# ABSTRACT

## Background:

Stress is a significant and growing public health concern among undergraduate students, particularly those enrolled in health professional programs such as physiotherapy. This study aimed to assess the prevalence and severity of stress, anxiety, and depression among undergraduate physiotherapy students at Brainware University, Kolkata, using the validated Depression Anxiety Stress Scale-21 (DASS-21)

## Methodology:

A cross-sectional observational study was conducted among 73 undergraduate physiotherapy students aged 18–27 years at Brainware University. Participants were recruited through purposive sampling and completed the DASS-21 questionnaire. Descriptive statistics, independent samples t-tests, one-way ANOVA, and Pearson's correlation analysis were performed to examine prevalence rates and associations between demographic variables and psychological distress.

## Result:

Out of 73 participants (54.8% male, 37.0% female), 57.5% reported elevated stress levels (mild to extremely severe), 69.9% reported elevated anxiety, and 63.0% reported elevated depression. The mean DASS-21 stress score was 17.29 (SD=11.21), mean anxiety score was 15.95 (SD=11.93), and mean depression score was 16.36 (SD=11.66). Female students reported marginally higher mean scores across all three subscales. A statistically significant positive correlation was found between age and stress scores ($r=0.245$, $p=0.049$). No significant differences were found across gender ($p>0.05$) or semesters ($p=0.791$)

**Conclusion:** A substantial proportion of undergraduate physiotherapy students at Brainware University experience elevated levels of stress, anxiety, and depression. The study underscores the urgent need for institutional mental health support systems, including counseling services, stress management programs, and wellness initiatives to promote psychological well-being during professional training



## Key words:

Stress, Anxiety, Depression, DASS-21, Physiotherapy Students, Mental Health.

# TABLE OF CONTENTS


| SL NO. | TOPIC | PAGE NO. |
|---|---|---|
| 1 | Introduction | 1-4 |
| 2 | Review of Literature | 6-9 |
| 3 | Aims and Objective | 10-12 |
| 4 | Material and Method | 13-17 |
| 5 | STATISTICAL ANALYSIS | 18-22 |
| 6 | Result | 23-31 |
| 7 | Discussion | 32-35 |
| 8 | Conclusion | 36-38 |
| 9 | Limitation and Recommendation | 39-42 |
| 10 | References | 43-44 |
| 11 | Annexures | 45-50 |