



# Factors associated with intention to leave medical school among Norwegian medical students

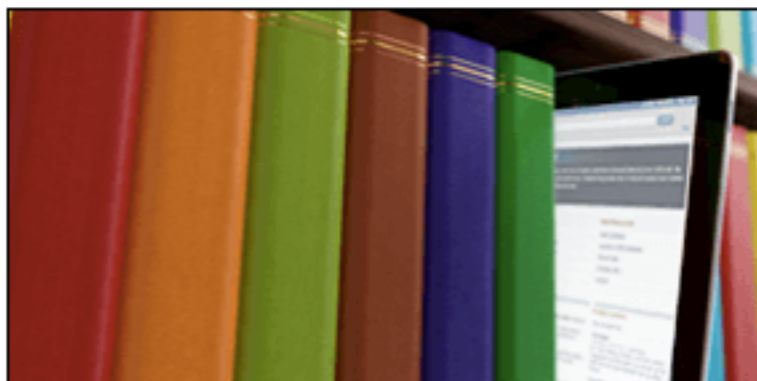
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by

**Inger Heimdal** (Medical Student), Norwegian University of Science and Technology, Trondheim  
Reidar Tyssen (Professor/MD/Principal Investigator), University of Oslo  
Lise Tevik Løvseth (Dr.philos/Project manager), St Olav University Hospital, Trondheim

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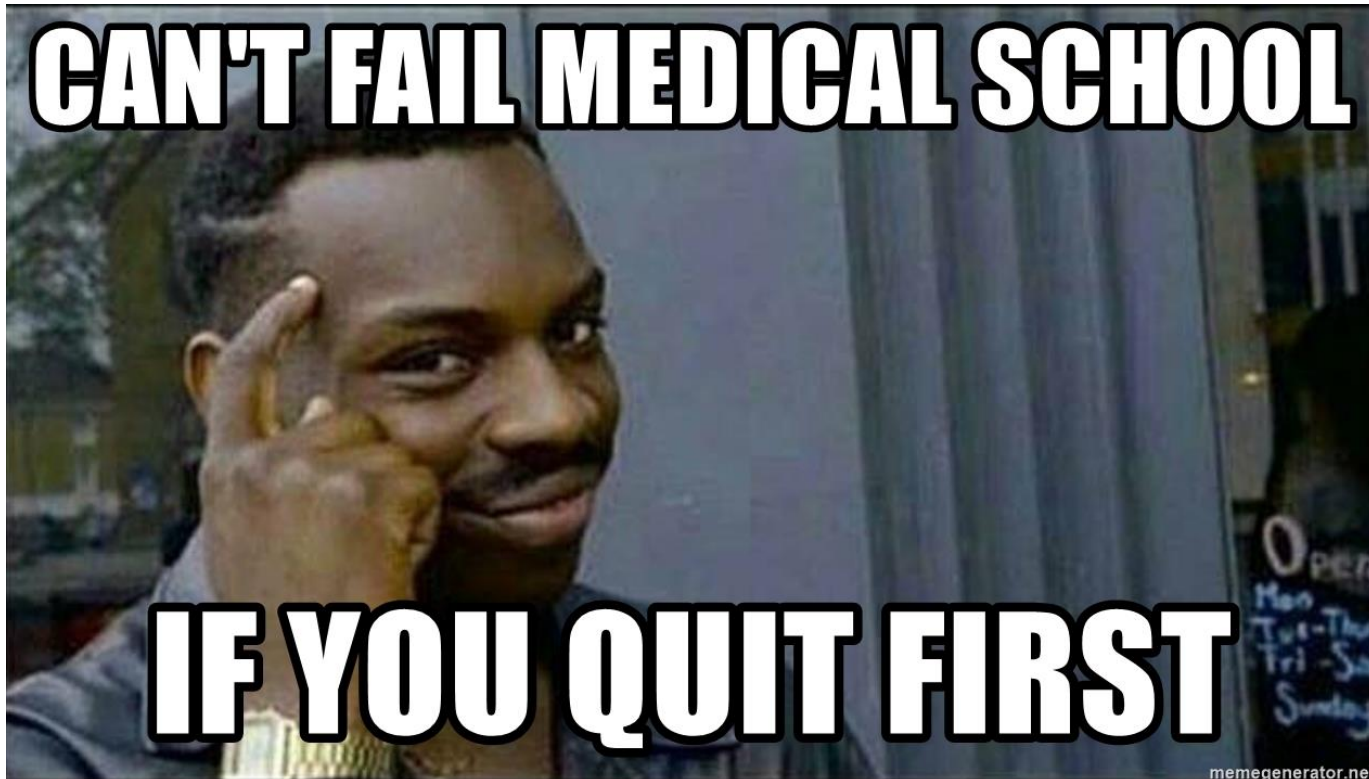
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medical students burnout



# Background

- Medical school is hard work, but also very interesting.
- Most research has focused on those who dropout.





