

# Work Related Stress, The Impact on Medical Consultant and Resident Doctors: Understanding Work Place Mental Health

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# Outline

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# Introduction

- A workplace or place of employment is a location where people perform tasks, jobs and projects for their employer. A healthy work environment characterized by trust, honesty and fairness and all people in the workplace are held accountable for their actions. People at work show sincere respect for others' ideas, values and beliefs.
- The atmosphere of a workspace often influences an employee's mindset and growth. Employees working in a positive work environment may feel more motivated to produce high-quality work consistently

# Healthy Work-Life Balance

- A healthy work-life balance is a situation where you are able to meet your deadlines at work while still having time for friends and hobbies, having enough time to sleep properly and eat well, not worrying about work when you are at home
- Our healthy work-life balance is a determinant of our mental health and well being and also the other way round
- Generally, work is good for our mental health but many work factors can contribute to mental health problems or make existing problems worse

# Wellness and Mental Wellbeing

- Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Our mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act, it also helps determine how we relate to others, make choices and handle stress
- Mental well being is a state of well-being in which one realizes his/her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community

# Mental Health Distress/Stress

- In the absence of optimum mental well-being, we can drift into what is generally referred to as mental health distress (or mental health discomfort/problems).
- Unhealthy work-life is a recipe for stress (work place induced stress)
- Common mental health problems include anxiety, depression, burn out, substance use disorder, suicidality and precipitation/perpetuation of an existing mental illness

# Depressive Symptoms Among Resident Physicians

- Studies have suggested that resident physicians experience higher rates of depression than the general public
- A systematic review and meta-analysis of 54 studies involving 17 560 physicians in training demonstrated that between 20.9% and 43.2% of trainees screened positive for depression or depressive symptoms during residency
- Beyond the effects of depression on individuals, resident depression has been linked to poor-quality patient care and increased medical errors given established associations between physician depression and lower-quality care

# References

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- *Thank you for listening*