



## Depression' symptoms and its association with Self-Esteem among Dentistry students.

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### Abstract:

The present study aimed to evaluate the association between symptoms of depression and self-esteem among undergraduate students in dentistry.

### Key-Words:

Dentistry Students, Depression, Self-esteem.

### Introduction

It is estimated that between 15% and 25% of university students present some type of psychiatric disorder during their academic training, with emphasis on depression (Adewuia et al., 2006). Depression may be associated with behavioral changes and loss of self-esteem (Furegato et al., 2009).

This study investigated the prevalence of symptoms of depression and its association with self-esteem and socioeconomic and demographic variables among students of a course of graduation in dentistry.

### Results and Discussion

The study enrolled 263 undergraduate students in Dentistry of the Faculty of Dentistry of Piracicaba (FOP-Unicamp), aged 18 to 31 years, enrolled in the 5 years of the undergraduate course, in the year 2018.

Table 1. Association between the presence of symptoms of depression and self-esteem and socioeconomic and demographic variables.

Variável	Categoria	Depressão		OR Bruto	IC 95%	P valor		
		Ausência	Presença					
Idade	≤ 21	58	40,2	86	59,7	1,5	0,84-2,33	0,2384
	> 21	51	49,0	53	51,0	-	-	-
Residem no Município que estudam	Sim	10	55,5	8	44,5	-	-	-
	Não	108	44,0	136	56,0	0,6	0,24-1,66	0,4949
Reside no Estado de São Paulo	Sim	114	45,9	134	54,1	-	-	-
	Não	4	28,6	10	71,4	0,5	0,14-1,53	0,3189
Sexo	Feminino	84	42,6	113	57,4	1,3	0,70-2,24	0,5291
	Masculino	29	48,3	31	51,7	-	-	-
Idade pai	≤ 52	56	40,5	82	59,5	1,3	0,76-2,09	0,4327
	> 52	51	46,3	59	53,6	-	-	-
Idade mãe	≤ 49	52	41,2	74	58,8	1,1	0,69-1,89	0,6859
	> 49	54	45	67	55	-	-	-
Instrução pai	Superior completo	75	48,7	79	51,3	-	-	-
	> Superior Completo	43	39,4	66	60,5	0,7	0,41-1,12	0,1737
Instrução mãe	Superior Completo	73	47,4	81	52,6	-	-	-
	> Superior Completo	45	41,3	64	58,7	0,8	0,47-1,28	0,3915
Renda	≤ 6.000 - 11.000 reais	69	45,6	82	54,4	-	-	-
	> 11.000 reais	49	43,7	63	56,3	0,9	0,56-1,51	0,8507
Autoestima	Baixa	10	30,3	23	69,7	-	-	-
	Alta	108	46,9	122	53,1	0,5	0,22-1,08	0,1070

The mean age of the students was 21 years (standard deviation = 2.2). Of the total sample, 44.5% were females aged ≤ 21 years and 92% lived away from their parents. Regarding the symptoms of depression, 55.2% of the students presented some symptoms, and 70.9% of the sample had a mild level of symptoms, 25.5% moderate and 3.6%, symptoms at a severe level. There was no association between the presence of symptoms of depression and self-esteem.

### Conclusions

Symptoms of depression are common among more than half of undergraduates, suggesting the need for intervention to avoid the worsening of cases and contribute to the well-being of the student.

It is suggested that institutional strategies be developed to assist the student in coping with these difficulties.