

## **Prevalence of Dyspeptic symptoms and association of life style, dietary & other risk factors among medical students of Faculty of Medicine, University of Jaffna.**

Dissanayaka DAE<sup>1</sup>, Prashantha PKR<sup>1</sup>, Surethirakumaran R<sup>2</sup>, Sarma ST<sup>3</sup>

<sup>1</sup> Faculty of Medicine, University of Jaffna

<sup>2</sup> Department of Community and Family Medicine, Faculty of Medicine, University of Jaffna

<sup>3</sup> Department of Surgery, Faculty of Medicine, University of Jaffna

**Background:** Medical student's high level of stress may have an influence on dyspeptic symptoms. The interactions and confounding between these possible causes can vary according to dietary patterns, genetic factors, life style, environment and other factors. Prevention of these factors has positive effects on improving the quality of their life by avoiding dyspeptic symptoms. Objectives: To determine the prevalence of Dyspeptic symptoms and association of life style factors, dietary factors & other risk factors on dyspeptic symptoms among medical students of Faculty of Medicine, University of Jaffna.

**Methodology:** This descriptive cross sectional Institutional based study was conducted from among 463 students. Data collection was done from 20.11.2017 to 22.01.2018 using a self-administered questionnaire. The questionnaire was completed with set of questions regarding information about upper abdominal symptoms, risk factors for dyspepsia.

**Results:** It consists of male 210 (45.4%) and 253 (54.6%) were female. Among them 151 (32.6%) had dyspeptic symptoms. Among them were 86 (40.1%) male and 65 (25.7%) were female. Students who were staying outside the home (Hostel-32.7% and boarding room-32.1%) tend to get dyspeptic symptoms than the students staying at home (18.3%, P=.23). Association between residence and dyspeptic symptoms was significant. Among the dietary factors skipping meals (57.5%, p=.001), different varieties of fruits and vegetable consumption per week (22.4%, p=.001), regularly eating snacks (55.1%, p=.001), pre prepared meals (63.8%, p=.001), processed meats (61.3%, p=.001) and carbonated beverages (53.6%, p=.001) were significantly associated with dyspepsia in this research. No statistically significant association was observed for choose low-fat products when available (30.9%, p=.374), choose baked, steamed or grilled options when available (30.1%, p=.238), main meal based on starchy food (32.2%, p=.577), drinking plenty of fluids at regular intervals during the working day (31.0%, p=.462) and regularly consuming caffeine containing beverages (31.5%, p=.259). Among the life style factors history of smoking (68.4%, p=.001), alcohol consumption (71.4%, p=.001), physical activity (42.7%, p=.024), sleeping pattern (p=.006), listening to music for relieve the stress (30.55%, p=.001) and meditating for relieve stress (44.3%, p=.037) were significantly associated with dyspeptic symptoms. No statistically significant association was observed for writing poem stories (p=.177), drawings (p=.826) and hobbies (p=.398) for relieve stress with dyspeptic symptoms. Association of dyspeptic symptoms and usage of NSAIDs was identified as not significant (p=.074).

**Conclusion:** Students must focus on good dietary habits, life style modifications such as adequate physical activity, adequate sleep, avoiding smoking or alcohol and well adaptation to different environment to prevent from dyspeptic symptoms.

**Key words:** Dyspeptic symptoms, Prevalence, lifestyle, dietary habits