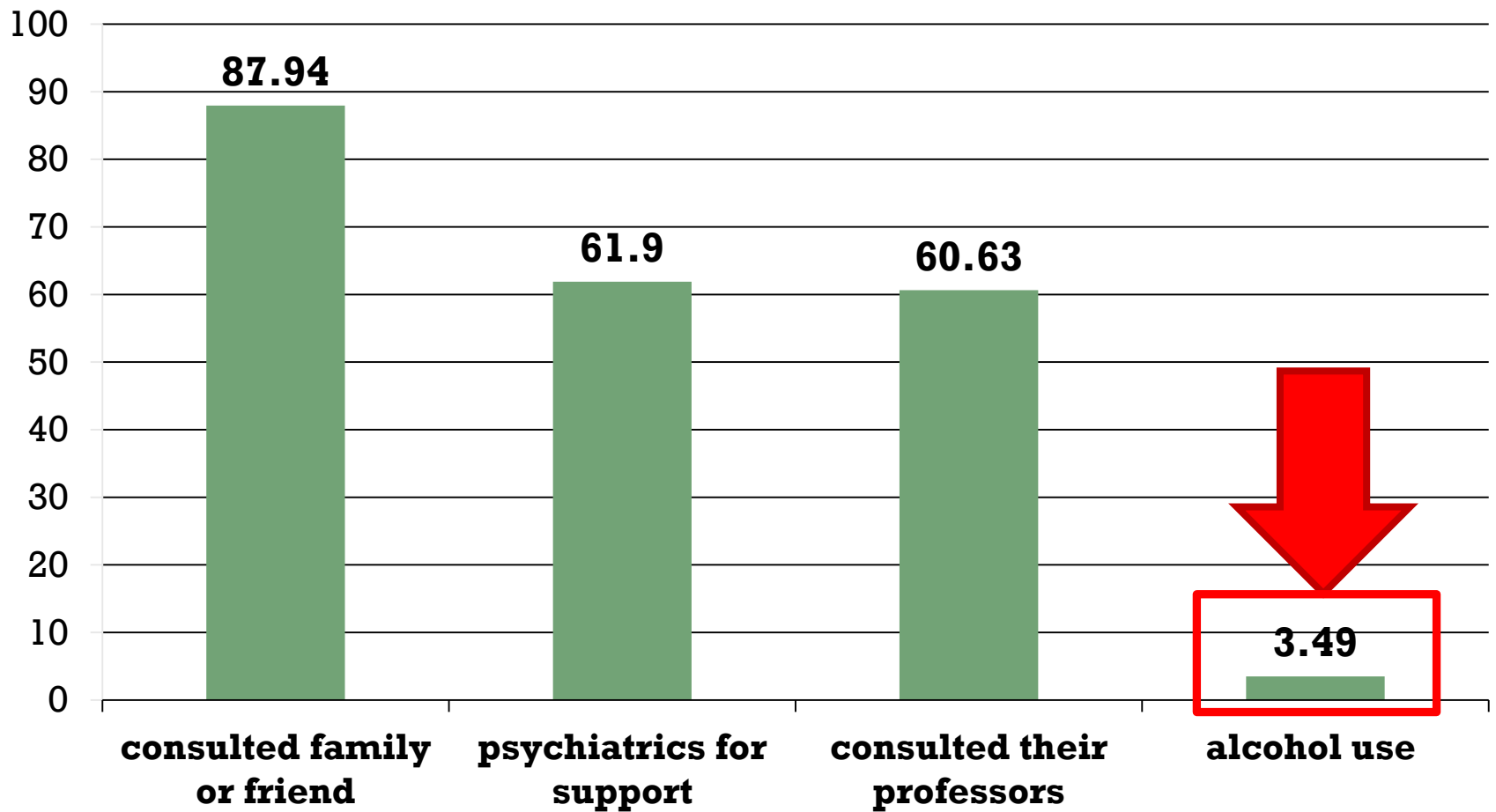
**incompletely
answered
N = 36**

**completely answered
n = 315
(89.74%)**

