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PP019

## **Anxiety Among Malaysian Medical Students During The COVID-19 Pandemic and Their Psychological Resilience And Coping Styles**

*Bentham Liang Sen T<sup>1</sup>, Jin Kiat A<sup>1</sup>, Eugene Boon Yau K<sup>1</sup>, Chuong Hock T<sup>2</sup>*

*<sup>1</sup>Department of Psychiatry, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Selangor, Malaysia*

*<sup>2</sup>Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak, Malaysia*

The unprecedented Coronavirus Disease 2019 (COVID-19) pandemic has swept the world by storm and caused a myriad of devastating consequences particularly disruptions in medical education and bedside learning. Many medical students had an abrupt hiatus in their medical training and the uncertainties in their studies and adaptation to virtual learning had caused a multitude of psychological sequelae even long into the endemic period. This study aims to examine the level of anxiety among medical students and to determine its association with several psychological factors and their coping strategies during the COVID-19 pandemic. This cross-sectional study involved 371 medical students from Universiti Putra Malaysia (UPM) from 27th January to 27th May 2022, using a printed questionnaire consisting of demographic data, Rosenberg Self-Esteem Scale (RSES), General Self-Efficacy Scale (GSES), Brief COPE, and General Anxiety Disorder-7 (GAD-7). 21.6% and 15.4% had reported moderate and severe anxiety respectively. The majority of medical students used approach strategies to cope ( $M=34.30$ ,  $SD=6.684$ ) and acceptance was the most preferred method ( $M=6.10$ ,  $SD=1.36$ ), whereas self-distraction was the most practiced option among the avoidant strategies ( $M=5.98$ ,  $SD=1.50$ ). There were significant differences in anxiety scores between students who live alone ( $M=8.77$ ,  $SD=7.59$ ) and students who live with others ( $M=8.09$ ,  $SD=5.56$ ;  $t(369)=0.429$ ;  $p=.031$ ) as well as knowing someone immediate with COVID-19 ( $M=8.42$ ,  $SD=5.91$ ) and knowing someone distant with COVID-19 ( $M=7.58$ ,  $SD=5.11$ ,  $t(369)=1.379$ ,  $p=0.006$ ). Correlation analysis showed higher self-esteem ( $r=-0.132$ ,  $p<0.001$ ) and self-efficacy ( $r=-0.280$ ,  $p<0.001$ ) associated with a lower level of anxiety while students who preferred avoidant coping had a higher level of anxiety ( $r=0.561$ ,  $p<0.001$ ). It is imperative to build resilience, inculcate positive coping and integrate effective psychological interventions in our budding healthcare providers to better equip them for any unforeseeable disasters.