

## **Impact of Mental Health Issues of Medical Students on Academic Achievements in Medical Colleges of Balochistan Province**

**Muhammad Arif<sup>1</sup>, Arsalan Shah<sup>2</sup>, Nadir Ali<sup>3</sup>, Dr. Rab Nawaz Soomro<sup>4</sup>**

<sup>1</sup>Slaughter House Metropolitan Corporation, Quetta Balochistan-Pakistan.

<sup>2</sup>Sheikh Khalifa Bin Zayed Al-Nahyan Medical Complex Hospital Quetta, Balochistan-Pakistan.

<sup>3,4</sup>Department of Nursing & Allied Medical Sciences Alhamd Islamic University, Quetta-Pakistan.

[drarifbaloch84@gmail.com](mailto:drarifbaloch84@gmail.com); [nadiralibezinjo77@gmail.com](mailto:nadiralibezinjo77@gmail.com); [dr.nawaz@hotmail.com](mailto:dr.nawaz@hotmail.com)

**DOI: 10.5281/zenodo.10446073**

### **ABSTRACT**

The Medical Colleges of Baluchistan Province are just academic; they are developing the students socially, physically, and emotionally. The research has demonstrated a correlation between a student's poor academic performance and his/her need for emotional and mental health support. This research project sought to answer the following research questions: 1) Do mental health services in the medical colleges of Baluchistan setting help facilitate students' academic achievement? and 2) Does a focus on mental health issues improve overall health and well-being in medical colleges of Baluchistan students? The Participants for this study were two types, one students n=100 (Male & Female) and second n=50 staff members (including teachers, administrators, counselors, and others) of all the medical colleges of Baluchistan. Qualitative data in the form of interviews were collected for this study, and subsequently transcribed and analyzed using a "bottom up" approach. Results of this study primarily were indicated that medical colleges of Baluchistan have many challenges to their emotional health during their academic years and staff has unique access to assist youth in navigating these challenges. The study describes the need for more mental health professionals to be available in medical colleges. Implications for micro include the need for more mental health staff including counselors and school social workers and the implications for macro practice include the need more staff and teacher training on how to better support students.

**Keywords:** Mental Health, Self-Preparation, Diversity Issues, Ethical Issues, Political Issues.

**Cite as:** Muhammad Arif, Arsalan Shah, Nadir Ali, & Dr. Rab Nawaz Soomro. (2023). Impact of Mental Health Issues of Medical Students on Academic Achievements in Medical Colleges of Balochistan, Province. *Mader E Milat International Journal of Nursing and Allied Sciences (MINAS)*, 1(4), 95–105. <https://doi.org/10.5281/zenodo.10446073>

### **INTRODUCTION**

Baluchistan is the least literate province of Pakistan. This may be partially due to the lack of connectivity in this province which accounts for 44% of the land area or due to the security issues or lack of political will or motivation to improve the condition of the province. Studies show that 70 percent of the people in Baluchistan are in the midst of poverty and cannot afford to send their children to Quetta for quality education. This mars for a small amount of teachers subsequently generated from the province particularly women and rural area teachers. Mostly at the primary level, dropout from schools is at high level. From primary to middle level, the transition rate is a mere 23% (Abidi et al., 2021). According to Federal Bureau of Statistics, at secondary level for age groups 14 to 15 the net

