The Prevalence of Anxiety in Graduate Physical Therapy Students at Daemen College

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PURPOSE

The purpose of this study is to determine the prevalence of anxiety among graduate physical therapy students at Daemen College.

WHAT IS ANXIETY?

According to the DSM V, Generalized Anxiety Disorder is characterized by excessive or unrealistic anxiety and worry about two or more aspects of life (work, social relationships, financial matters, etc.), often accompanied by symptoms such as palpitations, shortness of breath, or dizziness, “more days than not for at least 6 months”.

MATERIALS AND METHODS

Materials: The Penn State Worry Questionnaire (PSWQ)

A room available for data collection

Methods: Students in the Daemen College Graduate Physical Therapy Class of 2020 and 2021 volunteered to participate in the study. Individuals were excluded if they had a diagnosis of anxiety, depression, bipolar disorder, or schizophrenia prior to entering graduate school. Surveys will be given out to the students who participate on their own papers to ensure privacy and confidentiality during data collection.

Researchers and associate investigators left the room during data collection and participants were asked to complete the survey during their own time. Surveys were collected in a sealed envelope.

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LITERATURE REVIEW

According to the literature reviewed, graduate students undergo anxiety during times of demanding academic work.

FUTURE RESEARCH

Due to the prevalence of Generalized Anxiety Disorder, future research needs to be conducted among other populations to include: other graduate students at Daemen college and graduate students at other institutions. If multiple institutions are included, the same measurement tool should be used to increase accuracy and inter rater reliability. Future research should also be conducted over a number of years to study trends in the data collected.


BIBLIOGRAPHY


Table 1: Means (standard deviations) on the Penn State Worry Questionnaire (PSWQ) in the clinical samples

<table>
<thead>
<tr>
<th></th>
<th>GAD patients</th>
<th>Social anxiety patients</th>
<th>Generalized anxiety disorder (GAD) patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSWQ score</td>
<td>(p = 29)</td>
<td>(p = 40)</td>
<td>(p = 13)</td>
</tr>
<tr>
<td>Total score</td>
<td>43.1(16.92)</td>
<td>56.3(5.148)</td>
<td>68.3(5.67)</td>
</tr>
</tbody>
</table>

Meyer TJ, Miller ML, Metzger RL, Borkovec TD. The purpose of this study was to report the efficacy of the Penn State Worry Questionnaire (PSWQ) in identifying individuals with Generalized Anxiety Disorder (GAD). The sample of 144 participants consisted of 105 patients (19 women) referred for treatment and 39 control subjects (19 women). The patients were patients (19 women) with a principal diagnosis of social anxiety disorder who also met criteria for secondary depression. The control subjects were healthy individuals with no history of anxiety or depression. The purpose of this study was to report the efficacy of the Penn State Worry Questionnaire in identifying individuals with Generalized Anxiety Disorder. The sample of 144 participants consisted of 105 patients (19 women) referred for treatment and 39 control subjects. The patients were patients (19 women) with a principal diagnosis of social anxiety disorder who also met criteria for secondary depression. The control subjects were healthy individuals with no history of anxiety or depression. The purpose of this study was to report the efficacy of the Penn State Worry Questionnaire in identifying individuals with Generalized Anxiety Disorder. The sample of 144 participants consisted of 105 patients (19 women) referred for treatment and 39 control subjects. The patients were patients (19 women) with a principal diagnosis of social anxiety disorder who also met criteria for secondary depression. The control subjects were healthy individuals with no history of anxiety or depression.

Meyer TJ, Miller ML, Metzger RL, Borkovec TD. Development and Validation of the Penn State Worry Questionnaire (PSWQ). The purpose of this study was to determine the prevalence of anxiety among graduate physical therapy students at Daemen College.

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