

SEVERAL COPING STRATEGIES MAY PROTECT MEDICAL DOCTORS TO BE DISTRESS

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Background:

High level coping strategies could help protect doctors from distress condition. This study aimed to identify coping strategies to minimize distress.

Materials & Methods:

A cross sectional purposive method sampling study was undertaken at a teaching hospital between April-May 2011 among postgraduate medical students using a special form which consisted of several demography, job status, and active coping strategies (active strategies planning stressor; denial and behavioural disengagement; seeking social support for instrumental and emotional reasons; turning to religion). The score for each coping items ranged from 0 to 10 (0=lowest and 10=highest). This study used the WHO self reporting questionnaire (SRQ-20) to measure distress, and linear regression analysis.

Results:

A number of 135 subjects participated this study which consisted of 62% female and 38% male, aged between 23-47 years. The distress score ranged from 0-17, 7% of subjects experienced distress. The final model showed that distress negatively correlated with: trying to see problem in different sight, to make it seem more positive [coefficient regression (β)=-0.531; $p=0.000$]; think the best to handle problem (β =-0.365; $p=0.044$); did not to believe the problem has happened (β =-0.639; $p=0.002$); talk to someone about the problem (β =-0.382; $p=0.025$); and trying to find comfort in religion (β =-0.222; $p=0.115$). On the other hand, distress positively correlated with coping: do what has to be done one step at a time (β)=0.410; $p=0.088$); learnt from experience (β)=0.332; $p=0.159$); quit trying solving the problem (β)=0.217; $p=0.036$); getting upset and aware of the problem (β)=0.169; $p=0.149$); pretending the problem did not happened (β)=0.359; $p=0.109$); accepting the problem (β)=0.233; $p=0.177$); trying getting support from friends through information technology (β)=0.277; $p=0.020$).

Conclusion:

Only a few medical doctors experience distress, Distress may be minimized by good attitude, more relax, and positive thinking.

Key words:

distress, coping strategies, self reporting questionnaire-20

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