

## GENDER SPECIFICS STUDY OF MEDICAL STUDENTS' HEALTH-RELATED QUALITY OF LIFE

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### **Aim:**

1. to assess the subjective perception of HRQoL in medical students' sample; and
2. to ascertain predictors of better perception of HRQoL in medical students.

**Methods:** We have assessed and compared scores of Short Form Health Survey (SF-36), used for the assessment of HRQoL in sample of 561 medical students and 332 control participants. Also, we have used linear regression to identify predictors of better perception of HRQoL in the sample of medical students.

**Results:** The results indicate that medical students had statistically significantly higher total score of SF-36. The statistically significant predictors of better perception of HRQoL in medical students were: male gender, younger age and higher grade year of studies and non-medical students was male gender. The other sociodemographic and academic variables did not emerge as possible predictors of better perception of HRQoL.

**Conclusions:** Medical students perceive their health much better than other university students do but female, older and second year medical students have worse perception of their HRQoL. In non-medical university students females had worse perception of their HRQoL. Those points should be potential target areas for specific prevention and treatment in order to achieve better quality of life of medical students and life of nonmedical students.