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Quality of life among syrian medical students

Submission date	Recruitment status	[_] Prospectively registered
21/06/2025	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
23/06/2025	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
17/07/2026	Other	

Plain English summary of protocol

Background and study aims
This study explored the quality of life (QoL) of medical students in Syria, where war and academic stress may impact well-being. We used a validated survey (SF-36) to measure physical and mental health and identified factors like smoking and long commutes that affect QoL.

Who can participate?
Medical students at Aleppo University who attended a workshop in March 2024.

What does the study involve?
Participants completed an online survey about their health, lifestyle, and well-being.

What are the possible benefits and risks of participating?
Benefits: Identifies areas for improving student support. Risks: Minimal (anonymous survey)

Where is the study run from?
Aleppo University (Syria)

When is the study starting and how long is it expected to run for?
March 2024 to November 2024

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Mawadda Chukr (mawadaug1@gmail.com)

Contact information

Type(s)
Public, Scientific, Principal investigator

Contact name
Miss Mawadda Chukr

ORCID ID
https://orcid.org/0009-0005-4508-9015

Contact details
Aleppo University School of Medicine
Aleppo
Syria
-
+963 981114394
mawadaug1@gmail.com

Additional identifiers

Study information

Scientific Title
Multivariable analysis of health-related quality of life (HRQoL) factors using the SF-36 questionnaire among medical students at Aleppo university: a cross-sectional study

Acronym
Syria-QoL

Study objectives
The Arabic version of the SF-36 questionnaire is a reliable tool for measuring HRQoL among Syrian medical students.

Factors such as smoking, chronic diseases, and prolonged transportation time negatively impact HRQoL, while religious beliefs and lower BMI are associated with better HRQoL

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 10/08/2024, Research Ethics Committee of Aleppo University (Faculty of Medicine, Aleppo University, Aleppo, -, Syria; -; cmoffice@alepuniv.edu.sy), ref: 2403

Primary study design
Observational

Study design
Single-center cross-sectional observational study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Health-Related Quality of Life (HRQoL) in medical students

Interventions

This is a single-center, cross-sectional observational study conducted among medical students at Aleppo University. Participants are enrolled during a Continuing Medical Education (CME) workshop in March 2024.

Enrollment:
Eligible students receive an electronic survey via Telegram and email.
Informed consent is obtained digitally before participation.

Participation:
Participants complete a one-time, self-administered online questionnaire comprising:
Section 1: Sociodemographic data (age, gender, academic year, BMI, smoking status, chronic diseases, etc.).
Section 2: The validated Arabic SF-36 questionnaire to assess HRQoL across 8 domains.
Surveys are mandatory to complete in one sitting; partial responses are excluded.

Duration:
Observation: Single time point (March 2024).

Follow-up: None (cross-sectional design).

Data Handling:
Responses are anonymized and analyzed using Jamovi and SmartPLS for reliability (Cronbach's α) and multivariable regression.

Intervention Type
Behavioural

Primary outcome(s)
HRQoL scores measured using the Arabic SF-36 questionnaire at a single time point (March 2024). Domains include Physical Component Summary (PCS) and Mental Component Summary (MCS).

Key secondary outcome(s)
Sociodemographic factors (BMI, smoking status, chronic diseases) at a single time point (March 2024)

Completion date
30/11/2024

Eligibility

Key inclusion criteria
1. Undergraduate medical students at Aleppo University
2. Attended the CME workshop in March 2024
3. Willing to provide electronic informed consent

Participant type(s)
Learner/student

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
30 Years

Sex
All

Total final enrolment
181

Key exclusion criteria
1. Incomplete survey responses
2. Non-medical students

Date of first enrolment
01/09/2024

Date of final enrolment
30/11/2024

Locations

Countries of recruitment
Syria

Study participating centre
Aleppo University Faculty of Medicine
Aleppo
Syria
-

Sponsor information

Organisation
University of Aleppo

ROR
https://ror.org/03mzvxz96

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		16/07/2026	17/07/2026	Yes	No