Self reported conclusion of the study
"Social support stress reduction, adequate rest and the removal of the additional responsibilities for the participants, contributed to the resilience in the student group in our study. Our study suggests that specific and modified aspects of the learning climate are strongly related to variables in resilience to burnout."
"Medical students perceived high levels of satisfaction with their social and personal life, and made less use of passive, emotion-focused coping strategies, than their peers. Medical schools should encourage students to try to achieve a balance between schoolwork and their personal and social life, and emphasise the importance of healthy coping strategies, for instance, by providing stress management courses."

"Before the beginning of courses, medical students rate their general and mental health mostly as good. Both parameters declined throughout the first year of medical education. A number of medical students have reported that their mental health was strongly influenced by stressors during the first year. The medical student’s experience of social support may have been negatively impacted by a number of stressors, such as the ability to balance coursework with personal and family responsibilities, as well as the ability to balance coursework and physical activity as a proposed positive input to the medical student’s coping strategies."

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"Unfortunately, despite high response rates in both the T0 and T1 surveys (95% and 83% respectively), 83 datasets could not be included due to invalidness or incompleteness of the data collected. The predictive model could have been improved by including objective measures, such as blood chemistry results or bodily examination parameters."

"A particular limitation of this study is that only one medical school was sampled. Although it could be argued that medical students, regardless of institution, share similar stressors, sampling from other schools would have provided a more representative sample of medical students. Another limitation is that the results are based on self-reporting and may not be reflective of the population of medical students.

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"While this is one of the new longitudinal studies across almost the whole course of medical education, the number of students who could be assessed across three measure points was small. Future research may be needed to further explore the potential changes in the health-promoting interventions in the future (e.g., through the promotion of time off for physical activity)."

"This study found that medical student was the strongest predictor of mental health of medical students during the most stressful period."