OBJECTIVES: To assess the state-trait anxiety and the academic stress in first and sixth year medical students. MATERIAL AND METHODS: It was a cross-sectional analytical study. Ninety-eight Universidad San Marcos medical students, Lima (fifty three ones from the first year and forty five from the sixth year), were interviewed using the State-Trait Anxiety Inventory and Academic Stress Inventory, between June-July, 2000. RESULTS: Higher levels of state and trait anxiety in first year (State Anxiety: \( \bar{x} = 28.68 \); Trait Anxiety: \( \bar{x} = 22.70 \)) than in sixth year medical students (SA: \( \bar{x} = 19.09 \); TA: \( \bar{x} = 18.84 \)) were found (SA: \( p < 0.001 \); TA: \( p = 0.033 \)). Main academic stressful situations were "work overload", "lack of time to academic duties", and "tests" in both groups. CONCLUSIONS: Levels of anxiety were significantly higher in 1st than in 6th year medical students.

Keywords
Anxiety; Stress; Students, Medical; Education, Medical; Educational Medical, Undergraduate