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Evaluation of depression and related factors in the medical residents

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Background & Aim: in this study, we aimed to evaluate the depression status and affecting factors in medical residents.

Method: The universe of this descriptive observational study was composed of 165 residents. Depression statuses were evaluated by Beck Depression Inventory for Primary Care.

Results: 39.4% of respondents (n = 65) were female, 60.6% (n = 100) were male and 57.0% (n = 94) were married. The mean age was 28.69 ± 3.13 years. Mean BDI score was 3.75 ± 2.81 . 70.9% (n = 117) of the participants had chosen their branch willingly, 80.0% (n = 132) were satisfied with their branches, 50.9% (n = 84) could choose their vacation time, 49.1% (n = 81) were subjected to violence by patients and/or their relatives. 94.5% (n = 156) of participants had future professional concerns. Sex, marital status, having children, choice of profession, employment, BMI and the person they are living with were not affecting the depression status ($p > 0.05$), while the ones choosing their branch willingly were less depressed (37.4%) and the ones choosing their branch randomly (64.0%) were more depressed ($p=0.004$).

Conclusions: Prevalence of depression had been detected less in those who willingly choose the branch. There were concerns about the future of occupation in most of the participants and approximately half of the participants were subjected to violence by the patients and/or their relatives at any time. Psychological support must be given to physicians and measures to cope with difficulties must be taken.