

SUMMARY AND CONCLUSION

Depression is a human condition that is not experienced just by individuals, but also by their families, work colleagues, and sometimes communities. It's a condition that is met and responded to with much dread, self-doubt, pain, and the misunderstanding that it may be limitless; that is, it may continue forever.

Depression is one of the most common psychiatric disorders which complicate both physical and mental illnesses.

Various biological, psychological, and social factors have been proposed as causative agents in depression. The development of depression as a result of several contributing factors has been termed a "final common pathway".

The etiology of depression which occur secondary to medical and psychiatric disorders is not clear whether it results from drug intake reaction to disease, as apart of the disease syndrome, endogenous in origin or merely the factor of chance.

The present study aimed at studying the prevalence of depression among nursing school students in Benha city and identifying the risk factors of depression among the first year of secondary nursing school students.

This study was carried out at nursing school in Benha university hospital, nursing school in health insurance hospital and nursing school in Benha public hospital.

The sample of the study encompassed all students in the first year of secondary schools of nursing in the previously mentioned setting, during the period of the study. (from 5 February to 15 June 1996).

Complete psychobiography was designed to collect data about the students' demographic variables.

The instrument used for identifying mood disturbance and depressive symptoms was Beck depression inventory (BDI).

Clinical evaluation and diagnosis by two senior psychiatrists was conducted on subgroups stratified according to their questionnaire response.

The findings of our study indicate that moderate depression is the most prevailing type of depression as regards the severity of depressive symptoms where the results revealed that, about 27.62 % of the sample were classified according to Beck's scores as moderate depression while, 22.86 % and 4.76 % of the students were classified as mild and severe depression respectively.

Intelligence as judged by the educational level was responsible for the prevalence of depression in psychiatric patients but had no role in medical patients.

The findings of our study indicate that various sociodemographic data have an important role in the genesis of depressive symptoms. Urbanization, changes in the structure of the family, disequilibrium in the economical and social life, the conflict between traditions and modernization, the vacillation of values .