

## Workstream 4.7

### Mental Health in Undergraduate students

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Mental health issues are common among medical students and have recently been identified by the General Medical Council as a key area of development. Depressive symptoms are prevalent and estimated to affect around a quarter of all medical students internationally. Other mental health conditions are also common, including anxiety, alcohol and substance misuse, stress and burn-out. Understanding how mental health issues are negotiated at medical school is important in relation to future experiences and engagement as professionals, with important consequences for well-being, future careers and workforce. Our realist review aims to explore available literature to consider the causal factors for mental health problems experienced by medical undergraduates in the UK.