enrolment ratio (NER) reduces to 14% and for age groups 13 to 14 its 6% (Nair et al., 2023). Ms. Naghmana Ambreen (Coordinator Annual Status of Education Report (ASER) said, students who have even passed 5th grade in the provinces have a hard time reading simple sentences in Urdu or performing basic arithmetic operations. Although the Constitution of Pakistan, under Article 25-A which was included through the 18th Amendment, mandates universal education for children up till the age of 16, there is large section of Baluchistan's population that remains uneducated. To deny children of their right to education is therefore a violation of the fundamental rights of children under the Constitution of Pakistan. The province also lags behind the more populous provinces in terms of literacy rates and when it comes to gender discrepancy with regards to literacy, Baluchistan leads the way. Within Pakistan, Baluchistan covers 43% of the land and even though it is blessed with natural resources, its educational facilities are unhappily low. As a federation 48% of Pakistani educational institutions are in Punjab, 22% in Sindh, 17% in KPK but only 5% in Baluchistan (Abidi et al., 2021). The teachers across Baluchistan are deployed to their respective positions through district officers. Thus, all the power to appoint, hire and transfer the teachers in a respective area is under the control of district officers in Baluchistan. However, as is the practice in many areas of the country many appointments are not made on merit. People who have barely managed to pass their matriculation or board examinations are hired on the basis of good 'contacts' in higher places. Moreover, transfers are made due to personal enmities between the district administrators and some teachers. This is particularly harsh on teachers who have been teaching in a particular area for a long period of time and are well acquainted with the way a particular school is run. Also most teachers are employed with 'strings attached'. What is meant here is that government offers them plenty of money and most of them do not take the job unless they are promised less working hours and more vacationing time. According to reliable inside sources favoritism runs deep in the selection process and is a much preferred method over recruitment based on merit. Also, due to a lack of teachers, the small lots of them that are available are offered more fringe benefits even though they have scarce amount of knowledge and experience (Abidi et al., 2021). Thus, there is not only a scarcity of quality Baluch teacher but also that are available are sidelined in place of less competent ones. Candidates appointed for teaching posts have no pre-service training experience because of severe shortfall of teachers in Baluchistan. Most teachers in Baluchistan have secured their positions through endorsements from provincial and national politicians.

Baluchistan is although discussed as a part of land in Pakistan that has gifted precious treasure underneath it but has identified as most backward regions in Pakistan. While looking at the development of the whole youth, in medical college's time in class is only academic. They are developing socially, physically, and emotionally. Most medical colleges in Pakistan need 180 days of instruction, which is about half a calendar year. On any given academic day, a student will be processing a myriad of personal experiences, such as communication problems with family or friends, identity exploration, and hormonal changes. If students feel that school is a safe place to process their emotions, perhaps the learning will come easier. Conversely, students who have no means to feel heard often develop problematic or attention seeking behaviors. A student's grades or academic performance is only one measure of success; however, a correlation can often be found between a student's poor academic performance and his/her need for emotional and mental health support. As this topic is explored, a theory will be developed regarding the need for and the benefit of mental health services in medical colleges.

### **Problem Statement:**

The research focus is exploring the possible impact when all members of the academic team in the medical colleges of Baluchistan understand mental health concerns experienced. The research questions are:

- 1) Do mental health services in the medical colleges of Baluchistan setting help facilitate students' academic achievement?
- 2) Does a focus on mental health issues improve overall health and well-being in medical colleges of Baluchistan students?

If students feel that medical colleges are safe place to process their emotions, perhaps the learning will come easier. Conversely, students who have no means to feel heard often develop problematic or attention seeking behaviors. A student's grades or academic performance is only one measure of success; however, a correlation can often be found between a student's poor academic performance and his/her need for emotional and mental health support. As this topic will explore, a theory will be develop regarding the need for and the benefit of mental health services in high schools.

### **Aim of Research Study**

The aim of this research study is to explore specific role of medical colleges in Baluchistan to determine position of different problems among students on their academic achievements. Furthermore, this study also critically assess health of different problems are identified. In addition, general perception of local people has also made part of this study to determine their experience and trusts medical colleges in Baluchistan for the development of the country.

### **Research Objectives**

The research objectives of current research study are as follow:

- To determine the scope of medical colleges in Baluchistan for the Self Preparation of the students on their academic achievements.
- To investigate different Diversity Issues those are enclosed with in medical colleges in Baluchistan.
- To determine relevance of different Ethical Issues of students on their academic achievements through medical colleges in Baluchistan.
- To determine current participation of students on Political Issues in medical colleges in Baluchistan.

### **Research Questions**

- What are the scopes of medical colleges in Baluchistan for the Self Preparation of the students on their academic achievements?
- How to investigate different Diversity Issues that are enclosed with in medical colleges in Baluchistan.
- What are the determine relevance of different Ethical Issues of students on their academic achievements through medical colleges in Baluchistan.
- How to determine current participation of students on Political Issues in medical colleges in Baluchistan.

