

Rawalpindi Medical University

IUGRC Research Title Sheet — 1st Year MBBS (Batch 53), Academic Year 2026

S.No	Batch	Sub-Batch	Title of Research
1	Batch - A R	A1 (1-12)	1) Assessment of Knowledge Regarding Beta Thalassemia Major Among Well Educated Young General Population of Rawalpindi 2) Study of prevalence of low back in mbbs students of rmu
2	Batch - A R	A2 (13-25)	1) Comparison of knowledge regarding cervical cancer and Human Papilloma virus (HPV) Vaccine between clinical and preclinical MBBS Students at RMU 2) Awareness of carpal tunnel syndrome among computer users
3	Batch - A R	A3 (26-35)	1) Gender-Based Differences in Stress Coping Mechanisms among 1st Year MBBS Students of Rawalpindi Medical University 2) Correlation of hand length and height among medical students
4	Batch - B R	B1 (36-47)	Prevalence and Lifestyle Determinants of Gastrointestinal Complaints Among Hostel Residents
5	Batch - B R	B2 (48-59)	1) Assessment of Awareness of Polyendocrine Metabolic Ovarian Syndrome among female students at colleges and universities 2) knowledge of basic life support among medical students
6	Batch - B R	B3 (60-70)	Academic Burnout in Female Medical Students: A cross-sectional study
7	Batch - C R	C1 (71-82)	1) Association between Lecture-to-Revision Gap and Self-Reported Short-Term Retention among First-Year MBBS Students: A Cross-Sectional Study 2) Can AI predict Antibiotics Resistance from clinical data? Assessing the Awareness and Knowledge of 1st Year MBBS students at RMUOK
8	Batch - C R	C2 (83-94)	1) Association Between Perceived Stress and Risk Factors of Insulin Resistance Among Young Adults Aged 18–25 Years 2) Online Vs face to face teaching advantages and challenges from students perspective
9	Batch - C R	C3 (95-105)	Comparison of breakfast skipping habit between hostellites and dayscholars; a cross-sectional study
10	Batch - D R	D1 (106-117)	1) Association Between Water Intake During Study Sessions and Self-Reported Concentration Levels Among Medical Students 2) Impact of Social Media Screen Time on Sleep Quality Among Medical Students Aged 17-25 in Rawalpindi Medical university: A Gender-Based Cross-Sectional Study"
11	Batch - D R	D2 (118-129)	1) Perceptions of generic vs brand name medicines among MBBS students of different years at RMU 2) Knowledge and Perceptions among MBBS students regarding Alzheimer's and Dementia 3) Prevalence, Patterns, and Determinants of Self-Medication Practices Among

