

Depressive Symptoms During and After Examinations Among Medical Students in Palestine

Purpose of the Study:

This questionnaire is part of a research study exploring the emotional and psychological experiences of medical students in Palestine **during and after examinations**. The aim is to assess the presence of depressive symptoms and the coping strategies students use to manage exam-related stress.

Why You Were Invited:

You are invited to participate because you are a medical student currently enrolled in a Palestinian university. Your responses will contribute to a better understanding of how medical students are affected by academic stress and how they deal with it both **while preparing for exams and in the period that follows**.

Voluntary Participation & Confidentiality:

Your participation is entirely voluntary. All responses are anonymous and confidential. You may withdraw from the survey at any time without any consequences.

* Indicates required question

1. By selecting "Yes" below, you confirm that: You have read the above description, and you agree to participate voluntarily. You understand that your responses will be kept anonymous and used only for research purposes. *

Mark only one oval.

☐ Yes

☐ No

2. What gender do you identify with? *

Mark only one oval.

☐ Female

☐ Male

3. What is your current class year? *

Mark only one oval.

- ☐ First
- ☐ Second
- ☐ Third
- ☐ Fourth
- ☐ Fifth
- ☐ Sixth
- ☐ Internship

4. age *

Mark only one oval.

- ☐ 17 years old
- ☐ 18 years old
- ☐ 19 years old
- ☐ 20 years old
- ☐ 21 years old
- ☐ 22 years old
- ☐ 23 years old
- ☐ 24 years old
- ☐ 25 years old
- ☐ 26 years old
- ☐ older than that

5. weight *

Symptoms and Feelings During Exams

This section focuses on how you felt **while preparing for or taking your exams**. Please answer the following questions based on your emotional and psychological state **during the exam period**, including the days or weeks leading up to and during the exams.

6. Did you experience sadness or a depressed mood During the exams? *

Mark only one oval.

- ☐ Yes
☐ No

7. During the exam period, did you experience a noticeable loss of interest or pleasure in activities you usually enjoy (e.g., socializing, hobbies, exercise, entertainment, or study-related tasks)? *

Mark only one oval.

- ☐ Yes
☐ No

8. Did you experience changes in sleep (either insomnia or hypersomnia)? *

Mark only one oval.

- ☐ Yes
☐ No

9. Feelings of guilt or worthlessness? *

Mark only one oval.

- ☐ Yes
☐ No

10. Decreased energy or fatigue? *

Mark only one oval.

- ☐ Yes
☐ No

11. Decreased concentration *

Mark only one oval.

☐ Yes

☐ No

12. Changes in appetite (increased or decreased) *

Mark only one oval.

☐ Yes

☐ No

13. Psychomotor agitation or retardation *

Mark only one oval.

☐ Yes

☐ No

14. Suicidal ideation *

Mark only one oval.

☐ Yes

☐ No

15. If you answered “yes” to any of the items in questions 8 to 16 above, please indicate how long these symptoms lasted. *

Mark only one oval.

- ☐ <1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 1 week
- ☐ 2 weeks
- ☐ 3 weeks
- ☐ 4 weeks
- ☐ 5 weeks
- ☐ 6 weeks
- ☐ >6 weeks

16. If you answered “yes” to any of the items in questions 8 to 16, please select any coping mechanisms you used to deal with these feelings. You may select more than 1 answer. If you did not use any coping strategies, please select “none.” *

Check all that apply.

- ☐ Social supports (spending time or talking with friends, family, and significant others)
- ☐ Counseling
- ☐ Physical activity (sports/exercise)
- ☐ Hobbies/interests (art/music/shopping/retail therapy/travel/watching movies)
- ☐ smoking
- ☐ Other drug use
- ☐ Alcohol use
- ☐ None

17. Do you feel that your chosen coping mechanism helped you feel less depressed? *

Mark only one oval.

☐ Yes

☐ No

Symptoms and Feelings After Exams

This section asks about how you felt **after completing your exams**. Please respond based on your experiences in the **days or weeks following the exams**, including any emotional changes or coping strategies you may have used during that time.

18. Did you experience sadness or a depressed mood after the exam? *

Mark only one oval.

☐ Yes

☐ No

19. After the exams, did you experience a noticeable loss of interest or pleasure in activities you usually enjoy (e.g., socializing, hobbies, exercise, entertainment, or study-related tasks)? *

Mark only one oval.

☐ Yes

☐ No

20. Did you experience changes in sleep (either insomnia or hypersomnia)? *

Mark only one oval.

☐ Yes

☐ No

21. Feelings of guilt or worthlessness? *

Mark only one oval.

☐ Yes

☐ No

22. Decreased energy or fatigue? *

Mark only one oval.

☐ Yes

☐ No

23. Decreased concentration *

Mark only one oval.

☐ Yes

☐ No

24. Changes in appetite (increased or decreased) *

Mark only one oval.

☐ Yes

☐ No

25. Psychomotor agitation or retardation *

Mark only one oval.

☐ Yes

☐ No

26. Suicidal ideation *

Mark only one oval.

☐ Yes

☐ No

27. If you answered “yes” to any of the items in questions 8 to 16 above, please indicate how long these symptoms lasted. *

Mark only one oval.

☐ <1 day

☐ 2 days

☐ 3 days

☐ 4 days

☐ 5 days

☐ 6 days

☐ 1 week

☐ 2 weeks

☐ 3 weeks

☐ 4 weeks

☐ 5 weeks

☐ 6 weeks

☐ >6 weeks

28. If you answered “yes” to any of the items in questions 8 to 16, please select any coping mechanisms you used to deal with these feelings. You may select more than 1 answer. If you did not use any coping strategies, please select “none.” *

Check all that apply.

- ☐ Social supports (spending time or talking with friends, family, and significant others)
- ☐ Counseling
- ☐ Physical activity (sports/exercise)
- ☐ Hobbies/interests (art/music/shopping/retail therapy/travel/watching movies)
- ☐ smoking
- ☐ Other drug use
- ☐ Alcohol use
- ☐ None

29. Do you feel that your chosen coping mechanism helped you feel less depressed? *

Mark only one oval.

- ☐ Yes
- ☐ No

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