Stress level in medical students



Stress management method

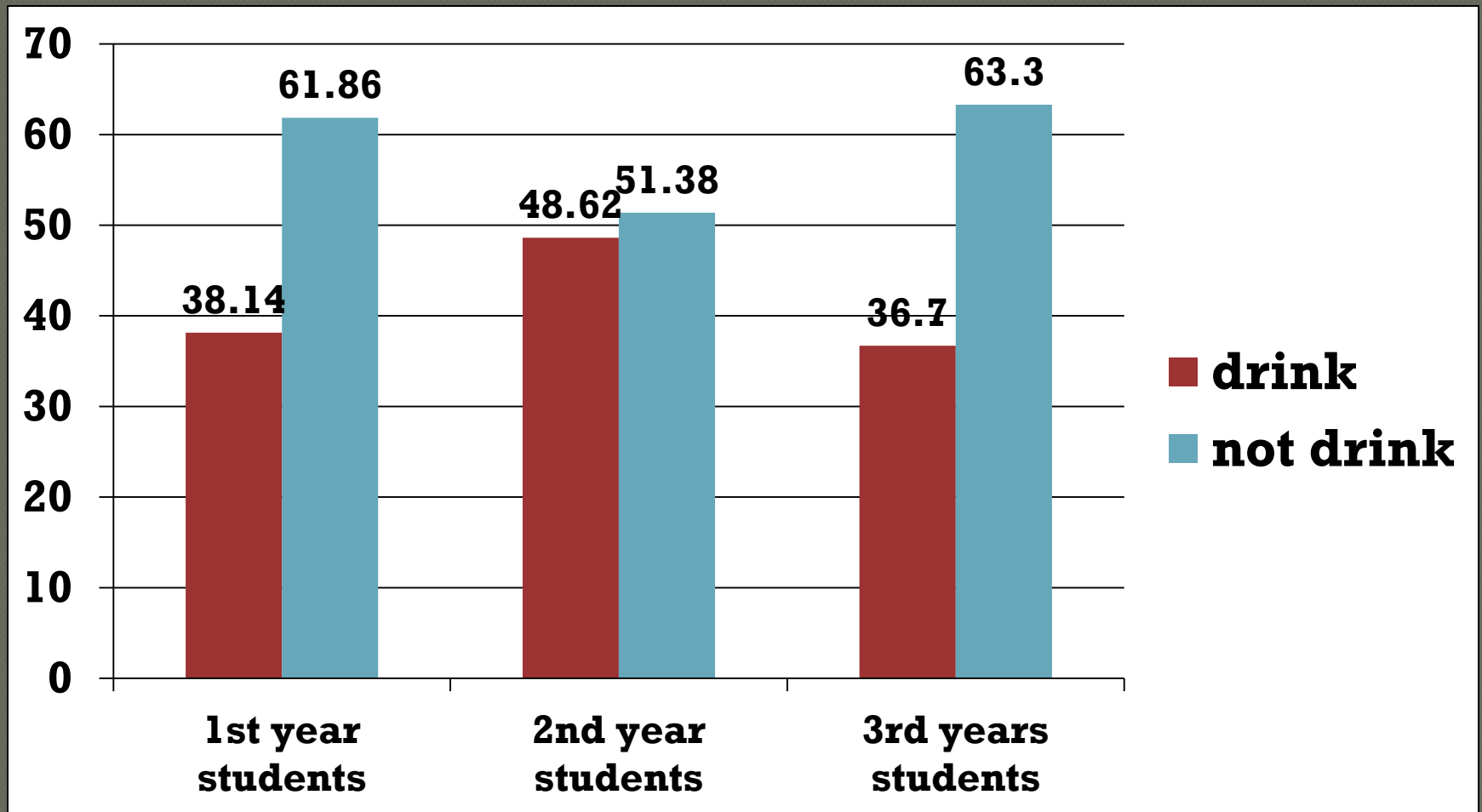


Results (2)

