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**Table 2** Distribution of medical students according to their scores on the Kessler 10-item psychological distress scale (K10)

Classification	K10 cut-off scores	No.	%
No stress	< 20	86	38.7
Mild stress	20–24	40	18.0
Moderate stress	25–29	50	22.5
Severe stress	30–50	46	20.8
Total		222	100.0