

### Anxiety and Depression Among Physiotherapy Students

When normal feeling human beings face or feel any kind of threat mental or physical anxiety or stress happens. Anxiety is a response to stress. Experiencing any depression is a normal thing now a days because of the completion in every professional field. There is a lot of literature suggestion that physiotherapy is a demanding field. There are many academic demands and pressure such as getting good grades. Social issues, uncertainty of future, work load, limited opportunities and high expectation etc. A major cause of depression in physical therapy students is family concerns and pressure. Many of students are only source of income in their families. So when they graduate with high expectations of good income and future and get no jobs in return. This causes depression and stress among physical therapy professionals. Physical therapy is a vast and growing field. There are many new branches emerging in this field i.e. cardio, pediatrics and gynae etc. As the field is growing there is an increase in competition among undergraduate students as well as post graduate professional. Now a days there are many private institutes offering doctor of physical therapy degrees without any permission from HEC. Many of them are not even fulfilling the criteria that is advised by HEC for getting admission in DOT or making an institute for this. Students get themselves enrolled without knowing the authenticity of institute. As a result of all this circumstances there is a great production of physical therapy students and less number of physiotherapy jobs. This causes depression, stress and anxiety in students. There are some typical symptoms of anxiety and depression such as nausea, insomnia, diarrhea abdominal pain, difficulty swallowing, dry mouth, hot flashes, tremor, muscle tension and soreness, difficulty swallowing, urinary frequency, sexual

dysfunction, faintness, tremor, fatigue, headaches, diaphoresis, cold, clammy hands, headaches. There is a lot of need to take some serious measures to decrease the level of depression and anxiety among physical therapy professional and students.

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