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ORIGINAL ARTICLE

RELATION OF SOCIODEMOGRAPHIC PROFILE WITH THE RISK OF ILLNESS BY MENTAL DISORDERS COMMON AMONG STUDENTS OF THE NURSING COURSE RELAÇÃO DO PERFIL SOCIODEMOGRÁFICO COM O RISCO DE ADOECIMENTO POR TRANSTORNOS MENTAIS COMUM EM ALUNOS DO CURSO DE ENFERMAGEM RELACIÓN DEL PERFIL SOCIO-DEMOGRÁFICO CON EL RIESGO DE ENFERMEDAD POR TRASTORNOS MENTALES COMUNES ENTRE ESTUDIANTES DEL CURSO DE ENFERMERÍA

Denise Valéria Ananias de Campos Cachoeira¹, Stephanie Caroline Costa dos Santos², Ana Paula Sabino Meneganti³, Natália Felix Negreiros⁴, Lucilene Cardoso⁵, Vivian Aline Preto⁶

ABSTRACT

Objectives: to describe the sociodemographic profile of senior students of the nursing course, to check the illness for common mental disorders of senior students of the nursing course and to analyze the relationship of sociodemographic profile with common mental disorders in the final year students of nursing. **Method:** an exploratory descriptive study, of a quantitative approach, carried out with 40 students. Data were collected with the application of SRQ 20. Statistical analysis was performed with the BioEstat Program 5.3. **Results:** the study population was predominantly female and single; 55% had CMD, 35% of the daytime. The variable SRQ20 feel "nervous and worried tense" correlated significantly with study during the day and being unemployed. **Conclusion:** the result is worrying, since these students, in a few months, will be in the labor market under strong psychological pressure. **Descriptors:** Psychological Stress; Nursing Students; Quality of Life.

RESUMO

Objetivos: descrever o perfil sociodemográfico de alunos do último ano do curso de enfermagem, verificar o adoecimento por transtornos mentais comum de alunos do último ano do curso de enfermagem e analisar a relação do perfil sociodemográfico com transtornos mentais comum em alunos do último ano do curso de enfermagem. **Método:** estudo exploratório descritivo, de natureza quantitativa, realizado com 40 alunos. Os dados foram coletados com a aplicação da SRQ 20. A análise estatística foi realizada com pelo Programa BioEstat 5.3. **Resultados:** a população estudada foi predominantemente feminina e solteira; 55% apresentaram TMC, sendo 35% do período diurno. A variável do SRQ20 sentir-se "tenso nervoso e preocupado" apresentou correlação significativa com estudar no período diurno e estar desempregado. **Conclusão:** o resultado é preocupante, uma vez que estes alunos, em alguns meses, estarão no mercado de trabalho, sob a forte pressão psicológica. **Descritores:** Estresse Psicológico; Estudantes de Enfermagem; Qualidade de Vida.

RESUMEN

Objetivos: describir el perfil sociodemográfico de los estudiantes del último año del curso de enfermería, comprobar la enfermedad para los trastornos mentales comunes de los estudiantes del último año del curso de enfermería y analizar la relación entre el perfil sociodemográfico con trastornos mentales comunes en los estudiantes de último año enfermería. **Método:** un estudio exploratorio descriptivo, de enfoque cuantitativo, llevado a cabo con 40 estudiantes. Los datos fueron recolectados con la aplicación del SRQ 20. El análisis estadístico se realizó con el programa BioEstat 5.3. **Resultados:** la población de estudio fue predominantemente femenina y única; 55% tenían CMD, 35% del día. La variable de SRQ20 sentirse "nervioso y preocupado tensa" se correlacionó significativamente con el estudio durante el día y estar en el paro. **Conclusión:** el resultado es preocupante, ya que estos estudiantes, en pocos meses, estarán en el mercado de trabajo, bajo una fuerte presión psicológica. **Descriptor:** Estrés Psicológico; Estudiantes de Enfermería; Calidad de Vida.