### **Significance of Research Study**

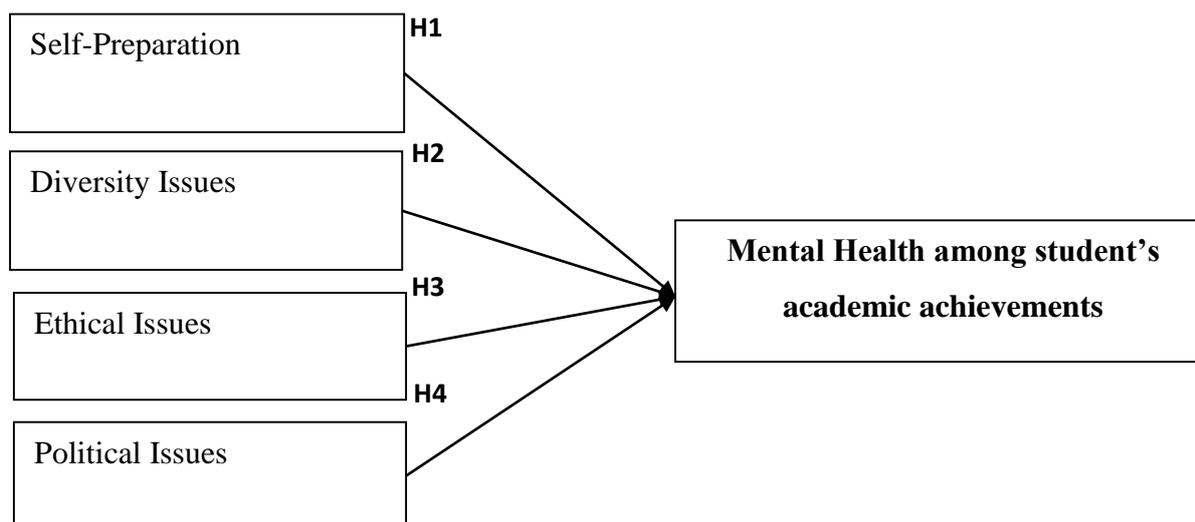
This research study provides students of health to understand the role of mental health in the determination of development of developing countries. In addition, this study also provides valuable inputs to policy makers and intellectual to understand the scope of medical colleges in Baluchistan in Mental Health Issues on Academic Achievement in medical colleges Students of Baluchistan Province. In addition, it helps regulatory bodies to take initiatives and design new opportunities to contribute valuable inputs in ensuring the contribution of medical colleges in success factor of mental health issues in Baluchistan.

## METHODOLOGY

### Sample Selection

This study is proceeded with selection of sample from population of Baluchistan that is around 6.85 percent of Pakistan with population size of approximately 21.77 million while the geographic coverage of the country as compare to rest of the province of the country. This reveals that the population density of the country is very low hence it is not possible to easy access to different part of the province. Furthermore, Self-Preparation, Diversity Issues, Ethical Issues and Political Issues Similarly, time constraint associated with current investigation also reflect the selection of criteria and make the data collection process flexible to support data collection process. Furthermore, it is also supportive to work with data collection in light of limited financial and human resources hence convenience sampling has also found supportive to address these constraints.

### Theoretical Framework



### Research Hypothesis

#### H1

There is significant relationship between Self-Preparation on Mental Health among student's academic achievements.

#### H1

There is significant relationship between Diversity Issues on Mental Health among student's academic achievements.

#### H1

There is significant relationship between Ethical Issues on Mental Health among student's academic achievements.

#### H1

There is significant relationship between Political Issues on Mental Health among student's academic achievements.

### Population Frame

The targeted population of current study is the population of Baluchistan medical colleges students having a direct interaction with the mental factors and its influence on inhabitants. As discussed above that population of the province is only 6.85% of total population of the country with geographic coverage area of 44% hence required with rationalization of definition of population frame to make it easy for data collection.

### Unit of Analysis

Unit of analysis has explained in term of frame expressed for analysis. In this context, the unit of analysis is assessment of selected variables such as Self Preparation, Diversity Issues, Ethical Issues and Political Issues Similarly in case of medical colleges in Baluchistan province.

### Type of Study

This study is quantitative in nature as in this study empirical approach has adopted to investigate the phenomenon to explore the impact of selected independent variables on dependent variable.

### Time Horizon

The study is adopted with cross section approach and it reflects its time horizon. In this investigation is done at a point of time from elements of targeted population. Furthermore, this data is collected at a point of time to ensure consistency of behavior and reduce the element of external factor on responsiveness of the respondents.

### Data Collection Instrument

As this research investigation is based on primary approach therefore interviews has selected as data collection instrument during current investigation to determine the influence of Self-Preparation, Diversity Issues, Ethical Issues and Political Issues Similarly of the medical colleges students in Baluchistan province of Pakistan.