# Aims

We lack knowledge on the prevalence of intention to leave (ITL) medical school and associated factors.

- Study the prevalence of ITL
- Associated factors with ITL
- Self-reported reasons for ITL





# Method

**Participants:** Medical students (N= 1634) in Trondheim and Bergen

**Web survey**

**Study periode:** January to March, 2015

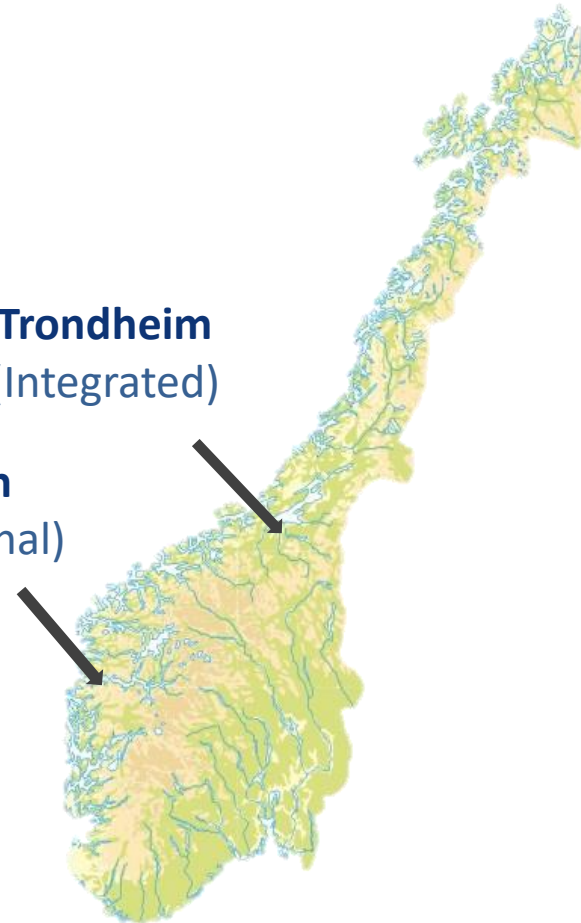
**Total response rate: 63.9 % (1044/1634)**

Trondheim: 73.4 % (529/708)

Bergen: 56.5 % (524/926)

**Trondheim**  
(Integrated)

**Bergen**  
(Traditional)



# Method

STUDMED 2015



**TRADITIONAL**



**INTEGRATED**





# Method

The web survey included:

- Demographic data
- Perceived medical school stress (study stress)
  - Medical school is cold and threatening (PMSS climate)
  - Worries about work and competence (PMSS competence)
  - Worries about finance and accommodation (PMSS resources)
- Social support
- Self-reported reasons for ITL