^{1,2,3}Nurses, Catholic University Center Salesiano Auxilium. Aracatuba (SP), Brazil. Email: denisedenise34@hotmail.com; ste.c.costa@gmail.com; paullinhasabino@hotmail.com; ⁴Biologist, PhD Professor, Catholic University Center Salesiano Auxilium. Aracatuba (SP), Brazil. Email: natalia.felix@yahoo.com.br; ⁵Nurse, PhD Professor, School of Nursing of Ribeirão Preto, University of São Paulo/EERP/USP. Ribeirão Preto (SP), Brazil. Email: lucilene@eerp.usp.br; ⁶Nurse, Master Teacher, Catholic University Center Salesiano Auxilium. Aracatuba (SP), Brazil. Email: viviusp@yahoo.com.br

INTRODUCTION

Epidemiological studies show that millions of people suffer from some sort of mental illness in the world and this number is experiencing a gradual increase, especially in developing countries.¹ Cases with anxiety symptoms, depressive or somatoform, while not meeting all the diagnostic criteria of mental illness, have a high prevalence in the adult population, increasing the individual suffering. In this sense, the literature has shown some characteristics that, when present, are associated with increased risk of minor psychiatric morbidity, highlighting the gender, marital status and unemployment.²

The socioeconomic implications of these disorders are also significant, as these symptoms are an important cause of days lost from work, and raise the demand in health services;³ therefore, the identification of the population likely to develop common mental disorders is needed may result in preventive measures and check what is the relationship of this risk of falling ill with the socio-demographic profile of this population.

The common mental disorder (CMD) refers to a population health status with individuals who do not meet the formal criteria for diagnosis of depression and/or anxiety according to DSM-IV classifications (Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition) and ICD-10 (International Classification of Diseases - 10th Revision), but have prominent symptoms that bring a comparable functional disability or even worse than chronic conditions already well established.⁴

Common mental disorders (CMD) are most characterized by symptoms such as insomnia, fatigue, irritability, forgetfulness, difficulty concentrating, and somatic complaints. In populational bases studies in industrialized countries, its prevalence ranges from 7% to 30%.⁵

It is known that CMD are also in the academic environment, college students go through times of change, development, frustration, growth, fears and anxieties. Thus, the environment would help in building the knowledge and would be the basis for their training experience become sometimes the cause pathological disturbances.⁶ Such events may favor the coming of CMD.

CMD may influence the development of other disorders. In Finland, in a survey of the profile of the clientele in the university health service, found that anxiety and fears constituted 35% of the symptoms; depression

and loneliness, 21% and difficulties in social relations, 18%. It has also shown that the frequency of psychiatric disorders in the university population ranged from 6% to 29%.⁷

In research conducted with medical students of the Federal University of Paraíba (UFPB), there was a prevalence of 33.6% of TMC.⁸ In this same direction a study conducted in Alagoas, with students from various courses in the health field, it was possible to found that 43.2% of the population surveyed had a positive rating for CMD.⁹

As interest in this study stands out students of the nursing course, it is known that the academic satisfaction directly influences school performance, which may affect both the training as social interactions and the possible desire to withdraw from the course, causing damage even to physical and mental health of the students.¹⁰ CMD identification among college students is needed to prevent more severe disorders. Efforts have been made in several schools to develop actions to improve the quality of life of students and hence assist in their training, so it is important to identify possible risk factors for CMD.¹¹

It justified the need for studies that seek to identify the illness risk for common mental disorders in this population and the relationship that the CMD may present with socio-demographic profile. It is important that institutions are aware of this data and thus find ways to help their students in coping with these disorders.

OBJECTIVES

- To describe the socio-demographic profile of the last year students of the course of nursing;
- To check the illness for common mental disorders of students in the final year of the course of nursing;
- To analyze the relationship of demographic profile with common mental disorders in students of the last year of the course of nursing.

METHOD

This is a descriptive and exploratory study of a quantitative nature. It was held at the educational institution Catholic University Center Unisalesiano Auxilium, located in Aracatuba, São Paulo (SP), Brasil.

The study was conducted with students from the last year of the day and night nursing course from February to March 2015. We included all students over 18, enrolled in the final period agreed to participate.

The total number of participants for the study was 45 students, 22 of daytime class and 23 the night class, but five students did not participate in the study because two were on sick leave and three declined to participate, so this study was conducted 40 graduate students, 21 of daytime and 19 night.

For the study there were collected sociodemographic data in order to characterize the study population and to correlate the results with the risk of illness for common mental disorders; there was also applied to Self-Reporting Questionnaire (SRQ-20) targeting the analysis of common mental disorders.

The SRQ-20 is composed of 20 questions "yes/no", four of which refer to somatic complaints and 16, the psychic symptoms. Each of the 20 items can present as a score of 0 or 1, indicating, respectively, the absence or presence of symptoms in the last 30 days. The endpoint point used in research has been 7/12.

