

**273. SLEEP QUALITY AND MOOD DISTURBANCES IN RELATIONSHIP WITH ANXIETY LEVEL IN MEDICAL STUDENTS FROM THE STATE UNIVERSITY OF MEDICINE AND PHARMACY OF THE REPUBLIC OF MOLDOVA**

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**Introduction.** Anxiety, mood and sleep disturbances are frequent among medical students. Their daily routine and academic burden can explain these. Also, we assume that medical students don't put their sleep as a priority, and they even neglect it without knowing about the hazardous consequences to their life.

**Aim of the study.** The purpose of this study was to establish the relationship between sleep quality, stress level, depression level, degree of physical training and anxiety level in medical students.

**Materials and methods.** The sample included 32 medical students (22 males, mean age 21.4 (SD±2,87)) from the State University of Medicine and Pharmacy of the Republic of Moldova. The sample was divided into two groups according to the anxiety level: 22 students (69%) (mean age 22 years, 18 males) with mild anxiety (MAG) and ten students (31%), (mean age 20 years, 4 males) with severe anxiety (SAG). The anxiety, depression and degree of physical training were assessed by Hamilton, Beck and Dijon inventory, sleep quality by The Pittsburgh Sleep Quality Index questionnaire

**Results.** The students from SAG in comparison with MAG presented poor sleep quality (8.6 vs 4.3,  $p=0.0003$ ), because of day dysfunction due to sleepiness, overall low sleep efficiency and also they were using sleep pills once or twice a week. Withal SAG presented mild mood disturbance vs without in MAG (13.1 vs 6.3,  $p=0.002$ ) and a lower physical activity (12.9 vs 18.59  $p=0.016$ ).

**Conclusions.** One-third of students have severe anxiety associated with poor sleep, mild mood disturbance and lower physical activity. These factors could have a negative outcome on the quality of students' life and academic performances. At the same time, if poor sleep is not coped, in the future medical errors can develop during medical activities. Medical students should be aware of these omnipresent factors in their life and in collaboration with the student associations, and university staff should start awareness campaigns orientated towards the improvement of sleep quality, anxiety and mood disturbances as well as the level of physical activities. Our recommendation for better sleep is to maintain a proper sleep schedule, be aware of what you eat and drink, create a restful environment, make an effort to include physical activity, develop your hobbies, try to resolve your worries or concerns before bedtime, limit exposure to bright light in the evenings and try to avoid electronic devices before bedtime. *Medice (discipulus), cura te ipsum!*

**Key words:** Sleeping quality, disturbances, anxiety, depression, medical students, stress, physical activity.