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Psychological distress and coping strategies among nursing and medical laboratory science students at Fakeeh college for medical sciences

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The aims of this study were to identify and compares levels and types of stressors as well as coping behaviors among nursing and Medical Laboratory Sciences (MLS) at baseline and at the end of the semester. Data were collected using a convenience sample of 126 nursing students and 160 MLS students. The results showed that “teachers and nursing staff” and “assignments and workload” were the highest sources

of stress among nursing and MLS students. But this was much higher among nursing students. In addition, lack of professional knowledge and skills were cited the least stressors among both students’ groups. The most common coping behaviors used were adopted among nursing students were avoidance techniques at baseline compared with problem solving found in MLS students.

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