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A cross-sectional study of the prevalence of depressive symptoms and related factors among college nursing students

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Throughout their educational journeys, nursing students encounter numerous stressors that can affect their academic performance and cause a range of physical and mental health issues. Nevertheless, there is a dearth of research on depression and related topics among Saudi Arabian college students. As a result, our study looks at depression symptoms and associated variables in a relevant student population. The strategy uses a cross-sectional descriptive methodology and is implemented through a single nursing college in Riyadh. The assessment was completed by 198 participants in total, yielding a 60% response rate. The Depression Anxiety and Stress Scale 21 and the Pittsburgh Sleep Quality Index were the two main tools used to collect data. The results showed that: (a) the prevalence of depressive symptoms was 50.5% in this student population; (b) these symptoms are specifically strongly associated with learning status, stress, and anxiety – $r = -0.211$ and $P = 0.003$, $r = 0.838$ and $P < 0.001$, and $r = 0.762$ and $P < 0.001$, respectively; and (c) producing an interpretive power of 70.2%, both stress and anxiety are confirmed as important factors for significantly predicting depressive symptoms. Psychological factors may influence a nursing student's propensity to seek assistance from learning professionals. Plans for promoting emotional health and well-being may need to take these factors into consideration. In order to facilitate learning pathways and prevent depressive symptoms, teachers may therefore plan effective strategies to interact with students about the problems and difficulties they encounter

Biography

Salman Alreshidi has his expertise in evaluation and passion in improving the mental health and wellbeing. Alreshidi is a Saudi academic and researcher specializing in community and psychiatric mental health nursing. He serves as a faculty member in the Department of Community and Psychiatric Mental Health Nursing at King Saud University in Riyadh, Saudi Arabia. At King Saud University, Alreshidi has been involved in various research projects examining the well-being and mental health of healthcare professionals and caregivers. His studies have explored topics such as compassion fatigue, depression, and resilience among nursing students and professionals in Saudi Arabia

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