reaching out to individuals with suicidal thoughts, and providing mental health services in rural areas, particularly in Al-Karad village.

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Prevalence of Psychological Distress and Its Correlation With Sudanese Medical Students' Sociodemographic Characteristics: A Cross-Sectional Study 2022

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Aims: To determine the prevalence of psychological distress among Sudanese medical students and its association with their socio-demographic characteristics.
Methods: In this cross-sectional study, 353 Sudanese medical students completed an online questionnaire containing socio-demographic data such as gender, age, year of study, marital status, monthly income, and residency. Additionally, the Depression, Anxiety, and Stress Scale-21 (DASS-21) items were employed to gauge the levels of psychological distress among the participants and to explore the association with the demographic data. Utilizing the Pearson chi-square test, the analysis delved into the associations between socio-demographics data and psychological distress.
Results: Anxiety was the most prevalent psychological distress among medical students, as 76.8% of them exhibited anxiety symptoms. This was followed by depression, with a prevalence of 70.2%, and 56.7% of the students reported suffering from stress. The study found significant associations between depression and stress with age and gender, as well as a significant association of anxiety with age.
Conclusion: A considerable number of medical students are experiencing psychological distress. It is recommended to implement intervention programmes to educate Sudanese medical students about mental health issues and psychological distress.

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Assessing Knowledge and Awareness of Attention Deficit Hyperactivity Disorder Among Sudanese Medical Students

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Aims: This study aimed to assess the knowledge and awareness of ADHD among medical students at a Sudanese university.
Methods: This cross-sectional study was conducted at Ahfad University for Women (AUW) from December 2019 to February 2020. A self-administered questionnaire was distributed to 212 female medical students in their fifth and sixth years to assess their knowledge and awareness of ADHD.
Results: Out of the 212 students approached, 131 (61.8%) completed the questionnaire. Participants' ages ranged from 23–25 years. Most students (64.2%, n=82) were familiar with ADHD through their medical curriculum. While 71.3% (n=93) correctly identified key symptoms of ADHD, only 32.6% (n=43) were aware of evidence-based management strategies. Additionally, 62.3% (n=82) expressed dissatisfaction with the amount of information provided in their psychiatry courses.
Conclusion: This study highlights a significant knowledge gap among medical students regarding ADHD, particularly in evidence-based management. The findings underscore the need for improvements in the psychiatry curriculum at Ahfad University for Women to better equip future doctors to address ADHD in clinical practice.

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Quality of Life of Sudanese Children with Type One Diabetes in Sudan 2022: A Cross-Sectional Study

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Aims: This study aimed to assess the different dimensions of quality of life in children with type one diabetes including physical, social, emotional, and school function. Also, to identify the relationship between the quality of life and demography, duration of illness, and control of diabetes
Methods: The participants were selected randomly from the biggest two paediatric hospitals in Khartoum. The child and their parent or legal guardian were interviewed face-to-face. Descriptive statistics were employed to evaluate quality of life (QoL) using the Short Form-12 scale (SF-12). The Pearson correlation test was utilized to examine the relationship between QoL and various independent variables, including demographic factors (age, gender, parents' education, residency, and occupation of both parents), family income, duration of illness, and diabetes control.
Results: Most participants were aged 13–18 years (63.8%), with 55.1% identifying as female. Most fathers had completed secondary education (36.2%), while a similar percentage of mothers had completed primary education (36.2%). Additionally, a significant proportion of fathers were self-employed (69.6%), whereas most mothers were unemployed (66.7%). Family income was reported to be less than 50,000 per month for 46.6% of families. A significant association was identified between QoL scores and gender, father's occupation, and family income ($p<0.005$). Lower QoL scores were prevalent among 61% of participants. A notable correlation was also found between QoL and the promotion of exercise ($p=0.002$).
Conclusion: The study highlights a reduction in the social and emotional functioning of health-related quality of life (HrQoL) among children and adolescents. It concludes that the father's occupation and monthly income are significant predictors of improved HrQoL, alongside exercise promotion. Additionally, female gender emerged as a predictor of lower HrQoL scores.

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