

Questionnaire

Dear Participant,

You are invited to participate in a research study entitled "**Academic Stress and Its Neurobiological and Cognitive Effects Among Pre-Medical Students in Punjab, Pakistan.**"

The purpose of this study is to investigate the impact of academic stress experienced during MDCAT preparation on students' cognitive functioning, emotional well-being, sleep quality, and overall examination readiness.

Participation is voluntary. Your responses are anonymous and confidential. You may withdraw from the survey at any stage without any consequences.

Estimated completion time: 4–6 minutes.

** Indicates required question*

1. Do you consent to participate? *

By selecting "Yes," you confirm that you have read the participant information, understand the purpose of the study, and voluntarily agree to participate

Tick all that apply.

☐ yes

☐ no

Section A: Demographic Information

2. Age *

3. Gender *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

4. Educational Qualification *

Mark only one oval.

- ☐ FSc (Pre-Medical)
- ☐ A-Level
- ☐ Other:

5. Academic Status *

Mark only one oval.

- ☐ First time applicant (Fresher)
- ☐ Gap Year applicant (Repeater)

6. Are you currently enrolled in an MDCAT coaching academy? *

Mark only one oval.

- ☐ Yes
- ☐ No

7. On average, how many hours do you study per day? *

Mark only one oval.

- ☐ less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12 hours or more

8. On average, how many days per week do you study specifically for MDCAT? *

Mark only one oval.

- ☐ 1-2 days
- ☐ 3-4 days
- ☐ 5-6 days
- ☐ everyday

9. How long have you been preparing for MDCAT? *

Mark only one oval.

- ☐ less than 3 month
- ☐ 3-6 months
- ☐ 6-12 months
- ☐ more than 12 months

Section B: Academic Stress

10. I feel overwhelmed by the amount of material I need to study. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

11. I worry about not securing admission to medical college. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

12. Preparing for MDCAT causes me considerable stress. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

13. I find it difficult to relax because I constantly think about the examination. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

14. I feel mentally exhausted after long study sessions. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

15. Competition among MDCAT aspirants increases my stress. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

16. I experience pressure from my family to perform well. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

17. Mock tests increase my level of anxiety. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

18. My academic stress has increased as the examination date approaches. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

19. Academic stress negatively affects my daily life. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

Section C: Cognitive Difficulties

20. I have difficulty concentrating while studying. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

21. I forget information shortly after studying it. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

22. I lose focus during long study sessions. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

23. I have difficulty remembering concepts during revision. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

24. Stress makes it difficult for me to solve academic problems. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

25. I make careless mistakes because I lose concentration. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

26. I need to revise topics repeatedly before I remember them. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

27. My memory has worsened since I started preparing for MDCAT. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

Section D: Sleep Quality

28. I have difficulty falling asleep because of academic concerns. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

29. I wake up during the night because of thoughts related to my studies. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

30. I sleep fewer hours than I believe I need. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

31. Poor sleep affects my ability to study effectively. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly disagree

Section E: Psychological Well-being & Examination Readiness

32. I am satisfied with my current preparation for MDCAT. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

33. I remain optimistic about achieving my academic goals. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

34. Overall, I feel happy despite the demands of exam preparation. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

35. I feel adequately prepared for MDCAT. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

36. I am confident in my ability to perform well in the examination. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

37. I believe my current preparation is sufficient to achieve my desired score. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

38. My MDCAT preparation has been a positive learning experience. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

39. I have received adequate support from my family, teachers, or mentors during my preparation. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

40. Overall, I am satisfied with my MDCAT preparation journey. *

Mark only one oval.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

Overall Self-Assessment

Using a scale from **1 (Very Poor)** to **5 (Excellent)**, please rate the following:

41. Current Stress Level *

Mark only one oval.

1	2	3	4	5
☐	☐	☐	☐	☐

42. Sleep Quality *

Mark only one oval.

1	2	3	4	5
☐	☐	☐	☐	☐

43. Concentration *

Mark only one oval.

1	2	3	4	5
☐	☐	☐	☐	☐

44. Memory *

Mark only one oval.

1	2	3	4	5
☐	☐	☐	☐	☐

45. Examination Readiness *

Mark only one oval.

1	2	3	4	5
☐	☐	☐	☐	☐

46. Overall Preparation Experience *

Mark only one oval.

1	2	3	4	5
☐	☐	☐	☐	☐

Final Open-Ended Question

47. What has been the single greatest challenge you have faced during your MDCAT preparation?

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