

Allied Health Students Health-Related Quality of Life and Its Musculoskeletal and Mental Stress Predictors

Authors : Khader A. Almhdawi, Saddam F. Kanaan

Abstract : Background: Allied health (AH) students, including rehabilitation sciences students, are subjected to significant levels of physical and mental stressors, which could affect their education. This study aimed to study physical and mental of Health-related Quality of Life (HR-QoL) levels along with their predictors among students of nine AH majors. Methods: Students filled validated anonymous surveys covering demographics and life style, Nordic Musculoskeletal Questionnaire, 12-item Short-Form Health Survey (SF-12), and Depression Anxiety Stress Scale (DASS- 42). SF-12 Mental (MCS) and Physical (PCS) summary scores were compared between academic majors and gender. Multiple linear regression models were conducted to examine potential predictors of PCS and MCS scores. Results: 838 students (77.4% females) participated in this study. Participants' PCS mean score was 45.64 ± 7.93 and found statistically different between the nine academic majors ($P < 0.001$). Additionally, participants' MCS mean score was 39.45 ± 10.86 and significantly greater in males ($P < 0.001$). Significant PCS scores predictors included hip and upper back musculoskeletal pain, anxiety score, diet self-evaluation, and GPA. Finally, MCS scores were statistically associated with neck musculoskeletal pain, stress score, depression score, number of weekly clinical training hours, gender, university year, GPA, sleep quality self-evaluation, and diet self-evaluation. Conclusion: Clinical educators of AH need to account for students' low levels of HR-QoL and their academic-related, health-related, and lifestyle-related associated factors. More studies are recommended to investigate the progression of HR-QoL throughout university years and to create effective interventions to improve HR-QoL among healthcare students.

Keywords : medical education, quality of life, stress, anxiety, depression

Conference Title : ICOT 2019 : International Conference on Occupational Therapy

Conference Location : Paris, France

Conference Dates : March 28-29, 2019