3-YEAR PROSPECTIVE OBSERVATIONAL COHORT STUDY ON PREVALENCE OF SYMPTOMS OF FUNCTIONAL DYSPEPSIA, ANXIETY AND DEPRESSION

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A prospective three-year observational study of 121 medical students found stable functional dyspepsia symptom prevalence of approximately 14% across years, with persistently high anxiety and stress levels and increasing smoking rates.

KEY POINTS

- Functional dyspepsia symptoms (diagnosed by ROME IV criteria) were present in 14.9% of first-year, 13.4% of second-year, and 14.6% of third-year medical students, showing minimal variation over time.
- Average STAI-X1 anxiety-as-state scores remained elevated across all three years (45.5, 46.5, and 46.2 points respectively), as did STAI-X2 anxiety-as-trait scores (47.7, 46.2, and 46.8 points).
- Beck depression inventory scores averaged low across all years (8.7, 8.8, and 8.4 points), interpreted by the authors as showing no signs of depression on average.
- Smoking rates nearly doubled from 7.4% in first year to 14.6% in third year, which the authors speculate may be associated with high anxiety and stress levels.
- This material would be relevant to clinicians and educators interested in the mental health and gastrointestinal symptom burden of medical students.

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