Concern over medical student stress and burnout has sparked research demonstrating higher prevalence of psychological distress among medical students than their age-matched peers. Some students have a history of psychiatric illness upon entering medical school; whereas, others develop psychiatric illness during school. The consequences of medical student psychiatric distress include lowered academic performance, academic dishonesty, decreased empathy, increased substance abuse, and suicide. Many medical schools have responded to concern over medical student wellness by implementing wellness programs at their institutions. However, barriers exist that decrease medical student utilization of these programs and other resources, including concern regarding the impact of disclosure of their help-seeking behavior on their future career and choice of residency programs. Fellow students are often unaware of other student's problems, and those that are aware are often reluctant to disclose information about their colleagues. Program constraints, such as time demands, are also identified as barriers to wellness among medical students. This purpose of this study is to evaluate health, stress, and coping strategies among medical students at the 9 medical schools in the state of Florida. Data will be collected during the Spring 2014 semester. Information gathered from this study will help to identify problem areas that can be targeted with future prevention and intervention initiatives. Results should also provide useful information regarding how to make resources more accessible for and more likely to be utilized by medical students. The MSRP student will assist with literature review, data analysis, and preparation of presentations and manuscripts. Funding provided by the Professionals Resource Network, an integral arm of the Florida Medical Association.