The SRQ is recommended by WHO for community studies and basic health care, particularly in developing countries, to meet the above criteria in terms of ease of use and reduced cost. The SRQ-20 (version in which are used the 20 questions for tracking non-psychotic disorders) has been used in many countries of different cultures to trace not psychotic disorders.¹³

Data were collected after approval of the course coordinator with scheduled time in the class period. Students were given a term consisting consent envelope and clear instruments and collections, which were instructed to fill out if they wished to participate, exalting their disposition rights of secrecy, stressing that could leave the study at any time.

Statistical analysis of the data was performed with the aid of the program BioEstat 5.3. Descriptive statistics was applied and the Chi-square test to search for the value of "p" to verify the relationship between socio-demographic variables with SRQ 20. The values of $p \leq 0.05$ and values that approach this indicate relationship between the data and are considered significant for the study.¹⁴

Data collection occurred after project approval by the Research Ethics Committee, in the light of the ethical principles of the resolution N° 466/12 of the National Health Council of 2012; with CAAE 43261015.0.0000.5379 and N 1,043,034. For all those who agreed to participate in the information letter and consent form Free Clarified.

RESULTS

There were evaluated 40 undergraduate students in the last year of the nursing course in the year 2015, of these, about 40% live in the city of Aracatuba, 15% in the city of Birigui and 45% were from nearby towns.

In table 1 it is observed the distribution of sociodemographic data of students who participated in the study. Noting the profile that most students (92.5%) are women; demonstrating that the profession is still predominantly feminine. Other studies related to the profile of the nursing graduates, confirm the predominance of females in universities.¹⁵ As it appears that most students (65%) are single and have no children (70%).

Table 1. Socio-demographic data of last year's graduates of the course of nursing. Aracatuba (SP), Brazil, 2015.

Variables	n(40)	%
Gender		
Female	37	92,5
Male	03	7,5
Age (years)		
20-29	26	65
30-39	10	25
40-49	04	10
Marital status		
Single	26	65
Married	09	22,5
Other	05	12,5
Children		
Yes	12	30
No	28	70
Study time		
Daytime	21	52,5
Night	19	47,5
City of origin		
Aracatuba	16	40
Other	24	60
Occupation		
Working	17	42,5
Not working	23	57,5

The data in relation to marital status and number of children are similar to previous studies, in São Paulo, about 90% of the students as single and childless and 15 in Belo Horizonte, which showed 78% percentage of unmarried students.¹⁶

The average age of graduating participants was 28 years old and the standard deviation $\approx$ 7.14. This situation can be compared with a study that showed that the average age of

the students, graduates in nursing of a private University in the city of São Paulo, which was 21-30 years old.

It is observed in table 2 that more than half of the students (55%) reached or totaled more than seven points (point) at SRQ-20, indicating the presence of mental disorder common among them, being more than half (35%) of the class in the morning and the remainder (20%) of the night class.

Table 2. Distribution of the total number of undergraduates with CMD divided between morning and night class based on the answers of SRQ-20. Aracatuba (SP), Brazil, 2015.

	Day class		Night class			
	N	%	N	%	N	%
Presented CMD	14	35,00	8	20,00	22	55,0
Did not present CMD	7	17,50	11	27,50	18	45,0
Total	21	52,50	19	47,50	40	100,0

The rate described graduating with CMD is close to that found in another study carried out with students in the health field, where it was noted that about 45% of students had CMD.¹⁷

The three complaints, including the SRQ-20, more reported among the population presented CMD were respectively "feel nervous, tense or worried" (100%), "sleep badly" (87%); "frequent headaches" (83%).

The literature shows a predominance of women in the undergraduate course in Nursing. The curriculum is the student remains about nine (9) hours/daily activities in education, a situation similar to a full-time

work.¹⁸ It can, then, associate the results found in this study, with predominantly female, an workload exposure roles related to family social issues, where women play a double day of work, at home and college.¹⁹

In the application of Chi-square test of socio-demographic data with the SRQ-20 found a relationship between three variables that were smaller or were close to 0.05, highlighting the values of $p \leq 0.05$ and values that approximate this indicates the relationship between the data and are considered significant for the study. Table 3 we can see that out the items that showed respect.

Table 3. Relationship of significance of the items in the SRQ 20. Aracatuba (SP), Brazil, 2015.

