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Health status of international medical students of the University of Northern Philippines

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International students are vulnerable group of students because of several factors including language and culture barriers. With their growing presence, local officials are getting more concerned if their basic needs are met in the community. This study aims to determine the health status of international medical students of the University of Northern Philippines (UNP) as a tool for authorities to develop programs that can provide support for their health needs. The study showed relatively poor physical health, with 57% of the students have Body Mass Index (BMI) which are under or above the normal values. The study shows a high incidence of hospitalization over the last year (13.7%). Thirty-one percent of the respondents reported to have at least 1 chronic, permanent or recurrent illness with eye problems such as impaired vision and myopia (4.8%), as the most reported. The depression level was measured using the Goldberg Depression Screening Test and showed that 52.9% may have depression; 17.8% possibly mild, 5.8% borderline, 12.9% mild to moderate, 10.1% moderate to severe, and 5.8% severe. Finally, the stress level measured using Cohen's perceived stress test showed 31.7% have low stress level, 57.3% have moderate stress level and 10.4% have high perceived stress.

Biography

Chrdtian Adam L. Espiritu is fourth year medical student from the University of Northern Philippines College of Medicine coming from different undergraduate degrees but with a common interest in pursuing Public Health research. Chrdtian Adam L. Espiritu by Dr. Leslie Asuncion a Cardiologist and mentored by Dr. Dalvie Casilang.

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