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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