

Effect of Stress on Physical Function between Physical Therapy Students and Undergraduates



Mariana Martinez Santiago, Jackie Dawson, PhD, Physical Therapy
NCLR / CSULB Center for Latino Community Health, Evaluation, and Leadership Training

LONG BEACH STATE UNIVERSITY

Background

- Student Physical Therapists (SPTs) may experience higher levels of stress due to increased workloads, personal problems, or financial responsibility.
- High levels of stress can increase risk for cardiometabolic disease which is characterized by high blood pressure, increased abdominal fat, and insulin resistance.

Purpose/ Hypothesis

- The purpose of this study was to explore the impact of stress on the physical function of SPTs compared to undergraduate students (US).
- We hypothesized that SPTs will have higher levels of stress, lower strength and lower cardiorespiratory fitness values compared to undergraduate students.

Methods

Sample:

- SPTs (n=45) and US (n=8)

Study Design

- Cross-sectional study

Results

Conclusion

- There were no differences in stress or muscular strength between groups.
- SPTs had significantly higher cardiorespiratory fitness compared to undergraduate students.
- Further research is needed to determine the relationship between stress and physical function among SPTs.
- In future research the number of undergraduate students tested should be increased.

Lessons Learned

- I learned how data is collected in a research study.
- I learned how to develop an abstract using data collected.
- I learned how different tests such as aerobic testing are conducted by researchers.

Acknowledgements

- This work was supported by the United States Department of Agriculture NIFA under Award No. 2021-7704034904.
- I would like to give special thanks to my research mentor, Dr. Jackie Dawson and my LINK program mentors Dr. Melawhy Garcia and Dr. Lilia Espinoza guiding me along the way.

References