

Prevalence of Primary Sleep Disorders and Self-Therapy in Medical Students of Tabriz University in 2017

Abstract

Background and Objectives: Sleep is one of the basic needs of humans, and sleep disorders are a primary symptom in psychiatric illnesses. It seems that medical students are more likely to develop sleep disturbances due to job stress and high school hours. Self-medication with medication is an important part of the harmful behaviors of people's health. In fact, this method is often the first choice for the treatment of primary symptoms of diseases and one of the most important tools used by patients in dealing with common health problems, including sleep disorders.

Methods: 400 students of Tabriz University of medical sciences randomly entered the study. The samples were divided into 2 groups of 200 (medical students) and 200 (non-medical students). Sleep disturbance in this study was evaluated by a physician using Pittsburgh sleep quality index (PSQI) questionnaire. Demographic questionnaire was used to evaluate the intervention and control variables. They responded individually to questionnaires. All subjects were evaluated for psychiatric disorders.

Results: The highest percentage of medical students' age was in the range of 21-25 years. The frequency of female sex was more than the male and the semesters 7 and 14 have the highest frequency compared to other academic semesters. There was a significant difference between the externs and the basic sciences in terms of delay in falling asleep. There was a significant difference in terms of sleep time between intern groups with externs, interns with physiopathology, intern with basic sciences. There was a significant difference in the rate of sleep efficiency between intern groups and physiopathology, intern and basic sciences, externs and physiopathology.

Conclusion: There was a significant difference in the sub-scales of sleep disturbance based on different medical terminologies (internet, extern, physiopathology, basic sciences). There was no significant relationship between socioeconomic status and consumption of medication for sleep disorders among medical students, as opposed to non-medical students.

Keywords: Primary sleep disorders, self-healing, medical students