

Prevalence of Depression Among Interns of Kashan University of Medical Science in 2013

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Background: Depression is most prevalent psychiatric disorders that cause impairment in all of dimensions human life.

Objective: The aim of study was investigation the prevalence of depression among interns of Kashan University of Medical Sciences.

Materials and Methods: This analytical cross sectional study was carried out on all of interns (160) in Kashan University of Medical Sciences (2013). The instruments were Beck Depression Inventory (28) and a questionnaire consists of personal information and factors associated with depression. Data were analyzed using spss 16 software and Chi square or Fisher's exact test and t-student tests.

Results: The mean depression score of interns was 10.26 ± 7.39 . Forty five interns (28.1%) had mild depression, nineteen (11.9%) students had moderate depression, and 2 (1.2%) had severe depression. Prevalence of depression was 41.8%. There was significant relation between living location and severity of depression ($p < 0.05$).interns who live in dormitory of university had higher depression score than interns who live out of dormitory. There were no significant relation between depression severity and sex, marital status ($p > 0.05$).8.1% of interns had suicidal thoughts.

Conclusion: Our study showed that the prevalence of depression among interns was considerable. Living in dormitory and living without their families had stress for them. Screening depression, supportive interventions and prepare proper living situation are necessary for them.