Depression Level Among Neurology Resident Doctors in the Faculty of Medicine, Universitas Indonesia

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INTRODUCTION

A resident doctor is a doctor who has graduated from medical school, has earned the title of "doctor" and is currently undergoing a specific specialization postgraduate program. Resident doctors are at high risk of experiencing stress and depression. Depression greatly affects the quality of medical services provided by residents. This study aimed to determine the prevalence of depression, its relationship with various sociodemographic factors and several environmental factors, and its relation to the residency level of resident doctors in the Neurology Study Program, Faculty of Medicine, Universitas Indonesia.

METHODS

This research was an analytic observational study with a cross-sectional design. All neurology resident doctors of Universitas Indonesia had filling out a questionnaire containing **sociodemographic data and the Beck Depression Inventory-II (BDI-II)** via Google Form platform. Then, the data were analyzed using chi-square and regression analysis.

DISCUSSION

Residency level was found to be statistically significant for depression. In addition, the regression analysis also concluded that the **higher the residency level, the lower the risk of experiencing depression**. Level 3, or the highest level, had the lowest risk of experiencing depression. This study's results also indicate **a relationship between senior, supervisor, or teacher support for depression among resident doctors**. Support from various parties is an **additional coping mechanism for the pressures experienced by resident doctors during their education**.

CONCLUSIONS

Our study found that 18.4% of neurology resident doctors had depression. Residency level and senior/supervisor support were significantly associated with depression among resident doctors.

RESULTS

In this study, 53 (66.2%) participants were females and 16 (33.8%) were males. Sixty-five participants were analyzed with 4 participants excluded. The overall prevalence of depression was 18.2%, with mild depression at 9.2% and moderate depression at 9.2%. Depression was more common in females than males (10.8% vs 7.7%). The residency level has a significant association with the incidence of depression.

Table 1. Association between several factors and depression among neurology resident doctor

	No Depression (%)	Depression (%)	p-value
Age (year group)			0.768
≤ 30	29 (44.6)	6 (9.2)	
>30	24 (36.9)	6 (9.2)	
Sex			0.245
Male	13 (20.0)	5 (7.7)	
Female	40 (61.5)	7 (10.8)	
Marital Status			0.598
Single	22 (33.8)	4 (6.2)	
Married	31 (47.7)	8 (12.3)	
Smoking			
Yes	0 (0)	0 (0)	
No	53 (81.5)	12 (18.5)	
Residency Level			0.044*
Level 1	8 (12.3)	3 (4.6)	
Level 2A	13 (20.0)	2 (3.1)	
Level 2B	10 (15.4)	6 (9.2)	
Level 3	22 (33.8)	1 (1.5)	
Working Hours (hours/week)			0.850
≤ 48 hours/week	7 (10.8)	1 (1.5)	
48-64 hours/week	27 (41.5)	7 (10.8)	
>64 hours/week	19 (29.2)	4 (6.2)	
Colleague Support			0.059
Yes	52 (80.0)	10 (15.4)	
No	1 (1.5)	2 (3.1)	
Senior/Teacher Support			0.049*
Yes	48 (73.8)	8 (12.3)	
No	5 (7.7)	4 (6.2)	

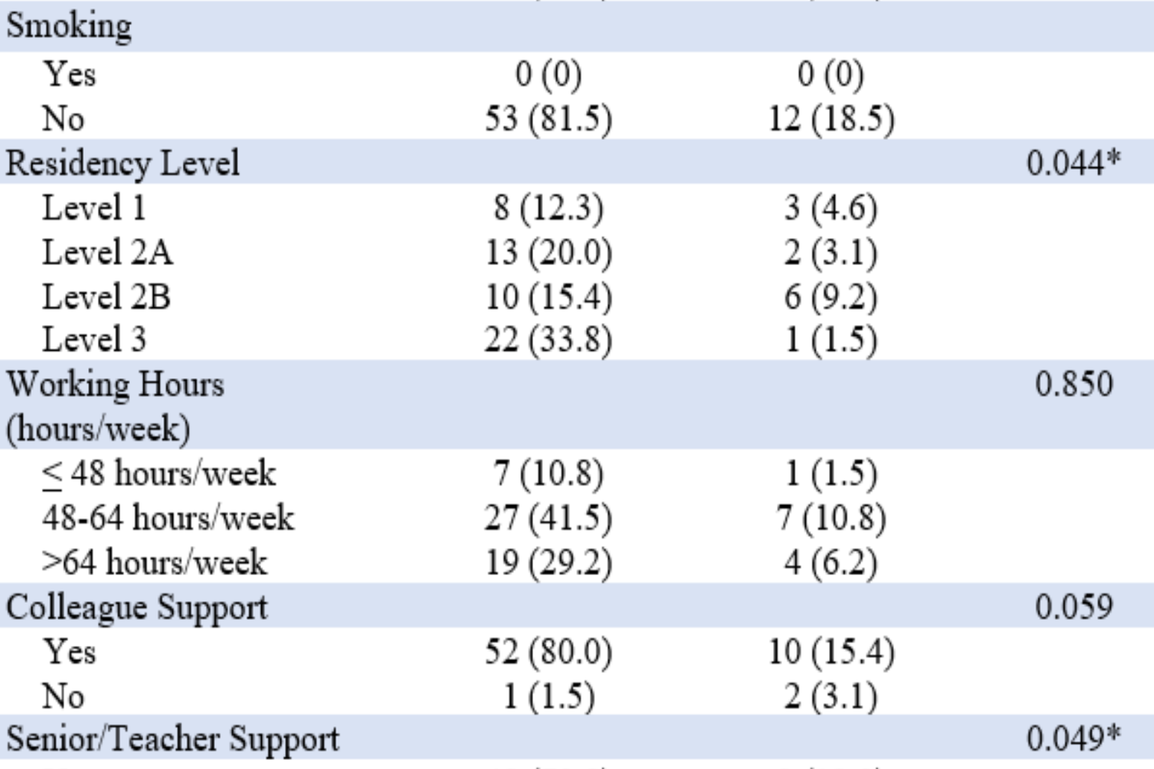

Figure 1. Proportion of Depression Level Among Neurology Resident Doctors

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