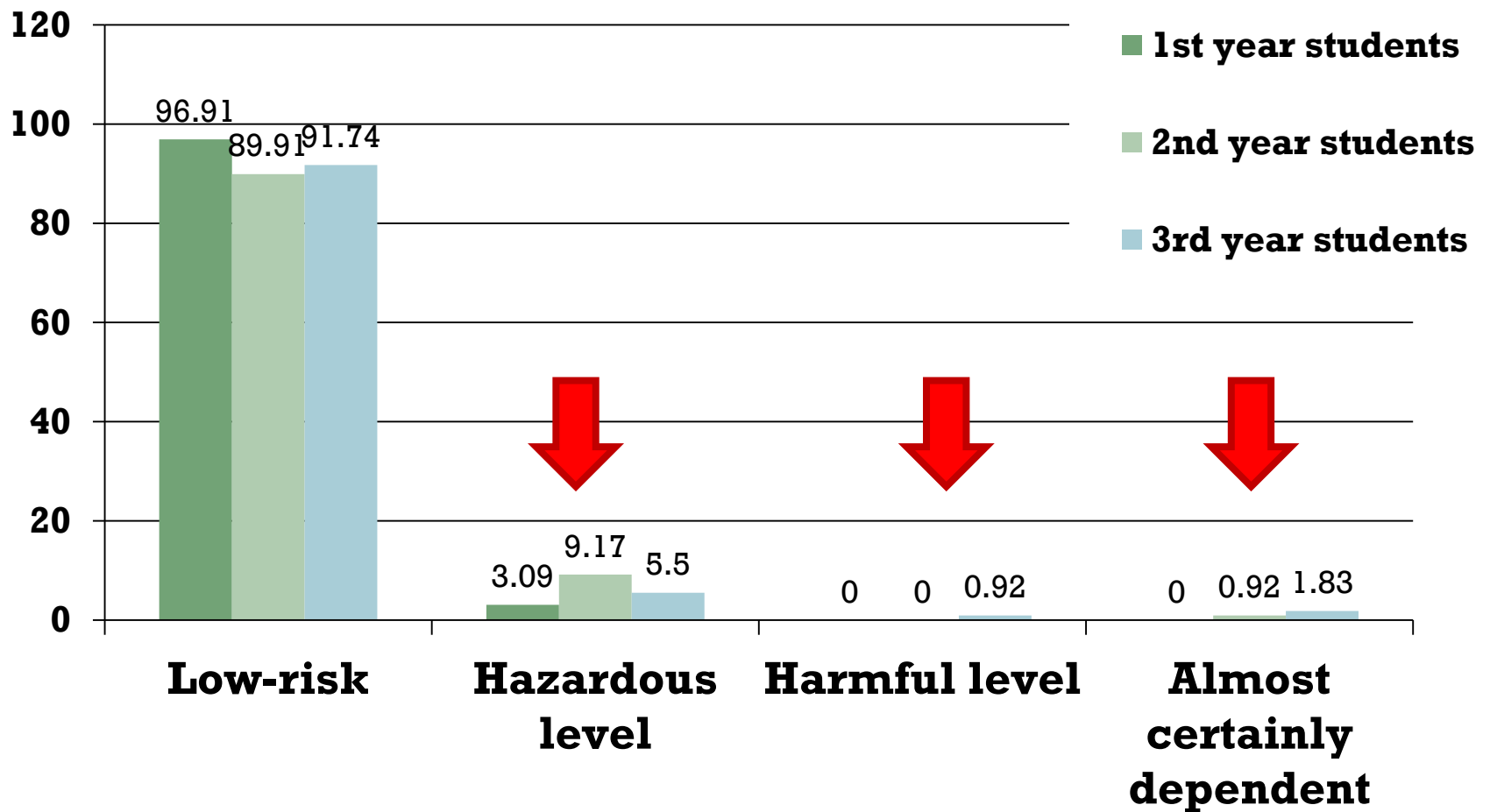
● Study found

- 3rd year students had serious stress (6.42%)
- Causes of stress : the exam results
- consulted their professors, friends, family members and psychiatrics for support

Percent of alcohol use by medical students



Drinking patterns by AUDIT score



Results (2)

● Study found

- maximum number of students drinking alcohol : the 2nd year students
- most risky alcohol consumption behaviors : 3rd year students
- Mixed alcohol or cocktails : the most favorite type of alcohol which medical students in all three years prefer to drink

Conclusions

- the alcohol consumption and the serious level stress were in serious level in the 3rd year students
- the cause of stress : the exams result
- This study can be used in
 - decreasing stress by giving psychological support and implementing ways to decrease stress
 - solving alcohol consumption problems in the medical students.

Questions ???

Thanks you for your
kind attention