### Data Collection Process

This study has selected survey technique as data collection approach because this investigation is primary in nature. Furthermore, survey technique better help to collect information form targeted population an interaction with them to input this investigation with valuable information. This approach is also found useful as this helps to better explain element of targeted population on aim and objective of the study with assurance to better respond on shared interviews.

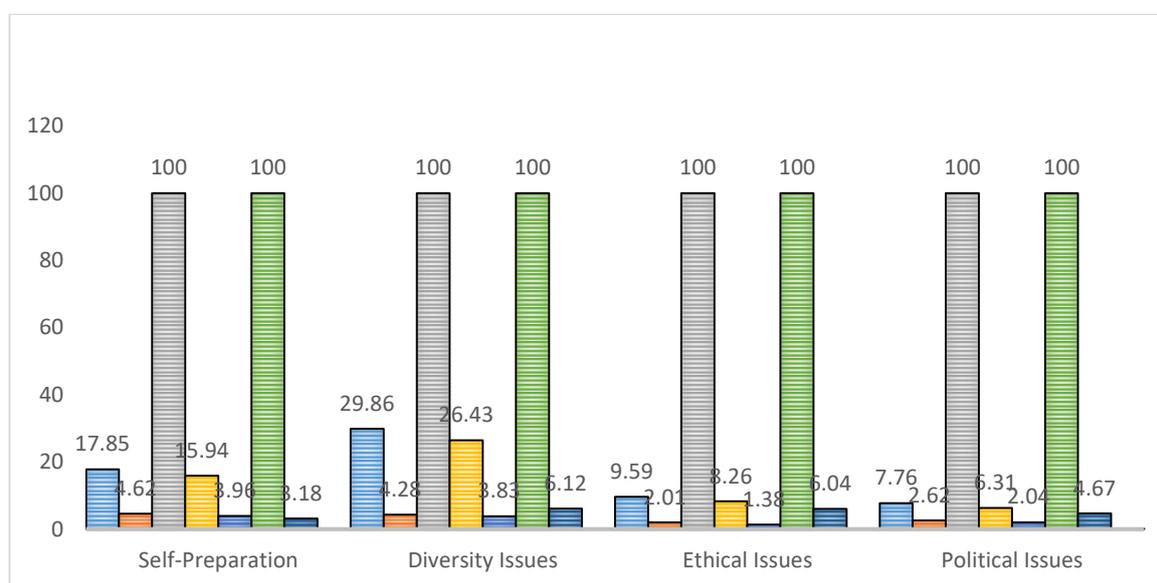
## RESULT AND DISCUSSION

The obtained data were analyzed with the help of Means, SDs and  $t$ -test. Table – 1 presented a comparison of the Male and Female adolescents on Mental Health. The result of the present study shows that male and female group differed significantly from each other in the four areas of mental health (Self-Preparation, Diversity Issues, Ethical Issues and Political Issues) (Yao et al., 2023; Yaghmour et al., 2023). Which indicated that male group has better mental health than female group? Male students have greater level of Self-Preparation, Diversity Issues, Ethical Issues and Political Issues, more intelligent and better, overall mental health than female students. The (Aljuwaiser, et al., 2023 and Bailie et al., 2023) reported that Diversity issues in any social syytem may crack the competition. Moreover the Self prepration and diversity directly effects on merit (Alnofaiey et al., 2023; Dalva et al., 2023). The ethical issues and political issues also effects on education merits and competition

(Bannatyne et al., 2023; Duncan et al., 2023). Previous research published by (Cheng et al., 2023) that ethical issues are directly effects on mental health. Moreover, it was published that political issues are also effects on mental health (Barbier et al., 2023; Dai et al., 2023). The diversity issues and self preparation issues may influence the mental health of college students (Berreta et al., 2023; Eshta et al., 2023). This is previously reported that male having more mental stress and issues as compaire to female student (Popescu et al., 2023; Rehman et al., 2023). The female students reduced that mental health quickly (Rich et al., 2023; Sperling et al., 2023). The diversity issues directly increased in both students, male and female (Tran et al., 2023; Wilkinson et al., 2023; Zila et al., 2023).

