Depression, Suicidality and Alcohol Abuse among Medical and Business Students

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Abstract

We determined the correlates and prevalence of depression, alcohol abuse and suicidal ideation among medical and business students in Trinity College, Dublin and University College, Dublin. We rated depression and suicidality in the past month with the Beck Depression Inventory (BDI) and alcohol abuse with the CAGE. Of 539 students registered, 358 (62.7%) re-answered the BDI and 47 (13.8%) students had an alcohol use disorder (CAGE ≥2). Students who did not participate were more likely to be males, but there were no significant differences in age, year of study, or between faculties. There was no evidence for differences in response rates with respect to the prevalence of psychiatric problems. For example, a student with depression or an alcohol use disorder may have been less likely than a typical student to attend the lecture at which the study was presented. Therefore, for analyses, we considered the disparity in response rates to be one of the ancillary findings of the study. There is evidence that medical students who participate in this kind of research are significantly more likely to have a psychiatric disorder.

In conclusion, many university students in Dublin are experiencing depression, suicidality, and alcohol use problems. Depression and suicidality are clearly associated with stressful life events, and alcohol abuse is correlated with demographic and psychosocial factors that predict serious mental illness, and elucidate the barriers to mental health research participation that exist among medical students.

References


6. Ireland has the third-highest per capita alcohol consumption in the EU, and the rate has been steadily rising since 1990. This is a potential cause for concern, as recent studies have shown a significant increase in the rate of alcohol abuse among medical students.

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Comments:<br>
OtherReferences:<br>
Acknowledgement: