



Mental Health and Anxiety in Nursing Students

A research study examining the critical relationship between mental health status and anxiety levels among nursing students at Islamic Azad University, Khorramabad Branch, Iran.

About the Researcher



Pardis Yeganeh

Third-year BSc Nursing Student at Islamic Azad University, Khorramabad Branch. Passionate about health research and committed to becoming an expert in clinical and research nursing.

With dedication to gaining practical experience and learning cutting-edge skills, Pardis is preparing to make a significant difference in patient care through evidence-based practice.





The Challenge Facing Nursing Students

Academic Pressures

- Demanding exam schedules and project deadlines
- Large volume of lectures and coursework
- Performance anxiety and uncertainty

Professional Stressors

- High workload and course requirements
- Nature of nursing discipline
- Exposure to mental health harms

Research Objective



Primary Goal

Determine the psychological status of nursing students and its relationship with trait and state anxiety.



Purpose

Provide a foundation for designing supportive and educational interventions to improve mental health.

Study Methodology

01

Study Design

Descriptive cross-sectional correlational study

03

Data Collection

Goldberg Demographic and Mental Health Questionnaire administered via census method

02

Participants

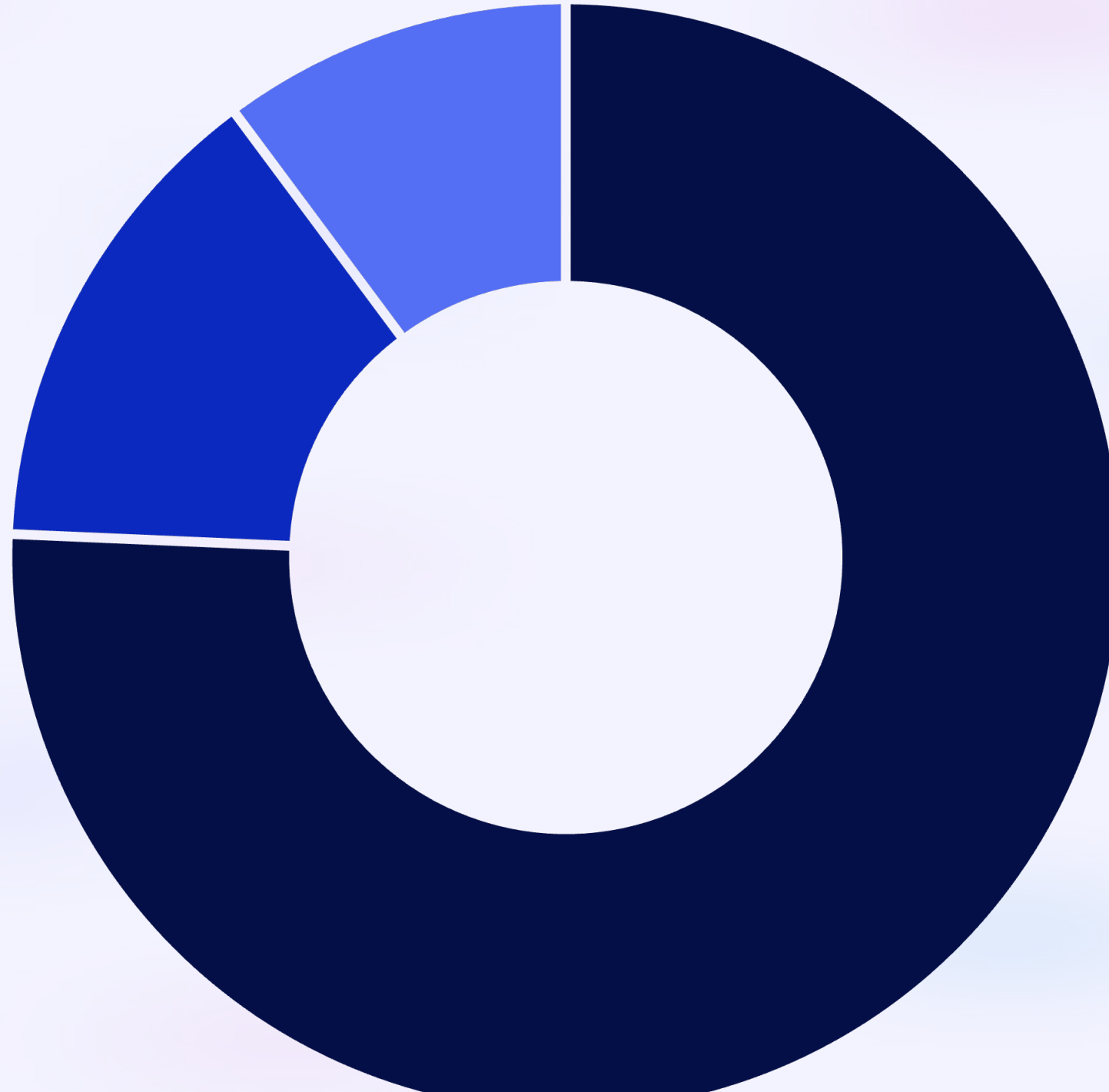
200 nursing students from Islamic Azad University, Khorramabad Branch, Iran

04

Analysis

SPSS-V-23 software using descriptive and inferential statistical tests

Mental Health Distribution



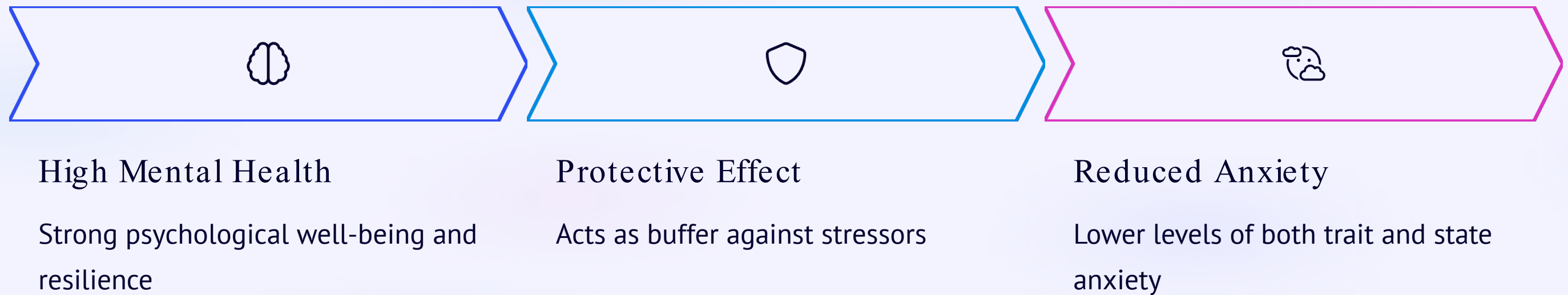


Key Finding

Significant Negative Relationship Between Mental Health and Anxiety

Students with better mental health experienced significantly less overt and covert anxiety ($P < 0.001$). This inverse relationship demonstrates the protective role of strong mental health.

Understanding the Relationship





Implications for Nursing Education

- ## Mental Health Promotion

1 Implement programs focused on improving psychological well-being as a primary strategy for anxiety reduction.
- ## Supportive Interventions

2 Design targeted support systems addressing the unique stressors faced by nursing students.
- ## Educational Programs

3 Develop curriculum components that build resilience and coping skills alongside clinical training.

An illustration on the left side of the slide shows three people from behind, walking along a light-colored path that leads towards a large, bright sun. The sun is low on the horizon, casting long, soft rays across a sky filled with colorful, stylized clouds in shades of yellow, orange, and pink. The landscape features rolling hills and mountains in the distance, with various plants and flowers in the foreground. The overall mood is hopeful and optimistic.

Conclusion and Future Directions

Core Finding

High mental health plays a pivotal role in reducing both overt and covert anxiety in nursing students.

Practical Application

This study provides a foundation for designing interventions that promote mental health and reduce anxiety.

Path Forward

Educational institutions should prioritize mental health promotion as a key strategy for student well-being.