**Table 1: Means, SDs and ‘t’ values of male and female adolescents on mental health**

S.No	Factor	Male			Female			‘t’	P -VALUE
		Mean	SD	N	Mean	SD	N		
1.	Self-Preparation	17.85	4.62	100	15.94	3.96	100	3.18	0.01
2.	Diversity Issues	29.86	4.28	100	26.43	3.83	100	6.12	0.01
3.	Ethical Issues	9.59	2.01	100	8.26	1.38	100	6.04	0.01
4.	Political Issues	7.76	2.62	100	6.31	2.04	100	4.67	0.01



**Figure -1: Mean scores, of male and female of mental health.**

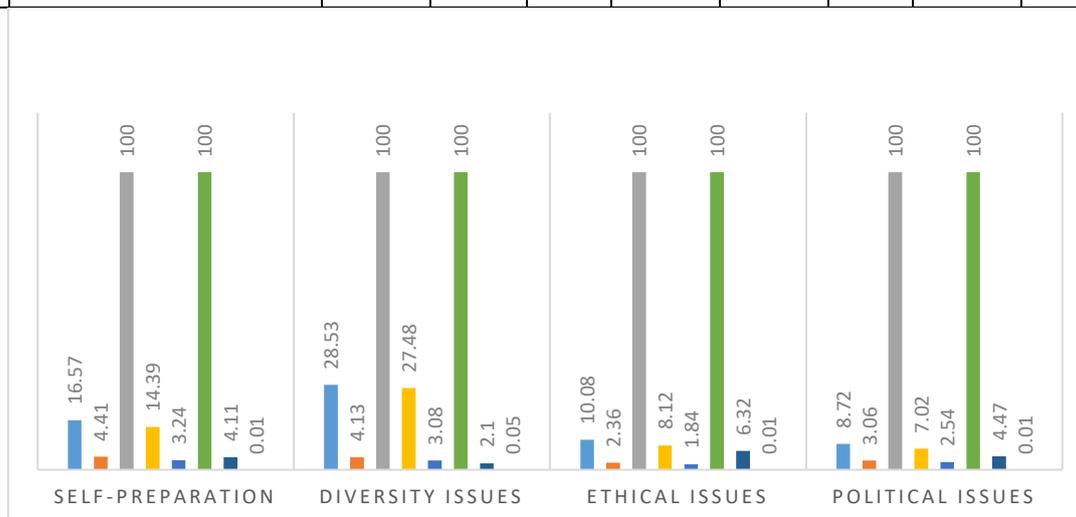
The obtained data were analyzed with the help of Means, SDs and ”t” test. Table –2 presented a comparison of the high and low achiever on Mental Health. High achieving group scored higher (M =106.31) than Low achieving college students (M =99.73) on mental health battery. All category of

high achieving group secured higher mean scores on mental health battery than low achieving group. It indicates that high achievers were more mentally healthy than low achiever.

All the “t”s was highly significant at 0.01 levels. The diversity issues also reported higher in achievers (Gacs et al., 2023; Huarcaya et al., 2023). The higher and lower achievers are directly influence on mental health with relavent various issues (Kalsen et al., 2023; Landry et al., 2023). The self prepration and diversity issues mental health illness is reported in previous studies (Medisauskaite et al., 2023; Mello et al., 2023). The mental health is associated with variety of issues which are purely belonging to their stability (Nair et al., 2023; Nugraha et al., 2023). The Paz et al., 2023 is reported that political issues may effects on mental health. The mental health is most important to control stress and anxiety (Young et al., 2023).

**Table 2 –Mean scores, SDs and ‘t’ values of high and low achievers of mental health.**

S.No	Factor	High Achiever			Low Achiever			‘t’	P -VALUE
		Mean	SD	N	Mean	SD	N		
1.	Self-Preparation	16.57	4.41	100	14.39	3.24	100	4.11	0.01
2.	Diversity Issues	28.53	4.13	100	27.48	3.08	100	2.10	0.05
3.	Ethical Issues	10.08	2.36	100	8.12	1.84	100	6.32	0.01
4.	Political Issues	8.72	3.06	100	7.02	2.54	100	4.47	0.01

