



The Medical Student Syndrome

Sara Jovanova, Gordana Kamceva Mihailova

Faculty of Medical Sciences, Goce Delchev University, Stip, Republic of North Macedonia

INTRODUCTION

The Medical Student Syndrome is a phenomenon that frequently occurs among medical students. As students learn about various medical conditions, they begin to believe that they are *experiencing the symptoms of the illnesses* they are currently studying

OBJECTIVES

To determine the prevalence and characteristics of Medical Student Syndrome among students at the Faculty of Medical Sciences, Goce Delchev, Stip, Republic of North Macedonia.

MATERIALS AND METHODS

An online survey was conducted in March 2025 via Google Forms among 475 students enrolled in the General Medicine program (years 1-6)

RESULTS

Have you ever felt any sign/symptoms of a disease when you study about a disease?

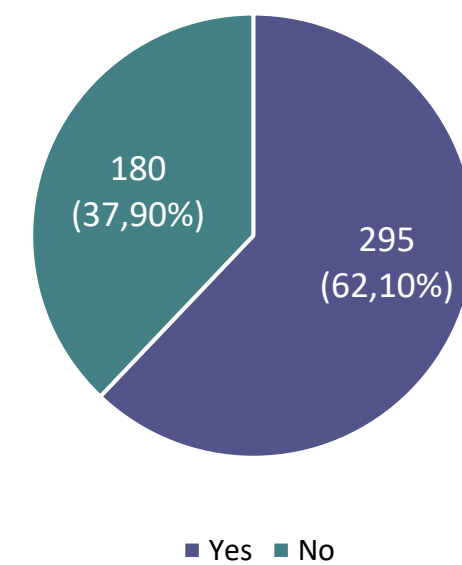


Chart n,1: Majority of the students(62,1%) have experienced symptoms of diseases they were currently studying.

Year of studies	Experience with MSS	Percentage	Total number of students
First	50	44%	112
Second	41	54%	76
Third	64	70%	91
Fourth	56	61%	92
Fifth	38	76%	50
Sixth	46	85%	54

Chart n,2: The syndrome is most prevalent among six-year students, where it is present in 85%.

Which disease you suspected you have?

