

## Introduction

Stress is a normal reaction to everyday pressures but becomes unhealthy when it negatively affects our day to day functioning<sub>1</sub>.

As a psychological condition, Stress affects around 27% of medical students<sub>2</sub>.

The aim of this study is to quantify levels of trait anxiety among medical students and explore associations with other behavioural characteristics such as stress.

## Discussion

Given the responses from students at the North Wales Medical School to the survey, it is clear to see that the Medicine Curriculum puts a strain on student wellbeing. Action from academic staff across all UK Medical Schools should be taken to ensure students are not only succeeding academically but thriving socially.

## Conclusions

The high levels of anxiety found here suggests that the provision of student support, counselling and mental health advice is a crucial requirement of medical schools. Proactive mental health interventions should be considered within medical curricula.

## Methods and Materials

Earlier in 2025, Medical Students of the North Wales Medical School cohort were invited to participate in this study. Approximately 120 students were sent a cross-sectional survey. Eighteen participants completed the Trait-Anxiety Index anonymously and online. Please note that this study was undertaken in a new medical school with a total number of students across all five years at 130. This was included in a survey that assessed Motion Sickness Susceptibility, Impulsive behaviours, Headaches and Migraines as well as the effect they have on the participants' studies.

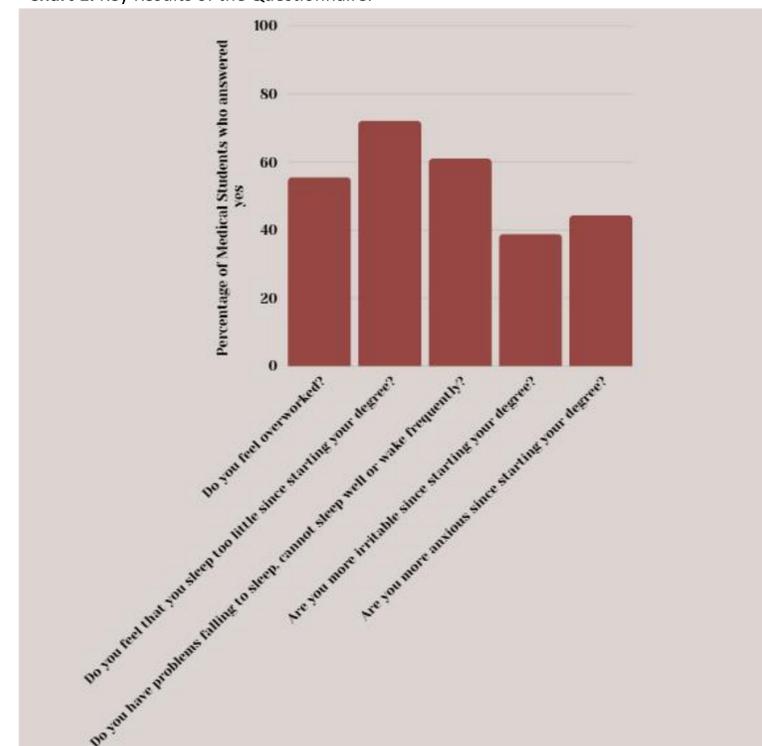
**Table 1.** Part of the State-Trait Anxiety Inventory (Spielberger et al., 1983) sent out to students of the North Wales Medical School

	Not at all	A little	Somewhat	Very much
I feel calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel secure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel strained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel at ease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am presently worrying over possible misfortunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel satisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel frightened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am uncomfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel self confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel jittery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel indecisive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel steady	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Results

In this study, approximately 45% (8/18) of first year medical students felt that they were experiencing increased anxiety since starting medical school in the questionnaire. Trait anxiety was not different between males and females. Over 55% (10/18) of our Medics who participated claimed to feel somewhat or very much worried when answering the State Trait Anxiety Inventory. Alongside this, in the same questionnaire (STAI), 50% (9/18) of students claimed to feel Strained and Tense either somewhat or very much. After ruling out headaches, migraines and motion sickness being the cause of these high levels of anxious behaviours, it could be determined that the large curriculum and workload that comes with being a medical student is the root cause.

**Chart 1.** Key Results of the Questionnaire.



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## References

1. American Psychological Association. (2018, April). *APA Dictionary of Psychology - Stress*. Retrieved April 22, 2025, from <https://dictionary.apa.org/stress>
2. Acharya, J., & Sahani, S. (2022). Coping up with Stress as a Medical Student. *Journal of Nepal Medical Association*, 60(248), 416–418. <https://doi.org/10.31729/jnma.7449>