

Abstract

Background:

Mental illness is the leading non-communicable disorder in terms of burden measured in disability-adjusted life years in Ethiopia. One of the issues commonly raised is that the society thinks medical students are invincible. Medical students are one major strata among the vulnerable group. Adequate studies have not been done in this area (Jigjiga, Ethiopia) regarding the magnitude of Common Mental Disorders and associated factors that are linked with Common Mental Disorders.

Objective:

The Objective of this study is to assess the magnitude of Common Mental Disorders (CMD) and factors associated to Common Mental Disorders among medical students studying in Jigjiga University, Jigjiga, Ethiopia in 2023.

Methods:

The study is an institution based cross sectional study conducted on 410 medical students attending their study in Jigjiga University. Data was collected using a self-administered questionnaire and analyzed using SPSS V.23 statistical analysis software. Descriptive statistics was used to summarize the data followed by bi-variate analysis to look for associated factors. After that, multivariable analysis was carried out to control for confounders describe association between exposure variables and Common Mental Disorders.

Result:

The magnitude of Common Mental Disorders among medical students in Jigjiga University was found to be 32.1% with 95% CI (26.9% to 37.1%). Furthermore, the study identified factors that have statistically significant association with Common Mental Disorders such as: not having close friends AOR 6.9 (95% CI 2.59,18.43), lack interested in their current field of study AOR 3.626 (95% CI 1.394,9.433), use of any substance over the past 3 months AOR 8.83 (95% CI 1.04,75.15), having financial distress AOR 2.57 (95% CI 1.28,5.17), presence of family history of mental illness AOR 3.99 (95% CI 1.45,10.98), past history of mental illness AOR 7.39 (95% CI 1.26,43.41) and always participating in religious activity AOR 0.074 (95% CI 0.007,0.791).

Conclusion:

This study indicated that the magnitude of Common Mental Disorders is comparable to some of the studies done previously. Moreover, the study identified factors associated to common mental disorders. Further study with a larger sample size and study area as well as adequate follow-up time would be recommended to investigate the risk factor for common mental disorders further.