

Minor Psychiatric Disorders in Pre-University Students

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Abstract:

Introduction: Pre-university students are often subjected to high levels of stress due to the academic pressure of being approved in the entrance exam and the need to choose a career, making them particularly vulnerable to developing minor psychiatric disorders (MPD). This scenario of psychological vulnerability highlights the importance of early recognition of MPD.

Objective: To analyze the prevalence of minor psychiatric disorders in pre-university students and associated factors.

Method: This is a cross-sectional study comprising 96 pre-university students. Students over 18 years old who agreed to participate in the research were included. Sociodemographic questionnaires and the SRQ-20 (Self-Report Questionnaire) were used. The data were descriptively analyzed using the Chi-square test and Fisher's exact test for categorical variables, with a significance level of 5% ($p < 0.05$).

Results: A total of 96 students, aged between 18 and 26 years, of both sexes, participated. Among them, 64.6% presented mental distress, which was associated with being female ($p = 0.027$). The average sleep time was 6 hours and 54 minutes, and 89.4% of the students turned off their screens right before sleeping.

Conclusion: The high prevalence of mental distress, especially among women, is a warning sign. The significant association between being female and mental distress highlights the urgent need for interventions aimed at promoting mental health, with special attention to vulnerable population.

Keywords:

Minor psychiatric disorders, students, mental health.