

## A SAÚDE MENTAL DOS ESTUDANTES DE MEDICINA EM TEMPOS DE COVID-19

Eduarda Alves de Oliveira Freitas<sup>1</sup>, e-mail: eduardafr6@gmail.com

Marcella do Nascimento Tenório Cavalvante<sup>1</sup>, e-mail: marcellantc@gmail.com

Maria Claudia Pereira Corrêa<sup>1</sup>, e-mail: mariaclaudiacorrea@hotmail.com;

Maria Eduarda Almeida<sup>1</sup>, e-mail: mdudinhaac@hotmail.com

Maria Helena da Silva<sup>1</sup>, e-mail: mhs.arq@gmail.com

Maria Helena Rosa da Silva<sup>1</sup> (Orientador), e-mail: mariahelena.to@hotmail.com

Centro Universitário Tiradentes<sup>1</sup>/Medicina/Alagoas, AL.

4.00.00.00-1 – Ciências da Saúde 4.01.04.00-1 - Psiquiatria

### RESUMO:

**Introdução:** A pandemia do SARS-CoV-2, tipo de Coronavírus, continua a ter um efeito dramático no mundo e na sociedade. A educação é uma das áreas que foram substancialmente afetadas, incluindo os cursos de graduação em medicina, pois, embora a tecnologia tenha revolucionado a educação, estudos afirmam que o ensino remoto pode trazer sérias consequências psicológicas aos estudantes. **Objetivos:** Identificar os desafios impostos à saúde mental dos estudantes pelo ensino à distância durante o período da pandemia do COVID-19 e demonstrar o conflito existente na adequação dessa forma de ensino virtual. **Metodologia:** Realizou-se uma revisão de literatura na base de dados PubMed utilizando os descritores "Mental Health" AND "Medical Students" AND Pandemic OR COVID-19 AND "Distance Education" OR "Distance Learning". Inicialmente encontrou-se 261 artigos que, após análise de pertinência, resultaram em um total de 12. **Resultados:** Na pesquisa acerca do quadro discente universitário focado na utilização do método de ensino à distância, foi encontrado um estudo qualitativo realizado na Arábia Saudita demonstrando que alguns dos desafios do aprendizado online incluem as características de personalidade individual e a conectividade com a Internet. Em outro estudo, percebeu-se que 55% dos alunos apresentou níveis moderados de estresse, enquanto cerca de 30% registraram níveis elevados. Além disso, notou-se alta frequência de sentimentos como nervosismo, irritação e incapacidade de lidar com as atividades propostas. Uma pesquisa realizada com alunos de ensino superior em saúde no Brasil, apontou que 48,2% destes

estudantes estavam ansiosos e o nível médio de ansiedade autorreferida indicava ansiedade moderada. Um estudo demonstrou que os estudantes de medicina brasileiros experimentam altas taxas de esgotamento e depressão em relação aos americanos.

**Discussão:** A pandemia do COVID-19 obrigou os graduandos em medicina a se adequarem a essa nova era de aprendizagem. Uma das preocupações é a ausência da prática médica, ficando os conhecimentos restritos apenas no nível teórico. Destarte, verificou-se que essas mudanças profundas e inesperadas refletiram principalmente na saúde mental dos estudantes, trazendo à tona sentimentos de ansiedade, desmotivação, medo e estresse. **Conclusão:** A obrigatoriedade de ficar em casa e responder de forma efetiva a um aprendizado de qualidade causam preocupações que criam um ambiente mental favorável ao aparecimento ou agravamento de problemas psicológicos. A pandemia COVID-19 ocasiona aumento da angústia, de quadros depressivos e ansiedade. Assim, deve-se nutrir e proteger toda força de trabalho relacionada ao bem estar mental, tendo um cuidado especial com os estudantes de medicina, pois esses se tornarão a próxima geração de profissionais de saúde.

