

Factors associated with stress, coping strategies and psychological distress among postgraduate trainees selected medical specialties.

MSc. (Community Medicine) - 2003

D 1114

Objective of this cross-sectional description study was to determine the factors associated with stress, coping strategies adopted by them to overcome stress and the prevalence of psychological distress among postgraduate trainees. Postgraduate trainees are having stress ranging from a minimum of 35 to a maximum of 125 with a mean of 78.6 and a median of 78 score. Female PG trainees were significantly more stressed than the male PG trainees. Other factors significantly associated with high stress were having ≥ 3 days of on calls per week, boredom at work and dissatisfaction regarding the income. Conflicts with family members and adequacy in training by the consultant were marginally associated with high and low stress respectively. Factors significantly associated with low stress were satisfaction at work and being rewarded for the good work by the consultant. Prevalence of psychological distress among study sample was 39.9 percentage. A GHQ score of ≥ 6 was significantly associated with female sex and having ≥ 3 days of on calls per week, inadequate training by the consultant, boredom at work, conflicts with family members, inadequate income and recent illness or death of a close relative or friend satisfaction at work and being rewarded for the good work by the consultant were significantly associated with low psychological distress.