



HEB

Journal of Hospital Pharmacy

An Official Publication of Bureau for Health & Education Status Upliftment  
(Constitutionally Entitled As Health-Education, Bureau)

JOHP

## A Cross-Sectional Study to Assess the Prevalence of depression and its associated factors among college students in a selected private hospital in Hyderabad

Dr. K. Pavan Kumar<sup>1</sup>, Md. Ahmed<sup>2</sup>, Syeda Sayema Aimen<sup>3</sup>, Summaiya Tahniyath<sup>3</sup>,  
Adeeba Tahniyath<sup>3</sup>, Dr. Moazam Ali<sup>4</sup>

1. Principal, Shadan College of Pharmacy, Hyderabad
2. Associate Professor, Dept. of pharmacy practice, Shadan College of Pharmacy, Hyderabad
3. Dept. of pharmacy practice, Shadan College of Pharmacy, Hyderabad.
4. Associate professor, Dept. of pharmacy practice, Shadan College of Pharmacy, Hyderabad.

Corresponding author: Md. Ahmed

Email Id: [serviceheb@gmail.com](mailto:serviceheb@gmail.com)

### ABSTRACT

Mental health, such as physical health, is essential to success and a happy life. Depression is undoubtedly amongst the most neglected and least treated psychological problems in adolescence. It's not just about mood swings; These are almost every other aspect of a teenager's life, such as sleep, desire, energy, and general health. It impairs the ability to concentrate and think which leads to a drop in academic performance. In the worst case, depression can lead to suicide. Almost 800,000 people die from suicide each year. The second greatest cause of death among 15-29-year-olds is suicide. In recent decades, a number of treatment options have been developed for treating depression. These different approaches include drug therapy, psychotherapy, and somatic therapy, which are often used to treat drug-resistant depression. In this study, we have selected university students from various colleges to study depression caused by the COVID-19 pandemic for online follow-up courses and its impact on academic life in relation to different types of stress and its effects on examining the performance and attempted to examine the incidence of depression, as well as socio-demographic and personal predictions of depression among healthcare professionals during a COVID-19 pandemic. PHQ-9 standard questionnaires were prepared and the cross-sectional study was conducted through Google forms and physical evaluation form during the ongoing COVID-19 Pandemic. The frequency of the population size was 900 (N). The age group among the students that was selected was 16-24 years and the mean age was calculated standard error mean was discovered as  $20.34 \pm 15.82$  years. Among the sex male were 288 (32%) and female were 612(68%). The residence among the students considered was rural 198(22%) and urban were 702 (78%). Out of the participants, 504(56%) were Muslims, 36(4%) were Hindus, 09(1%) were Sikhs, the rest did not mention their religion. 207 (23%) were of the course Pharm.D, 117 (13%) were of the course B.Pharm, 126 (14%) were of the course B.Tech, 72 (8%) were undergoing the courses MBBS, BSc and B.com and 216 (24%) were undergoing other different courses of Education. The study revealed that the percentage of students that have moderate depression was 22% and 18% of students have moderately severe depression and 8% of students have severe depression, the data revealed there is predictable depression in students due to the ongoing curriculum classes that are being held in online mode.

### Access this Article Online

Website: <http://www.journalofhospitalpharmacy.in>

Quick Response Code:

Received on 01/11/2021

Accepted on 18/11/2021 © HEB All rights reserved

