

Clinical Symptoms in Female Patients of University Psychological Counseling

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Article Information

Received date: May 10, 2016

Accepted date: May 10, 2016

Published date: May 20, 2016

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International literature has detected high levels of academic stress in students of universities and colleges, which manifests itself with clinical symptoms [1] and constitutes an obstacle to the activation of adaptive, functional and coping responses [2, 3].

We analyzed the risk of clinical symptoms in female patients of University Psychological Counseling with use of SCL-90R tests [4]. This test helps measure nine primary symptom dimensions and three global rates. If the patient gets a score corresponding to a T score greater than or equal to 63, then the individual is considered a case worthy of clinical attention or a subject at risk.

The sample consisted of 40 female students with a mean age of 26.7, who required psychological support from the Centre for Psychological Counseling of the University of Salerno.

After the Counseling path, analysis of the data showed diminishing values in all the critical values of the scales of somatization, obsessive-compulsive, interpersonal sensitivity, depression; anxiety, hostility, phobic anxiety, paranoid ideation, psychoticism, and the three global rates: Global Severity Index (GDI); Positive Symptom Total (PST); Positive Symptom Distress Index (PSDI) ($p < 0.05$).

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