

عنوان مقاله:

Association of quality of life with physical activity, depression, and demographic characteristics and its predictors among medical students

محل انتشار:

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خلاصه مقاله:

Objective: To investigate the quality of life (QOL), its predictors and relationship with, physical activity, depression and demographic characteristics among medical students in different stages of education. Participants: ۱۸۶ medical students in different educational stages included basic sciences, physiopathology, externship, and internship were selected. Methods: A cross-sectional descriptive correlational study was conducted. Results: There were significant differences in total score of QOL among students in different stages ($p < 0.05$). There were indirect significant correlations between total score of QOL and its all sub-domains with beck depression score but direct significant correlations with total physical activity ($p < 0.05$) except for social relationship. Educational stage, employment status, family income, inhabitant, moderate physical activity, and depression were predictors of QOL and altogether explained ۶۳% of its variance. Conclusions: Attention to the predictors of QOL among medical students seems important for improvement of it in order to provide high quality care for people with diverse conditions

کلمات کلیدی:

Quality of life; Physical activity; Depression; Demographic characteristics; Predictors

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