The mental health levels of rotating medical students from the universities of Francois Rabelais in Tours and Paris7-Diderot, an epidemiological descriptive multicentric transverse study

Being a doctor and staying a person

April, 24&25th 2017 - Paris

➢ **Motivation for this study**

→Great deal of data gathered for Doctors and post graduation students; but where do we stand on rotating medical students?

→ Final three years (Externat)=critical years

→ Topical issue +++ (QVT)

➢ **Questions and objectives**

→ Life style, Quality of life, Anxiety, Depression, Burn Out, Sleep Disorders, Psychosomatic disorders, Addiction, Suicidal tendencies, Urges to quit medical school, Consommation of psychoactive substances in the medical student population of the François Rabelais University of Tours?

→ Are there exisiting Associated factors?

→**A Study in collaboration with Paris 7-Diderot University, where similar questions have been raised.**

❖ **Secondary Objective**

→ Which pertinent comparative degrees can we establish between the rotating medical students populations of the François Rabelais University of Tours and Paris 7-Diderot University?

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➢ **Sample and Protocol**

→ Medical students of Tours and Paris 7-Diderot

→ Twofold Anonymous self-questionnaire using Google Forms

→ Strictly identical Protocols in both cities

→ Statistic analysis: Excel database, R software; univaried and multivaried analysis

	François Rabelais of Tours	Paris 7-Diderot
Response percentage	61,1%	43,4%
DFASM1 (Fourth year)	34,9%	36,8%
DFASM2 (Fith year)	30,7%	34,4%
DFASM3 (Sixth year)	34,4%	28,8%
Women	63,8%	66,2%
Men	36,2%	33,8%
Average age	23,02	23,01
Living situation	Alone (59,4%)	Parental home (48,7%)
Mothers level of Education	Higher (67,3%)	Higher (70,8%)
Fathers level of Education	Higher (65,4%)	Higher (68,4%)
Out-goings restaurant/bar/café	once a month (43,8%)	Once a week (42,1%)
Out-goings movie/museum/theater/exhibit	once a month (40,5%)	once a month (42,9%)
Visits family/friends	More than once a week (40,6%)	More than once a week (36,6%)
Physical activities	once a week (41%)	once a week (31,2%)

	François Rabelais of Tours	Paris 7-Diderot
Friends and Family support	97,6%	97,2%
Remotness	3,78 (+/-1,17)	3,82(+/-1,15)
Hospital internship satisfcation	3,44(+/-0,97)	3,33(+/-1)
Weight Variation (+/-2kg)	44,5%	49,3%
Smoking	16%	23,5%
Alcohol (dépendancy)	84,6% (9,2%)	82,3% (9,5%)
Marijuana (needing rehab)	6,4% (70,5%)	21,1% (49,5%)
Hard drugs	9,6%	15,5%
Stimulants	24,1%	20,5%
Anxiolytics	37,1%	32,8%
Somnifics	26%	24,9%
Antidépressants	13,4%	13,3%

	François Rabelais of Tours	Paris 7-Diderot
Anxiety	39,9%	45,3%
Dépression	9,1%	12,1%
At least one dimension of BO	69,1%	76,1%
1 dimension (weak BO)	40,9%	39%
2 dimensions (medium BO)	19,5%	24,9%
3 dimensions (severe BO)	8,7%	12,1%
High Emotional Exhaustion	29,9%	34,6%
High Depersonalisation	25,2%	32,6%
High Loss of Personal Accomplishment	50,9%	57,9%
Psychosomatic Disorders	26,7%	37,2%
Sleep Disorders	57%	68,8%
Quality of life	35,1%	37,6%
Urges to Quit Med School	63,5%	65,6%
Suicidal tendencies	21,5%	20,1%
Suicide Attemps	2,6%	2,6%

➢**Associated Factors**

→Lack of satisfaction during interships
→Remotness from family due to Medical Studies
→Little/no support from friends and family
→Older age
→Being Female
→Weight Variations
→Smoking

❖ Comparison Tours-Paris 7

→Main Differences :
Smoking , Hard drugs, Marijuana, Depersonalisation, Loss of Personal Accomplishment, 2 and 3 degrees of BO, Psychosomatic Disorders, Sleep Disorders

→The city effect
  Paris: Psychosomatic Disorders, Sleep Disorders, Depression, Marijuana consommation , Depersonalisation
  Tours: Loss of Personal Accomplishment

→ Identical global trend+++

➢**Discussion**

→Data in accordance with existing studies

→Continuity of suffering during Medical school and after doctoral graduation

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➢ **Conclusion**

➢Objective suffering

➢City dependancy?

→ But similar global trend/ National Problem

➢Which cure for this population?

➢Public health issue+++/ Political and hospital-university reforms needed

Thank you for your Attention

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