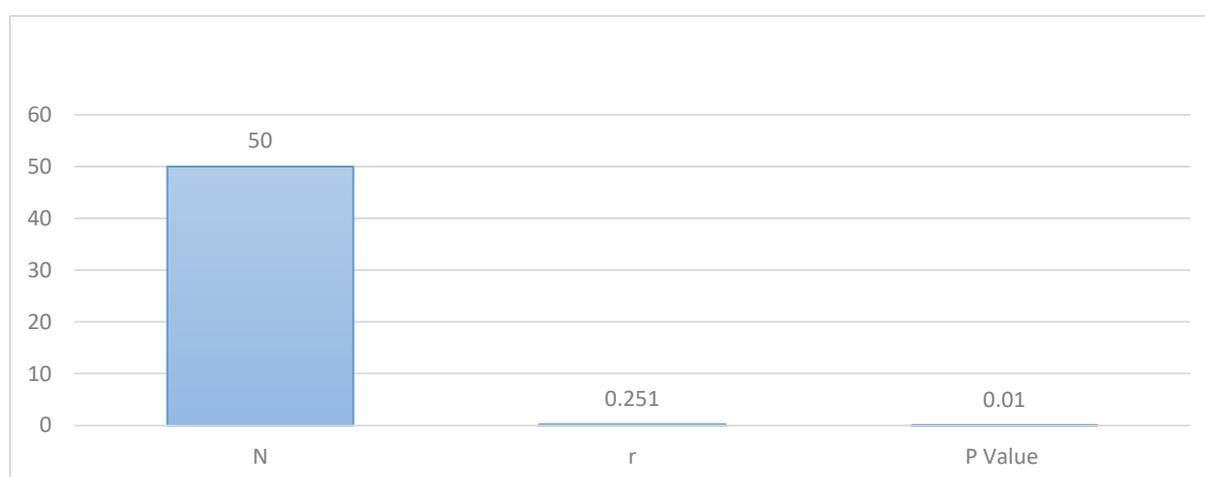


**Figure-2, Mean scores of high and low achievers of mental health.**

Using product moment method of coefficients of correlation, an attempt was made to explore the relationship of academic achievement with mental health.

**Table 3: The Correlation coefficient between Academic Achievement and Mental Health.**

N	r	P -Value
50	0.4251	0.01



**Figure-3, The Correlation coefficient between Academic Achievement and Mental Health.**

It is obvious from the table3 that academic achievement and mental health exists positive correlation which was significant at 0.01 levels. Thus the hypothesis —There will be positive relationship between mental health and academic achievement is accepted. This indicated that a person with having high academic achievement tend to score high and person having low academic achievement tend to scores low on the scale of Mental Health. Therefore, the researcher revealed that there is a significant effect of mental health on academic achievement.

## CONCLUSION AND RECOMMENDATIONS

### Conclusion

This study will have conducted with an objective to determine the impact of student's mental health issues initiatives in determination of their academic achievements in the province. This study selected Baluchistan province public medical colleges for the purpose of investigation for current study through access accessible areas of the province, discussion with educated population with an interaction with using convenience sampling technique. The techniques are determination of impact of Self-Preparation, Diversity Issues, Ethical Issues and Political Issues Similarly on mental health of the students and their academic achievements of the students in medical colleges of Baluchistan.

### Recommendation

This is recommended and suggested that this study further may proceed, with different aspects and focuses the ground realities of different arease, and must be focus other objectives which are causing problems on university students.

### REFERENCES

Abidi, Maliha. (February 10, 2021). Why we don't talk about mental health in Pakistan, published in Malala Fund, <https://assembly.malala.org/stories/why-we-dont-talk-about-mental-health-in-pakistan>

Aljuwaiser, S., Brazzelli, M., Arain, I., & Poobalan, A. (2023). Common mental health problems in medical students and junior doctors - an overview of systematic reviews. *J Ment Health*, 1-37. doi:10.1080/09638237.2023.2278095

Alnofaiey, Y. H., Atallah, H. M., Alrawqi, M. K., Alghamdi, H., Almalki, M. G., Almaleky, J. S., & Almalki, K. F. (2023). Correlation of Physical Activity to Mental Health State and Grade Point Average Among Medical Students in Saudi Arabia: A Cross-Sectional Study. *Cureus*, 15(6), e40253. doi:10.7759/cureus.40253

Bailie, J., Reed, K., Matthews, V., Scott, K. M., Ahern, C., & Bailie, R. (2023). Volunteering as prosocial behaviour by medical students following a flooding disaster and impacts on their mental health: A mixed-methods study. *Med Educ*. doi:10.1111/medu.15199