**Palavras-chave:** discentes de medicina, ensino à distância, saúde mental.

#### ABSTRACT:

**Introduction:** The SARS-CoV-2 pandemic, type of coronavirus, continues to have a dramatic effect in the world and in the society. The education is an area substantially affected, including the graduation courses in medicine, because, although technology has revolutionized education, studies claim that the remote teaching can bring serious psychological consequences. **Objectives:** Identify the challenges imposed to mental health by distance education during the pandemic period of COVID-19 and demonstrate the conflict in adequacy of this form of virtual teaching. **Methodology:** A literature review was made in the database PubMed using the descriptors "Mental Health" AND "Medical Students" AND Pandemic OR COVID-19 AND "Distance Education" OR "Distance Learning". Initially, 261 articles were found that, after pertinence analysis, resulted in a total of 12. **Results:** In the research about the student and university faculty focused on the use of the distance learning method, a qualitative study was found in Saudi Arabia that shows that some of the challenges of online learning include individual personality characteristics and Internet connectivity. In another study, it was noticed that 55% of students had moderate levels of stress, while about 30% registered high levels. In addition, there was a high frequency of

feelings such as nervousness, irritation and inability to deal with activities. A survey realized by higher education students in Brazil found that 48.2% of them were anxious and the average level of self-reported anxiety indicated moderate anxiety. One study showed that Brazilian medical students experience high rates of exhaustion and depression compared to Americans. In another study, it was found that 55% of students had moderate levels of stress, while about 30% had high levels. In addition, there was a high frequency of feelings such as nervousness, irritation and inability to deal with activities. A survey of higher education students in health in Brazil found that 48.2% of them were anxious and the average level of self-reported anxiety indicated moderate anxiety. A study has shown that Brazilian medical students experience high rates of burnout and depression compared to Americans. **Discussion:** The COVID-19 pandemic forced medical students to adapt to the new era of learning. One of the concerns is the lack of medical practice, with knowledge only at the theoretical level. Thus, it was found that these profound and unexpected changes reflected mainly in the mental health of students, bringing feelings of anxiety, demotivation, fear and stress. **Conclusion:** The obligation to stay at home and respond effectively to quality learning causes concerns that create a mental environment favorable to psychological problems. The COVID-19 pandemic causes an increase in anguish, depression and anxiety. Thus, we have to nurture and protect the entire workforce related to mental well-being, taking special care of medical students, as they will become the next generation of health professionals.

**Keywords:** distance learning, medical students, mental health.

## REFERÊNCIAS/REFERENCES

ALATEEQ, Deemah; ALJHANI, Sumaya; ALEESA, Dalal. Stress perceived among students in virtual classrooms during the COVID-19 outbreak at KSA. **Journal of Taibah University Medical Sciences**. Saudi Arabia, 2020.

ARAUJO FJO, DE LIMA LSA, CITY PIM, NOBLE CB, NETO MLR. Impact of Sars-Cov-2 and its reverberation in global higher education and mental health. **Psychiatry Res**. 2020.

CHINELATTO LA, COSTA TRD, MEDEIROS VMB, et al. What you gain and what you lose in COVID-19: Perception of medical students about their education. **Clinics (São Paulo)**. 2020.

GRUBIC N, BADOVINAC S, JOHRI AM. Student mental health in the midst of the COVID-19 pandemic: a call for more research and immediate solutions. **Int J Soc Psychiatry**. P. 517-518. 2020.

GRZYCH G, SCHRAEN-MASCHKE S. Interactive teaching tools can be useful for continuing medical education during the COVID-19 outbreak. **Ann Biol Clin (Paris)**. p 446-448. 2020.

K. REHANA et al. "The sudden transition to synchronized online learning during the COVID-19 pandemic in Saudi Arabia: a qualitative study that explores the perspectives of medical students." **BMC medical education** vol. 20. p. 285. 2020.

KAUP S, JAIN R, SHIVALLI S, PANDEY S, KAUP S. Supporting academics during the pandemic COVID-19: The role of online teaching and learning. **Indian J Ophthalmol.** P. 1220-1221. 2020.

KILINÇEL, et al. Factors that affect anxiety levels of adolescents in home quarantine during the COVID-19 pandemic in Turkey. **Asia Pac Psychiatry.** Turkey. Aug / 2020.

MARSHALL, Ariela L.; WOLANSKYJ-SPINNER, Alexandra. COVID-19: Challenges and opportunities for educators and students of Generation Z. **Mayo ClinProc**, vol. 95, n. 6, p. 1135-1137, abr./2020.

P. SAHI, D. MISHRA, T. SINGH. Medical Education Amid the COVID-19 Pandemic. **Indian Pediatr.**; vol. 57 p. 652-657. 2020.

REARDON R, BEYER L, CARPENTER K, et al. Medical student development of elementary and high school educational resources during the COVID-19 pandemic. **Acad Pediatr.** p 763-764. 2020.

SEYMOUR -WALSH AE, BELL A, WEBER A, SMITH T. Adaptation to a new reality: the coronavirus COVID-19 and online education in the health professions. **Remote Rural Health.** 2020.