

Joint Event

Public Health, Women's Health, Nursing and Hospital Management

December 03-04, 2018 | Lisbon, Portugal

A cross-sectional study of stress in relation to overweight/obesity**Saurabh Tripathi, Kriti Singh, Pankaj Chaudhary, Abid Ali Ansari and Seema Nigam**

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Introduction: Stress may influence obesity behaviourally through stress related overeating as a medium of escaping emotional distress. There is increasing prevalence of Obesity/Overweight among medical students mainly due to sedentary life, lack of physical activity as well as stress due to academic pressure, insecurities about future, family and personal factors. Stress is more among final year medical students more as compared to other years because of complexity of syllabus, academic pressure, future insecurities and desire to excel in upcoming postgraduate medical entrance exams. We conducted a cross sectional study on medical students and correlated with overweight & obesity using predesigned & pretested questionnaire.

Objectives: To determine the magnitude of stress among undergraduate MBBS students. To find out the magnitude of Obesity and Overweight and illustrate relationship with stress, if any.

Materials and Methods: A study will be conducted among 120 final year students using a self-administered questionnaire containing questions regarding dietary and personal history and Perceived Stress Scale (PSS). Anthropometric measurements were taken to calculate BMI. Duration of study is two months. Data will be collected and tabulated on MS Excel sheet and will be analysed using SPSS and conclusion will be drawn accordingly.

Results: Yet to be analysed, will be presented at the conference.

Conclusions: Yet to be analysed, will be presented at the conference.

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