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Prevalence of depression among undergraduate pharmacy students in Malaysia
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Abstract
This study aimed to determine prevalence of depression among undergraduate pharmacy students in Malaysia and its factors. A cross-sectional web-based questionnaire was distributed through email and social media platforms to 19 institutions offering Bachelor of Pharmacy (Hons.) in Malaysia. Students were assessed using Depression Anxiety Stress Scale-42 (DASS-42). A total of 610 pharmacy students participated in this study resulted in a response rate of 20.3%. Pearson's Chi square test was used to determine the association between different demographic groups. One-way ANOVA and independent T-test were used to evaluate the difference in depression scores between groups. Based on the depression scores, this study found that 47.4% (n=289) were having depression of different severity. Most of the students presented with moderate depression (18.9%, n=115) followed by mild (14.1%, n=86), severe (7.7%, n=47) and a few students were found to have very severe depression (6.7%, n=41). Compared to students who did not have depression, students who smoke, have separated parents, with family history of mental illness, had recent loss of someone close, and with lower CGPA were statistically significantly associated with depression. This study concluded that depression is highly prevalent among pharmacy undergraduate students in Malaysia. Strategic approaches among various stakeholders mainly the higher education providers are urgently needed to prevent further complications of mental health issue. © 2020, Advanced Scientific Research. All rights reserved.

Author Keywords
Depression; Malaysia; Mental Health; Pharmacy Students; University

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