			Undergraduate Medical Students at Rawalpindi Medical University: A Cross-Sectional Study
12	Batch - D R	D3 (130-140)	Automated Interpretation of Medical Diagnostics: Bridging the Information Gap for Patients
13	Batch - E R	E1 (141-152)	Prevalence of Irritable Bowel Syndrome and its Association with perceived stress Among MBBS Students of RMU
14	Batch - E R	E2 (153-164)	Association Between AI Tool Dependence, Critical Thinking and Self-Directed Learning Skills among Undergraduate Medical Students at Rawalpindi Medical University
15	Batch - E R	E3 (165-175)	Momina Safder Research Title: Evaluation of risk factors for severe outcomes in dengue patients.
16	Batch - F R	F1 (176-187)	1) Prevalence of migraine and its association with stress among undergraduate medical students of RMU 2) Prevalence and risk factors associated with substance use among medical students in RMU
17	Batch - F R	F2 (188-199)	1) IMPACT OF EXAM STRESS ON EATING BEHAVIOUR OF MEDICAL STUDENTS IN PUNJAB ; A CROSS-SECTIONAL STUDY 2) Assessment of Financial Stress and Its Association with Academic Performance Among University Students Across Punjab
18	Batch - F R	F3 (200-210)	Perceived Loneliness and Social Connectedness Among MBBS Students at Rawalpindi Medical University and Their Association with Academic Motivation: A Cross-Sectional Study 2) Psychological stress and coping mechanism among medical students
19	Batch - G R	G1 (211-222)	Academic Guilt During Leisure Time Among Medical Students: A cross sectional study among first year MBBS students of RMU
20	Batch - G R	G2 (223-234)	1) Effect of chronotype on the academic performance of undergraduates 2) Perceptions and Concerns regarding use of artificial intelligence and its impact on the future role of doctors among first year MBBS students
21	Batch - G R	G3 (235-245)	Association Between Skipping Breakfast and Memory Performance among Undergraduate Medical Students of Rawalpindi Medical University
22	Batch - H R	H1 (246-257)	1) Acceptance of Artificial Intelligence Integration in Medical Education and Healthcare Among Medical Students: The Role of Awareness, Readiness and Perceptions 2) ASSESSMENT OF AWARENESS REGARDING THE SOURCES, EXPOSURE PATHWAYS AND POTENTIAL HEALTH EFFECTS OF PFAS/PFOS (FOREVER CHEMICALS) AMONG ACTIVE DOCTORS AND MEDICAL STUDENTS
23	Batch - H R	H2 (258-269)	1) ASSESSMENT OF AWARENESS REGARDING THE SOURCES, EXPOSURE PATHWAYS AND POTENTIAL HEALTH EFFECTS OF PFAS/PFOS (FOREVER CHEMICALS) AMONG ACTIVE DOCTORS AND MEDICAL STUDENTS 2) Acceptance of Artificial Intelligence Integration in Medical Education and Healthcare Among Medical Students: The Role of Awareness, Readiness and Perceptions
24	Batch - H R	H3 (270-280)	"Ergogenic Literacy" Gap: Knowledge and Use of Fitness Supplements (Creatine and Caffeine) for Cognitive vs. Physical Gains

25	Batch - I R	I1 (281-292)	Prevalence of the Imposter Phenomenon and its Contribution to Academic Anxiety and Stress Among Newly Admitted Medical Students.
26	Batch - I R	I2 (293-304)	Association Between Exposure to Medical Content on Social Media and Specialty Preferences Among Preclinical Medical Students
27	Batch - I R	I3 (305-315)	1) Prevalence of Digital Eye Strain (Asthenopia) and its Impact on Sleep Quality among Undergraduate Medical Students at Rawalpindi Medical University, Pakistan 2) Relationship between Screen Time Exposure and Ocular Symptoms Among Medical Students; A Comparative Study
28	Batch - J R	J1 (316-327)	1) Doomscrolling and Sleep Quality: A Cross-Sectional Analysis of Bedtime News Consumption. 2) Comparative Assessment of Sitting Posture and Its Association with Low Back Pain Across Lecture, Clinical Posting, and Self-Study Settings Among MBBS Students at Rawalpindi Medical University
29	Batch - J R	J2 (328-339)	Awareness and Practice of the 20-20-20 Rule and Their Association with Digital Eye Strain Among First-Year MBBS Students at Rawalpindi Medical University: A Cross-Sectional Study 2) The Weekly Time Investment in Social Media and Streaming Platforms (Netflix, YouTube) and its Association with Academic Procrastination among Medical Students
30	Batch - J R	J3 (340-onwards)	1) Prevalence and Associated Factors of Antibiotic Self-Medication Among Patients Presenting to the OPDs of RMU Teaching Hospitals, Rawalpindi: An Analytical Cross-Sectional Study 2) Association Between Daily Water Intake and Headache Frequency Among FirstYear MBBS Students at Rawalpindi Medical University 3) Assessment of Knowledge, Attitudes and Willingness Toward Organ Donation Among MBBS Students at Rawalpindi Medical University: A Descriptive Cross-sectional Study 4) Knowledge, Attitudes and Practices Regarding Voluntary Blood Donation Among MBBS Students of Rawalpindi Medical University: A Questionnaire-Based Cross-Sectional Study 5) Comparison of Body Mass Index and Estimated Resting Metabolic Rate between Intermittent Fasting Practitioners and Non-Practitioners among Adults Aged 25–45 Years in Rawalpindi, Pakistan.