

Rawalpindi Medical University

IUGRC Research Title Sheet — 2nd Year MBBS (Batch 52), Academic Year 2026

S.No	Batch	Sub-Batch	Title of Research
1	Batch - A R	A1 (1-12)	1) Awareness and knowledge about HPV vaccine among medical students at Rawalpindi Medical University. 2) Association of Sleep Duration and Sleep Quality with Body Mass Index (BMI) Among Undergraduate Medical Students of Rawalpindi Medical University:A Cross sectional study
2	Batch - A R	A2 (13-25)	The association between stress and menstrual irregularities in female students of RMU
3	Batch - A R	A3 (26-35)	Association between screen time and dry eye symptoms among students of RMU using ocular surface disease index (OSDI)
4	Batch - B R	B1 (36-47)	Prevalence of Irritable Bowel Syndrome and Its Association with Academic Stress and Dormitory Lifestyle Among the Medical Students of RMU, Rawalpindi
5	Batch - B R	B2 (48-59)	Psychosocial factors associated with academic performance among medical students of Rawalpindi Medical University, Rawalpindi
6	Batch - B R	B3 (60-70)	Social media driven myths about PMOS and pattern of unregulated herbal supplements use among female students of RMU.
7	Batch - C R	C1 (71-82)	Prevalence of Energy Drink Consumption and Its Effects on Sleep Quality and Academic Performance Among Medical Students at RMU
8	Batch - C R	C2 (83-94)	Effect of Caffeine Consumption on menstrual Cycle Regularity, Flow Duration and Intensity among Undergraduate Students enrolled in MBBS and AHS at Rawalpindi Medical University.
9	Batch - C R	C3 (95-105)	Prevalence of Migraines and Their Impact on Sleep Quality and Academic Performance
10	Batch - D R	D1 (106-117)	1) The Prevalence, Impacts, and Coping Mechanisms of Dysmenorrhea among Female Medical Students of Rawalpindi Medical University, Rawalpindi: A Descriptive Cross-Sectional Study 2) Association Between Knowledge of Blood Donation and Willingness to Donate Blood Among Undergraduate Medical Students of Rawalpindi Medical University, Rawalpindi
11	Batch - D R	D2 (118-129)	1) Antimicrobial Resistance Awareness and Antibiotic Self-Medication among MBBS Students Across Academic Years in Rawalpindi: An Analytical CrossSectional Study of Peer Social Influence 2) Association Between Knowledge of Blood Donation and Willingness to Donate Blood Among Undergraduate Medical Students of Rawalpindi Medical University, Rawalpindi
12	Batch - D R	D3 (130-140)	1) Prevalence of Smartphone Addiction and Its Association with Anxiety and Depression Among Undergraduate Medical Students of Punjab: A CrossSectional Study 2) Role of music listening in coping with academic stress among medical students:A cross sectional study

13	Batch - E R	E1 (141-152)	Association Between Skipping Breakfast and Academic Performance among Undergraduate Medical Students of Rawalpindi Medical University
14	Batch - E R	E2 (153-164)	Association Between Sleep Disruption and Gastroesophageal Reflux Disease Severity Among Undergraduate Medical Students of Rawalpindi Medical University
15	Batch - E R	E3 (165-175)	Association Between Iron Deficiency Anemia and Working Memory Deficits Among MBBS Students of Rawalpindi Medical University, Rawalpindi
16	Batch - F R	F1 (176-187)	Prevalence of Refractive Errors and Associated Factors among MBBS Students of Rawalpindi Medical University
17	Batch - F R	F2 (188-199)	Association Between the Use of Multiple Artificial Intelligence Tools and Cognitive Offloading Among First- and Second-Year Medical Students at Rawalpindi Medical University
18	Batch - F R	F3 (200-210)	1) The Relationship Between Physical Activity and Cognitive Attention: A Cross-Sectional Analysis of Medical Students 2) Empathy and Patient-Centered Attitudes Among Medical Students Across Different Academic Years: A Cross-Sectional Study Submitted by
19	Batch - G R	G1 (211-222)	1) Prevalence of Sedentary Behavior and Its Association with Musculoskeletal Pain and Sleep Quality Among Undergraduate Medical Students at RMU
20	Batch - G R	G2 (223-234)	1) Association Between Social Media Micro-Interactions and Attention Lapses During University Lectures Among MBBS Students Of RMU
21	Batch - G R	G3 (235-245)	1) High-Volume, Prolonged Earphone Use and Its Association with Self-Reported Auditory Discomfort in University Students: 2) Relationship between decision fatigue and academic procrastination among students of Rawalpindi Medical University
22	Batch - H R	H1 (246-257)	Association of Ultrasonographic Renal Morphological Parameters with Quality of Life Among Patients with Chronic Kidney Disease.
23	Batch - H R	H2 (258-269)	Frequency of Junk Food Consumption And Its Association With The Onset Of Chronic Diseases Among Undergraduate Medical Students Of Rawalpindi Medical University
24	Batch - H R	H3 (270-280)	Association Between Night-Time Blue Light Exposure, Sleep Quality, and Mental Health Among Medical Students
25	Batch - I R	I1 (281-292)	Prevalence of Irritable Bowel Syndrome and Its Association With Perceived Stress Among Undergraduate Medical Students: A Cross-Sectional Study
26	Batch - I R	I2 (293-304)	Assessment of Risk Factors for Type 2 Diabetes Among Second-Year MBBS Students of Rawalpindi Medical University with a Family History of Diabetes
27	Batch - I R	I3 (305-315)	IMPACT OF DIETARY HABITS AND PHYSICAL ACTIVITY ON BODY MASS INDEX AMONG MEDICAL FACULTY: A CROSS-SECTIONAL STUDY AT RAWALPINDI MEDICAL UNIVERSITY
28	Batch - J R	J1 (316-327)	SCREEN TIME AND ITS EFFECTS ON SLEEP QUALITY AND ACADEMIC PERFORMANCE AMONG UNDERGRADUATE MEDICAL STUDENTS OF RMU
29	Batch - J R	J2 (328-339)	Prevalence of insomnia amongst MBBS students in RMU
30	Batch - J R	J3 (340-onwards)	1) Imposter Syndrome Among Medical Students and Health Professionals

			<p>2) Energy drink Consumption Pattern and Perceived Effects Among Medical students</p> <p>3) When Parents Shape Perfection: Exploring the Hidden Pathway to Impostor Syndrome Among Medical Students.</p>
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