

The Comparison of Depressive Severity among Preclinical Medical Students between Peak and Post-Peak Phase of COVID 19 Pandemic in Indonesia with its Associated Factors = Perbandingan Tingkat Keparahan Depresi pada Mahasiswa Kedokteran Praklinis antara Fase Puncak dan Pasca Puncak Pandemi COVID 19 di Indonesia beserta Faktor-Faktor Terkaitnya

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Abstrak

Dampak pandemi COVID-19 sangat signifikan dan memengaruhi berbagai aspek, termasuk kesehatan mental dan kesejahteraan mahasiswa kedokteran di Indonesia. Penelitian ini bertujuan untuk mengkaji perbedaan tingkat keparahan depresi di kalangan mahasiswa kedokteran praklinis selama fase puncak dan pasca-puncak pandemi. Studi observasional analitik cross-sectional ini dilakukan antara Oktober 2020 dan Oktober 2022, dengan mengumpulkan data dari mahasiswa kedokteran praklinis menggunakan Patient Health Questionnaire-9 (PHQ-9). Faktor sosiodemografi juga dievaluasi melalui survei daring. Uji Mann-Whitney dan Chi-Square dilakukan. Dari 712 sampel, jenis kelamin (31,88% laki-laki) dan tahun praklinis (41,43% mahasiswa tingkat dua). Dengan mayoritas partisipan berasal dari DKI Jakarta (26,0%), uji Mann-Whitney menunjukkan perbedaan signifikan pada skor untuk pertanyaan 3, 4, 9 (masing-masing $p < 0,001$, $p = 0,004$, $p = 0,016$) dan skor total keseluruhan ($p = 0,023$) antara kelompok puncak dan pasca-puncak. Metode chi-square menunjukkan perbedaan signifikan secara statistik, dengan sebagian besar partisipan tidak menunjukkan gejala depresi atau gejala depresi minimal (37,92%), diikuti oleh gejala ringan (27,81%). Studi ini mengungkapkan bahwa skor PHQ-9 keseluruhan meningkat secara signifikan selama puncak pandemi COVID-19 dibandingkan dengan periode pasca-puncak.

.....The COVID-19 pandemic's effects were significant, affecting various aspects, including mental health and well-being of medical students in Indonesia. This research seeks to examine the differences in depression severity among preclinical medical students during the peak and post-peak phases of the pandemic. This cross-sectional analytical observational study was conducted between October 2020 and October 2022, collecting data from preclinical medical students by using the Patient Health Questionnaire-9 (PHQ- 9). Sociodemographic factors were also evaluated through an online survey. Mann- Whitney and Chi-Square tests were performed. From 712 samples, gender (31.88% male) and pre-clinical year (41.43% sophomore). With majority of participants were from DKI Jakarta (26.0%), Mann-Whitney test showed significant differences in scores for questions 3, 4, 9 ($p < 0.001$, $p = 0.004$, $p = 0.016$, respectively) and the overall total score ($p = 0.023$) between peak and post-peak groups. Chi-square method revealed a statistically significant difference, with most participants exhibiting no or minimal depressive symptoms (37.92%), followed by mild symptoms (27.81%). This study revealed that overall PHQ-9 scores were significantly elevated during the peak of the COVID-19 pandemic compared to the post-peak period.