

Week 5 Discussion: Qualitative Analysis Critique

The national practice problem selected for this qualitative study is depression, burnout and anxiety. The article by Pokhrel et al. (2020) investigates depression, anxiety, and burnout among medical students and residents at a medical school in Nepal. According to Pokhrel et al. (2020), the mental health of the student's studying medicine is considered the same or even better as the general popular prior to starting medical school. In addition, the study states that about a third of medical student worldwide experience some form of depression which is considered much higher than the public around 3.66.6% (Pokhrel et al., 2020). Furthermore, an increased rate of depression is found in medical student in their first year and these symptoms connected to lack of sleep, intense stress from their personal experiences and burnout (Pokhrel et al., 2020). Moreover, medical students face physical and emotional demands and are exposed to more academic and psychosocially stressors (Pokhrel et al., 2020). As their workload increases, so does the academic pressures. The lack of sleep, pressure to be the best clinically, fear of being deemed a failure, and competition among peers increase as well (Pokhrel et al. (2020). Not only is stressor present in school the students also face external and personal stressors, which can lead to a decline in their mental health. These stressors result in the students to perform poorly in school and develop severe mental illnesses such as depression, anxiety, and burnout (Pokhrel et al., 2020).

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