

35th International Conference on PUBLIC MENTAL HEALTH AND NEUROSCIENCES

November 18-19, 2024 | Paris, France

Internet addiction, depression, anxiety and stress among medical science students, after the COVID-19 lockdown: A cross-sectional study FSHMT, University of Medicine -Tirana, Albania**Elida PEKA¹, Rudina PIRUSHI², Enver ROSHI³ and Jolanda ZOGA⁴**¹Deputy Dean of Continuing Education, Projects and Curriculum, Department of Clinical Subjects, University of Medicine, Tirana.²Department of Clinical Subjects, University of Medicine, Tirana.³Public Health Professor, University of Medicine, Tirana.⁴MSc, Genetic Disease Technician, Genetics Service, at the "Mother Teresa" University Hospital Center, Tirana

Background: Internet addiction is one of the fastest growing addictive behaviors and is an important public health problem that affects a large number of people around the world in the post-Covid-19 period. Excessive use of the Internet among students of medical sciences at the University of Medicine increases their risk of Internet addiction and the negative consequences associated with it.

Objective: To assess the impact of the COVID-19 lockdown on internet addiction in medical science students. Second, to assess the relationships, if any, between Internet addiction, anxiety, depression, and stress.

Methods: Internet addiction, depression, anxiety, and stress among medical students in Tirana, Albania, were studied using the Young Internet Addiction Test (IAT) scale and the Depression, Anxiety, and Stress Scale (DASS-21). A web-based questionnaire was developed and distributed through various social media platforms. All interested candidates who gave consent were included in the study. All statistical analyzes were done using SPSS version 25.0.

Results: The study population consisted of 39.8% males and 60.2% females. About 82.25% of participants showed moderate levels of Internet addiction. A strong positive correlation was found between anxiety and stress ($r = 0.83$, $P < 0.05$), depression and anxiety ($r = 0.92$, $P < 0.05$) and between depression and stress ($r = 0.86$, $P < 0.05$).

Conclusions: Unprecedented ramifications of lockdown are unabated, with internet addiction, increasing depression, anxiety and stress to name a few. Internet addiction associated with psychological disorders still remains a matter of concern for medical students. We recommend awareness interventions for the harmful consequences of Internet use in this population. More studies are needed to determine the burden of mental, psychological, and social problems associated with Internet addiction in high-risk populations.

Biography

Elida PEKA, University of Medicine, Tirana, Albania Graduated in Health and Social Sciences (Political Science). Since 2001, lecturer at the University of Medicine, Tirana, Albania. In 2016, doctorate in Public Health, UMT, Albania. Currently, Deputy Dean of Continuing Education, Projects and Curriculum. Published various Articles in the field of Health and Health Policies, Public Health, Health Education through Health Literacy and Media Literacy.