Bannatyne, A. J., Jones, C., Craig, B. M., Jones, D., & Forrest, K. (2023). A systematic review of mental health interventions to reduce self-stigma in medical students and doctors. *Front Med (Lausanne)*, 10, 1204274. doi:10.3389/fmed.2023.1204274

Barbier, J. M., Carrard, V., Schwarz, J., Berney, S., Clair, C., & Berney, A. (2023). Exposure of medical students to sexism and sexual harassment and their association with mental health: a cross-sectional study at a Swiss medical school. *BMJ Open*, 13(4), e069001. doi:10.1136/bmjopen-2022-069001

Berreta, K., Nguyen, C., Stoner, A. M., Ridgeway, L., Wilson, A., Fadel, N., & Biber, D. (2023). A RE-AIM Analysis of a Mental Health App for Undergraduate and Medical Students during the COVID-19 Pandemic: A Retrospective Cross-Sectional Study. *Int J Environ Res Public Health*, 20(13). doi:10.3390/ijerph20136266

Cheng, J., Liao, M., He, Z., Xiong, R., Ju, Y., Liu, J., . . . Zhang, Y. (2023). Mental health and cognitive function among medical students after the COVID-19 pandemic in China. *Front Public Health*, 11, 1233975. doi:10.3389/fpubh.2023.1233975

D'Alva-Teixeira, V., Pico-Perez, M., & Morgado, P. (2023). Determinants of Poor Mental Health of Medical Students in Portugal-A Nationwide Study. *Healthcare (Basel)*, 11(14). doi:10.3390/healthcare11141991

Dai, X., & Yu, D. (2023). Analysis of mental health status before and after psychological intervention in response to public health emergencies by medical students: a prospective single-arm clinical trial. *Transl Pediatr*, 12(3), 462-469. doi:10.21037/tp-23-120

Duncan, S. A., Sperling, G. L., Moy, M. I., Hansen, R., Soudah, C. K., Rodriguez, P., . . . Agana, D. F. G. (2023). Investigating the Impact of Community Volunteerism on the Mental Health of Medical Students. *J Med Educ Curric Dev*, 10, 23821205231191903. doi:10.1177/23821205231191903

Esht, V., Alshehri, M. M., Bautista, M. J., Sharma, A., Alshamrani, M., Alenazi, A. M., . . . Abdelwahab, S. I. (2023). A Cross-Sectional Study Using STROBE Platform to Examine Sleep Characteristics, Mental Health and Academic Performance of Female Applied Medical Sciences Students in the Southwest of Saudi Arabia. *Behav Sci (Basel)*, 13(6). doi:10.3390/bs13060451

Gacs, B., Tenyi, T., Palfi, K., Major, J., & Horvath-Sarrodi, A. (2023). [The role of mental health support for medical students.]. *Orv Hetil*, 164(45), 1778-1786. doi:10.1556/650.2023.32889

Huarcaya-Victoria, J., Elera-Fitzcarrald, C., Crisol-Deza, D., Villanueva-Zuniga, L., Pacherras, A., Torres, A., . . . Salvador-Carrillo, J. (2023). Factors associated with mental health in Peruvian medical students during the COVID-19 pandemic: a multicentre quantitative study. *Rev Colomb Psiquiatr (Engl Ed)*, 52(3), 236-244. doi:10.1016/j.rcpeng.2021.06.014

Klasen, J. M., Poljo, A., Sortino, R., Bogie, B. J. M., Schoenbaechler, Z., Meienberg, A., . . . LaDonna, K. A. (2023). Medical students on the COVID-19 frontline: a qualitative investigation of experiences of relief, stress, and mental health. *Front Med (Lausanne)*, 10, 1249618. doi:10.3389/fmed.2023.1249618

Landry, H., Kingsbury, M., Hamilton, H. A., & Colman, I. (2023). Psychological distress, non-medical use of prescription medications, and perceived unmet mental health care needs: a cross-sectional study of Ontario students. *Soc Psychiatry Psychiatr Epidemiol*, 58(10), 1483-1492. doi:10.1007/s00127-023-02450-y

Medisauskaite, A., Silkens, M., & Rich, A. (2023). A national longitudinal cohort study of factors contributing to UK medical students' mental ill-health symptoms. *Gen Psychiatr*, 36(2), e101004. doi:10.1136/gpsych-2022-101004

