

## Self-perception of general clinical competencies in medical students during their hospital internships: a descriptive cross-sectional study

### Autopercepción de competencias clínicas generales en estudiantes de medicina durante sus prácticas hospitalares: un estudio descriptivo transversal

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#### Abstract

The self-perception of clinical competencies in medical students may be influenced by contextual factors that generate insecurity in decision-making and patient interaction. Given the limited local evidence, the objective of this study was to evaluate students' self-perception of clinical skills and hospital performance, as well as to analyze associated factors such as emotional intelligence, self-efficacy, stress management, and institutional characteristics. A quantitative, descriptive, cross-sectional, and observational study was conducted among medical students during hospital internships in southern Tamaulipas (Tampico, Madero, and Altamira), using a structured 47-item Likert-type questionnaire grouped into different domains. The instrument was applied to a sample of 162 participants selected through non-probabilistic convenience sampling. Data analysis was performed using SPSS under ethical standards of confidentiality and informed consent. The results showed a high self-perception of clinical competencies, soft skills, emotional intelligence, and academic self-efficacy, with more than 70% of responses at the highest level of the scale. However, stress management showed greater variability at intermediate levels. In conclusion, students perceive themselves as prepared for the clinical environment; however, it is necessary to strengthen emotional regulation and stress management strategies to promote overall well-being and professional performance.

**Keywords:** clinical competencies; self-perception; medical students; hospital internships; emotional intelligence

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#### Resumen

La autopercepción de las competencias clínicas en estudiantes de medicina puede verse influida por factores contextuales que generan inseguridad en la toma de decisiones y en la interacción con los pacientes. Ante la escasa evidencia local, el objetivo del estudio fue evaluar la autopercepción de las habilidades clínicas y el desempeño hospitalario, así como analizar factores asociados como la inteligencia emocional, la autoeficacia, el manejo del estrés y las características institucionales. Se realizó un estudio cuantitativo, descriptivo, transversal y observacional en estudiantes de medicina en prácticas hospitalarias en la zona sur de Tamaulipas (Tampico, Madero y Altamira), mediante una encuesta estructurada tipo Likert de 47 ítems, agrupados en distintos dominios, aplicada a una muestra de 162 participantes seleccionados por muestreo no probabilístico por conveniencia. El análisis se realizó en SPSS bajo criterios éticos de confidencialidad y consentimiento informado. Los resultados mostraron una autopercepción elevada en competencias clínicas, habilidades blandas, inteligencia emocional y autoeficacia académica, con más del 70% de respuestas en el nivel más alto de la escala. Sin embargo, el manejo del estrés presentó mayor variabilidad en niveles intermedios. En conclusión, los estudiantes se perciben preparados para el entorno clínico; no obstante, es necesario fortalecer estrategias de regulación emocional y manejo del estrés para favorecer su bienestar integral y desempeño profesional.

**Palabras clave:** competencias clínicas; autopercepción; estudiantes de medicina; prácticas hospitalarias; inteligencia emocional





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### INTRODUCTION

Self-perception of clinical competencies may be influenced by contextual factors that generate insecurity in decision-making and patient interaction. However, there is limited local evidence regarding the influence of these factors on self-perception of clinical performance. In response to this gap, the present descriptive and cross-sectional study aims to characterize the self-perception of general clinical competencies in students performing hospital internships in the southern region of Tamaulipas (Tampico, Madero, and Altamira).

### OBJETIVE

#### GENERAL OBJECTIVE:

To evaluate the self-perception of medical students regarding their clinical skills and performance in the hospital setting during their internships in hospitals in the southern region of Tamaulipas.

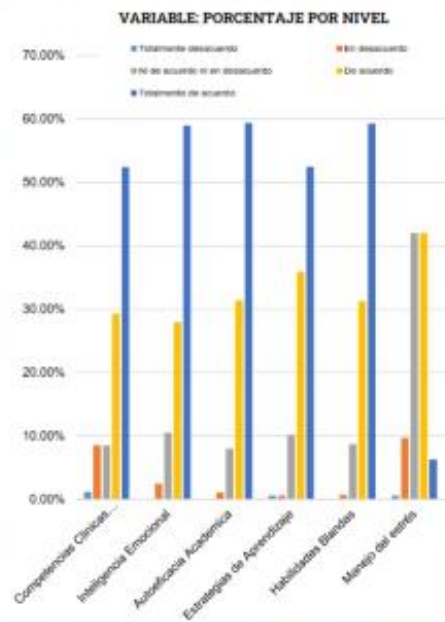
#### SPECIFIC OBJECTIVES:

- To identify the general clinical skills that students believe they have developed during their hospital internships in the southern region of Tamaulipas.
- To analyze the level of confidence that students have in their clinical performance within the hospital setting.
- To evaluate the emotional intelligence level of health sciences students during their clinical internships.
- To identify institutional, academic, or personal factors that influence the self-perception of hospital performance.
- To explore the differences in self-perception based on the type of hospital (public, private, general, specialized) where the internships take place.

### METHODOLOGY

- It is a descriptive, cross-sectional, quantitative, observational, and non-experimental study, based on a structured Likert-type survey applied to medical students in hospital internships in Tampico, Ciudad Madero, and Altamira.
- The instrument application was coordinated with the heads of education from each participating hospital, both public and private, and surveys were administered at centers that authorized data collection.
- A non-probabilistic convenience sampling was planned, with a sample size of 162 participants calculated; the inclusion, exclusion, and elimination criteria were defined in the protocol.
- The instrument consists of 47 items grouped into the following domains: self-perception of general clinical competencies, emotional intelligence, academic self-efficacy, learning strategies, soft skills, and stress management. Responses were coded from 1 to 5 for processing in SPSS.
- The study adheres to the ethical standards outlined in the protocol, with informed consent and measures of anonymity and confidentiality.
- The results presented are provisional; the research is still in the process of data collection and analysis to fully evaluate the population of students in the southern region of Tamaulipas. Therefore, final conclusions will be issued once the comprehensive evaluation is completed.

### RESULTS



### CONCLUSIONS

The evaluated medical students showed a high self-perception of clinical competencies, soft skills, emotional intelligence, and academic self-efficacy, with more than 70% of responses at the highest level of the Likert scale. This suggests that they feel prepared to face real hospital scenarios and collaborate effectively in healthcare teams. However, stress management showed greater variability at intermediate levels, indicating the need to strengthen emotional self-regulation strategies within the clinical curriculum to promote the overall well-being of students.

### REFERENCES