Questionnaire SRQ-20	Socio-demographic data Chi-square test	
Do you feel nervous, tense or worried?	Unemployed	P = 0,060
Have unpleasant sensations in the stomach?	Single	P = 0, 066
Do you feel nervous, tense or worried?	Student of daytime class	P = 0,0498

Note that 50% of the study population do not have jobs, and according to the statistical analysis of the data there is a significant relationship between this situation with the item "feels more nervous, tense and worried"; the SRQ-20. The literature points out some psychosocial consequences of unemployment, highlighting the affectations to the psychological well-being, such as mild mental disorders, depression, lowering self-esteem, feelings of dissatisfaction with life, cognitive difficulties and family relationship difficulties.²⁰ Also regarding the consequences of unemployment note was found that most of the students who are unemployed (83.3%) feels "useless and worthless" as SRQ-20 information.

In addition to the facts in question, unemployment is a major concern for the university, as the case of a private university, many students have to work to pay the monthly payments, the obligation to pay expenses, even without owning their own income is a factor emotional tension. Dependence is not a new phenomenon, there have always been dependent on people, but it is a social, psychological, economic, and political and financial problem.²¹

The analysis shows that there is significant relationship between single marital status with CMD (P = 0.066), because these people feel "unpleasant sensations in the stomach" pointed in the SRQ-20 that are expensive features of anxiety symptoms.

Professions that require close contact with people, affective involvement of charged such as medicine, psychology, nursing and physical therapy are more prone to the development of stress at work. Since the academic training, students are faced with situations that require taken important decisions in patient care; insecurity and anxiety, resulting from this process may cause or worsen symptoms of stress and anxiety. Features such as high-level cognitive skills, disposition and proactive attitudes are constantly required both of nurses working in practice as nursing students.²²⁻³ Thus, the coming of CMD can influence the formation of these professionals

in their work environment future and their quality of life.

Still observed in Table 3 other relationship of sociodemographic data with the item SRQ-20, the item "feels more nervous, tense and worried" had a significant relationship to study during the day, highlighting it as CMD symptom. This data may be related to the fact that 38% of students in the daytime, working at night. It is known that those professionals who work at night require the body to adapt, because the human species is diurnal. The night, in biological terms, is the time in which the body prepares to renew their energy, the night service workers have a psychophysiological wear greater than those working during the day, for work at the time when the body functions are decreased.²⁴ So, this study showed a relationship between students who work at night, nervousness, tension and worry what is believed to influence the illness by common mental disorder.

The observation in the current study showed that 57.5% TMC is to emphasize the need for greater involvement of universities with the subject, to look at these graduate students ways to ease the tension.²⁴

It is known that in the case of senior students, one should not fail to consider a possible influence on these results expected graduation and entry into the labor market. Graduating students often consider it a passage to responsibility for their actions, without ending university.²⁴

There is need for investment in attention to their health in relation to CMD.²⁵ Research and studies about CMD expose the need for discussion on the quality of working life and measures to promote mental health. It must be considered that the healthy worker will produce a final product of quality.²⁶ It is believed that the same applies to undergraduates, concerns about quality of life and prevention of disorders result in quality training and support, reducing the number of professionals arriving at sickened labor market.

CONCLUSION

The study showed strong evidence of CMD in undergraduate final year of the nursing course, which is in short, worrying, since these students, within a few months, will be entering the labor market already under strong psychological pressure.

The data revealed that most of the study population, being young and having no job, you feel more nervous, tense, worried, besides having the feeling of being useless and worthless person, which obviously behind consequences to their psychophysiological well-being, such as headaches, stomach pain and sleep disorders.

Also noteworthy is the data related to graduate students who have a night job, because they cannot renew their energy at night, which explains higher incidence of nervousness, tension and worry in this group. This whole situation is extremely harmful to health of the university, greatly increasing the chance of developing a CMD.

It is hoped that this study, in spite of representing data from a single university, can influence and assist in further research on the subject in different places and contexts. It is important that these data should arouse the attention of teachers and educational institutions, to build discussion of ways to assist their academic in addressing the issue and the creation of measures to promote the prevention of common mental disorders or even your grievance.

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Corresponding Address

Vivian Aline Preto
Centro Universitário Católico Salesiano
Auxilium
Rua Lavínia, 56
Bairro Novo Umuarama
CEP 16011-200 – Araçatuba (SP), Brazil