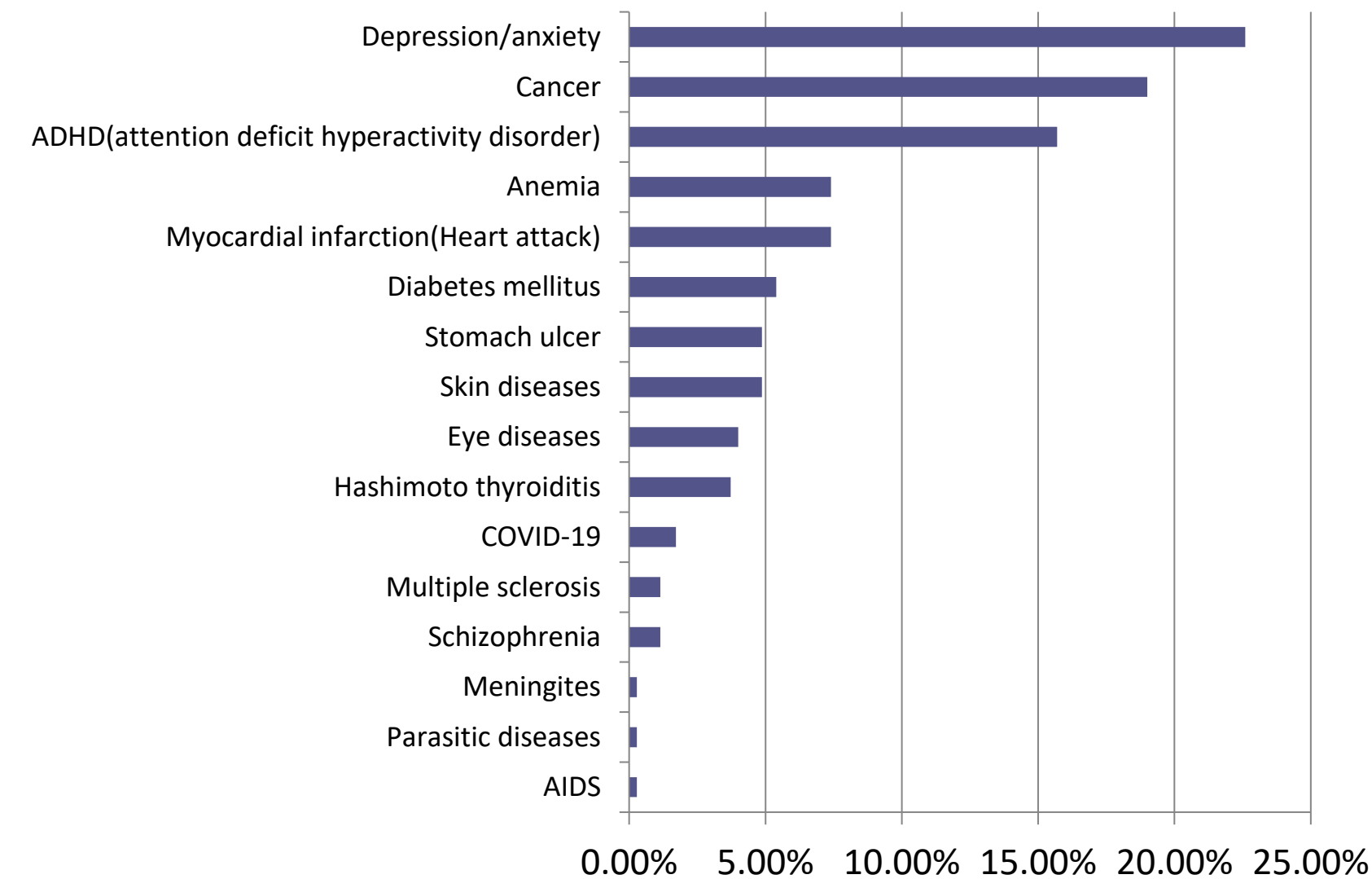


Chart n,3: The most common disease that student suspected they have is depression / anxiety

How long does the symptoms last?

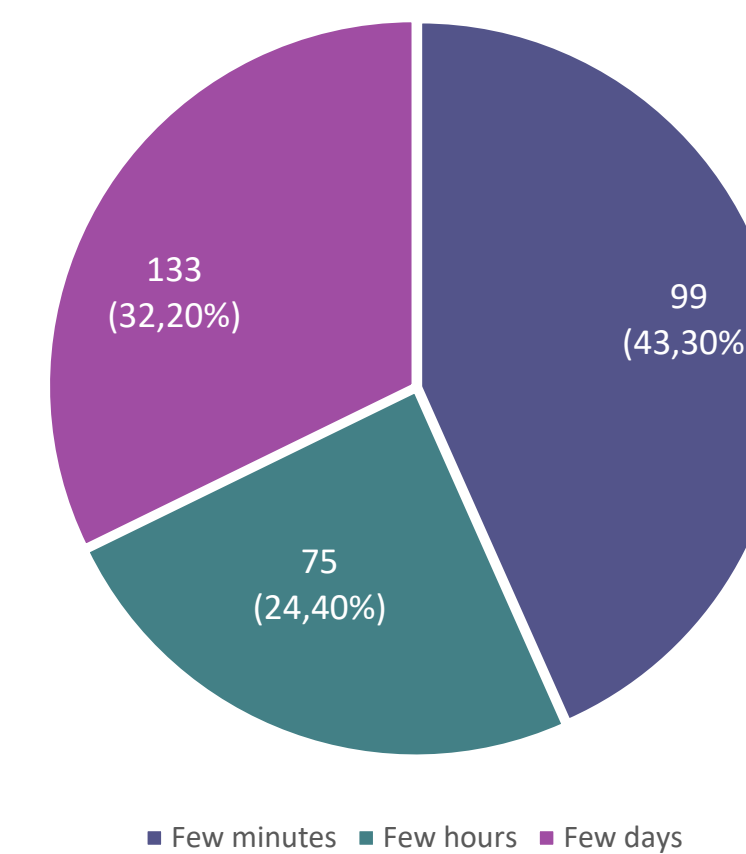


Chart n, 4: In 43,3% of the respondents the symptoms lasted only a few minutes

CONCLUSIONS

In summary, many medical students from Faculty of Medical Sciences-Stip experience symptoms of illnesses they study, often without knowing about “Medical Student Syndrome”.

Symptoms are more common in senior years as they take more clinical classes and hospital practice.

Although most symptoms are short-lived, in some cases they can last up to a several days causing mild health anxiety.

