

Quality of life among syrian medical students

Submission date 21/06/2025	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 23/06/2025	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 23/06/2025	Condition category Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

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

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Additional identifiers**Clinical Trials Information System (CTIS)**

Nil known

Protocol serial number

Nil known

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; -; cmooffice@alepuniv.edu.sy), ref: 2403

Study design

Single-center cross-sectional observational study

Primary study design

Observational

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

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Sponsor information**Organisation**

University of Aleppo

ROR

<https://ror.org/03mzvzx96>

Funder(s)

Funder type

Other

Funder Name

Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

IPD not available for sharing

IPD sharing plan summary

Not expected to be made available