Mello, D. R. B., Ortega, F., Muller, M. R., & Apratto Junior, P. C. (2023). [Reflexive groups with medical students from the mental health league as a strategy for change]. *Cien Saude Colet*, 28(3), 887-896. doi:10.1590/1413-81232023283.10962022

Nair, M., Moss, N., Bashir, A., Garate, D., Thomas, D., Fu, S., . . . Pham, C. (2023). Mental health trends among medical students. *Proc (Bayl Univ Med Cent)*, 36(3), 408-410. doi:10.1080/08998280.2023.2187207

Nugraha, D., Salamah, S., Luke, K., Wibowo, Z. K., Witarto, A. P., Deswima, C., . . . Alkaff, F. F. (2023). Evaluation of Health-Related Quality of Life and Mental Health in 729 Medical Students in Indonesia During the COVID-19 Pandemic. *Med Sci Monit*, 29, e938892. doi:10.12659/MSM.938892

Paz, D. C., Bains, M. S., Zueger, M. L., Bandi, V. R., Kuo, V. Y., Payton, M., & Ryznar, R. J. (2023). Impact of COVID-19 on Rocky Vista University medical students' mental health: A cross-sectional survey. *Front Psychol*, 14, 1076841. doi:10.3389/fpsyg.2023.1076841

Popescu, C. A., Tegzesiu, A. M., Suciuc, S. M., Covaliu, B. F., Armean, S. M., Uta, T. A., & Sirbu, A. C. (2023). Evolving Mental Health Dynamics among Medical Students amid COVID-19: A Comparative Analysis of Stress, Depression, and Alcohol Use among Medical Students. *Medicina (Kaunas)*, 59(10). doi:10.3390/medicina59101854

Rehman, S., Ali, H., Sami, Z., Sarfraz, M. R., & Ata, M. (2023). Effects Of Excessive Screen Time During Online Teaching On The Physical And Mental Health Of Medical And Dental Students. *J Pak Med Assoc*, 73(10), 2073-2076. doi:10.47391/JPMA.8124

Rich, A., Viney, R., Silkens, M., Griffin, A., & Medisauskaite, A. (2023). UK medical students' mental health during the COVID-19 pandemic: a qualitative interview study. *BMJ Open*, 13(4), e070528. doi:10.1136/bmjopen-2022-070528

Sperling, E. L., Hulett, J. M., Sherwin, L. B., Thompson, S., & Bettencourt, B. A. (2023). Prevalence, characteristics and measurement of somatic symptoms related to mental health in medical students: a scoping review. *Ann Med*, 55(2), 2242781. doi:10.1080/07853890.2023.2242781

Tran, T. T. T., Luu, M. N., Tran, L. L., Nguyen, D., Quach, D. T., & Hiyama, T. (2023). Association of mental health conditions and functional gastrointestinal disorders among Vietnamese new-entry medical students. *PLoS One*, 18(7), e0289123. doi:10.1371/journal.pone.0289123

Wilkinson, E. (2023). Medical students face high levels of mental health problems but stigma stops them getting help. *BMJ*, 381, 933. doi:10.1136/bmj.p933

Yaghmour, K. A., Alhmyri, S. M., Alhmyri, B. M., Sharaf, R., Alasmari, M. A., & Almilabi, M. M. (2023). The Effect of Sleep Quality and Mental Health on Academic Performance Among the Medical Students of King Abdulaziz University. *Cureus*, 15(9), e44951. doi:10.7759/cureus.44951

Yao, S., Xu, M., & Sun, L. (2023). Five-Factor Personality Dimensions Mediated the Relationship between Parents' Parenting Style Differences and Mental Health among Medical University Students. *Int J Environ Res Public Health*, 20(6). doi:10.3390/ijerph20064908

Young, C., & Juliani, M. (2023). Universal Brief Mental Health Screenings for First-Year Medical Students: A 6-Year Retrospective of the Keck Checks Program. *Acad Med*, 98(7), 782-787. doi:10.1097/ACM.00000000000005169

Zila-Velasque, J. P., Grados-Espinoza, P., Regalado-Rodriguez, K. M., Sosa-Nunez, F., Alcarraz-Jaime, A., Cortez-Soto, A. G., . . . Soriano-Moreno, A. N. (2023). Sociodemographic and educational factors associated with mental health disorders in medical students of clinical years: A multicenter study in Peru. *PLoS One*, 18(6), e0286338. doi:10.1371/journal.pone.0286338