

Statement of the Problem Anxiety and depression are considered as an important mental health indicators in the community. Being a student of the most stressful and a challenging degree program. Medical undergraduates face several emotional, mental and physical stresses during the academic years. Researches indicate that medical students experience a large amount of psychological pressure due to work required in a competitive environment, extreme working hours, examination stress, large amount of information to seek, lack of social life, responsibility of human welfare and services and anxiety. Anxiety and depression ranks fourth as the leading cause of disability globally. Several studies suggest high prevalence depression and anxiety among medical students with distress levels consistently higher than in general population and age- matched peers. The rationale of the study was to pertain the risk of developing health related anxiety and depression among the medical and dental students throughout their study course. Examining existing individual health and morbidity among them, keeping various factors in consideration like year of study, age and gender.

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