

Examining the Prevalence and Severity of Anxiety, Depression and Stress among Form Four Examination Candidates

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ABSTRACT Examination candidates experience stress, anxiety and depression due to fear of failure and its consequences. This paper examines the prevalence and severity of stress, anxiety and depression among form four candidates. The study was conducted in four secondary schools in Kadoma Central District, Zimbabwe. A descriptive cross-sectional design was used. Eighty (80) randomly selected students participated in the study. A questionnaire was used to solicit data on students' levels of anxiety. Data was analysed and presented in the form of descriptive and inferential statistics. Results indicate that the majority (90%) experience varying levels of anxiety, depression, and stress ranging from mild to severe. Results show females suffer examination stress more than males. The paper concludes that candidates experience examination stress due to poor preparation before taking an examination, poor examination taking skills and pressures from multiple sources. The paper recommends candidates to timeously