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Musculoskeletal pain symptoms among allied health professions? students: Prevalence rates and associated factors

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Abstract: BACKGROUND: Very few articles, comprehensively, investigated musculoskeletal pain symptoms (MPS) among wide variety of allied health professions (AHP) students. OBJECTIVES: This study aimed to investigate the prevalence of MPS and their associated factors among different AHP majors? students. METHOD: A cross-sectional design was conducted. A sample of AHP students from nine majors (n = 838, Mean age = 21.3 years) completed a validated structured self-administrated questionnaires including Nordic Musculoskeletal Questionnaire, Depression Anxiety Stress Scale (DASS 21), and specific questions regarding demographics and life style. MPS prevalence rate were compared between males and females and between majors. Logistic regression was conducted to identify predictors of MPS. RESULTS: MPS in neck, lower back, and shoulder 12-month were the most prevalent (67.1%, and 61.4%, 58.8% respectively). MPS prevalence was significantly higher in females and statistically different among majors . MPS were significantly associated with increased clinical training load, mental stress symptoms, and smartphone average use time. CONCLUSIONS: MPS in AHP students are prevalent and statistically higher among females. Students are advised to adhere to different conservative precautions and follow prevention programs. Future studies are needed to assess actual mechanisms causing MPS among AHP students and designing effective prevention programs specific to AHP students.