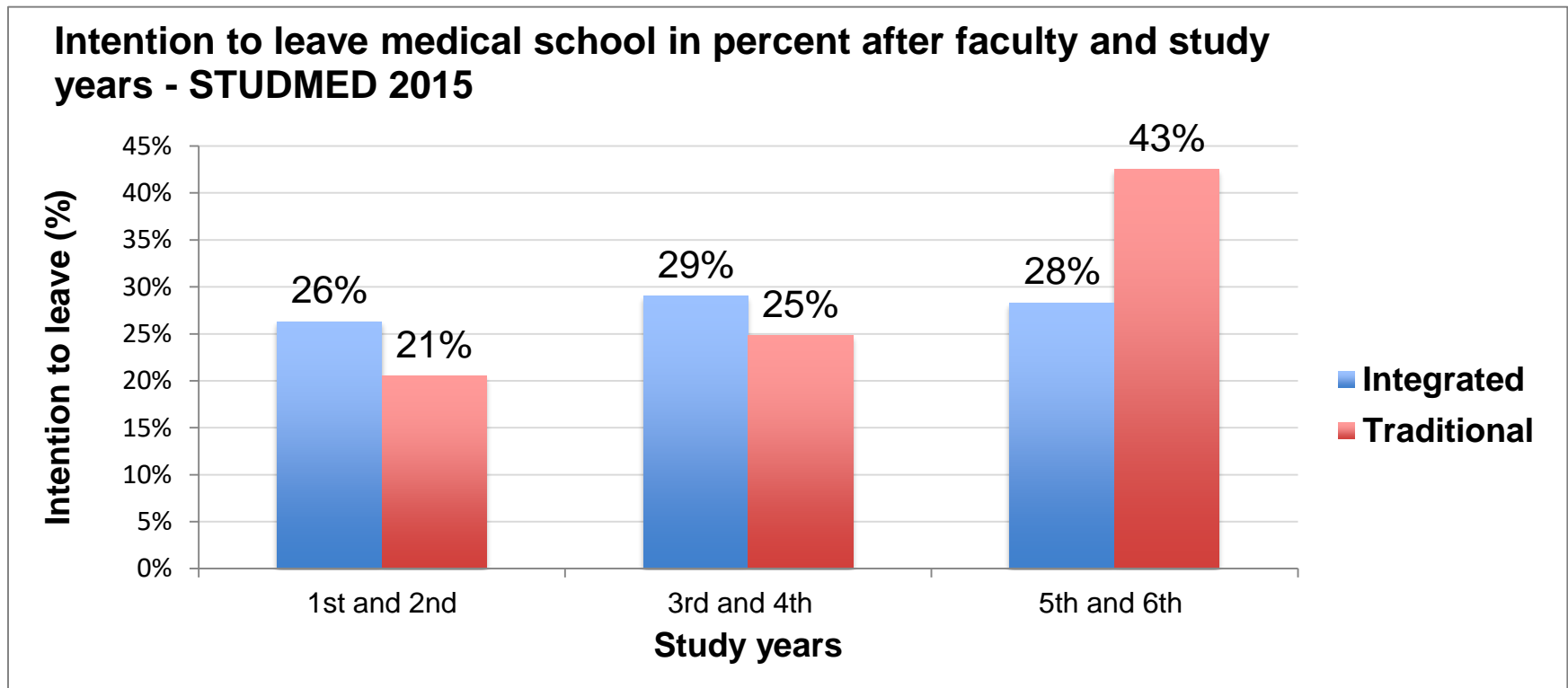


# Results I

**28.4 % (n= 297) had considered leaving**

No gender differences

- 27.9 % (n= 145) integrated
- 29.1 % (n= 152) traditional







# Results II

Logistic regression model showed that ITL was associated with:

- Young age (<21 yrs) at study start (OR= 1.5,  $p= .020$ )
- Last two study years (OR= 1.9,  $p= .001$ )
- PMSS Climate (OR= 2.4,  $p < .001$ )
- PMSS Competence (OR= 2.4,  $p < .001$ )
- PMSS Resources (OR= 0.9,  $p= .034$ )
- Support from peers (OR= 0.8,  $p= .002$ )
- Having a partner (OR= 1.5,  $p= .026$ )



# Results III

**Table:** Frequencies of proposed reasons for intention to leave medical education based on medical curricula/faculty

Reasons for intention to leave medical education	Total (n= 297 )		Trad* (n= 152)		Int** (n= 145)		Trad vs. Int		
	n	%	n	%	n	%	OR	p-value	95% CI
Studying medicine is straining my mental health	137	46.1	74	48.7	63	43.4	1.2	ns	0.78-1.95
The workload is too heavy	112	37.7	51	33.6	61	42.1	0.7	ns	0.43-1.11
Medical school was not what I had expected	99	33.3	66	43.4	33	22.8	2.6	< 0.001	1.57-4.31
Takes too much time	82	27.6	39	25.7	43	29.7	0.8	ns	0.49-1.36
Other interests	76	25.6	38	25.0	38	26.2	0.9	ns	0.56-1.58
Financial concerns	21	7.1	10	6.6	11	7.6	0.9	ns	0.35-2.09
Family issues	19	6.4	17	11.2	2	1.4	9.0	0.004	2.04-39.71
Have failed on more than one exam	16	5.4	4	2.6	12	8.3	0.3	0.041	0.09-0.95

\*Traditional

\*\* Integrated

OR= Odds Ratio

CI= Confidence Interval



# Results IV

”A course model that is too passive, not very engagin. Want more assignments with feedback”

”Uncertain work conditions”

”Don’t fit in in the social part. The mental pressure has adverse effects on my every day living – I feel guilty for everything I do which is not reading”

”Self-confidence. Feel that some times I don’t perform well enough and begin to doubt if I am really suited to be a physician”



# Discussion

- 1/3 reported ITL in both faculties.
- Students in the traditional faculty were more likely to report ITL in the last two study years.
- 1/2 reported that «medical school is straining my mental health» as a reason for ITL.
- Associated factors with ITL were:
  - Age at study start and study year
  - PMSS
  - Social support

# Conclusion

*“The prevalence of students considering dropping out of medical school is relatively high and most associated with study stress and lack of social support from peers.*

*Accordingly, it is important to pay attention to the specific and common correlates of intention to leave at each faculty to further develop the medical curriculums and the social context of medical studies.”*