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Title: Limitations to mental health diagnosis in Jordan: ADHD among Jordanian medical students

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Background:

Being a medical student is associated with a higher prevalence of ADHD and little efforts have been made to understand the limitations of mental health diagnosis in Jordan.

Objective:

The purpose of this descriptive study is aimed at estimating the prevalence of medical students seeking professional help regarding their mental health.

Method:

An online questionnaire was conducted among medical students and data was obtained and analyzed using google forms. 100 Medical students were involved in the study. The Survey included questions related to the student's awareness about ADHD, their experience seeking care from mental services, and barriers to seeking support.

Results:

The Results of the present study showed that 67% of responders think that they have some form of ADHD. 78.3% of them have never tried seeking mental health services. When asked about the barriers to getting a professional diagnosis, 40.6% of the participants had limited access to mental healthcare services as their first concern. 24.6% of participants were concerned about privacy and trust in medical services and only 2.9% had barriers related to religion, making it the least effector in the equation.

Conclusion: These trends suggest that efforts should be directed toward making mental health services more accessible, and reliable. The trustworthiness of the system is a crucial factor affecting the decision of seeking help.

Keywords: ADHD, Students, Mental health in Jordan

