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## 7<sup>th</sup> Malaysia Indonesia Brunei Medical Sciences Conference "TOWARDS A HOLISTIC AND INTEGRATIVE APPROACH IN HEALTHCARE"



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officiated by

**Y.B Datuk Rosnah Haji Abdul Rashid Shirlin**  
Deputy Minister of Health Malaysia

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## SEVERAL COPING STRATEGIES MAY PROTECT MEDICAL DOCTORS TO BE DISTRESS

Irawati I, Bastaman B

*Department of Psychiatry and Community Medicine, Faculty of Medicine, Universitas Indonesia*

### 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 ( $\beta$ )=-0.531;  $p=0.000$ ]; think the best to handle problem ( $\beta$ =-0.365;  $p=0.044$ ); did not to believe the problem has happened ( $\beta$ =-0.639;  $p=0.002$ ); talk to someone about the problem ( $\beta$ =-0.382;  $p=0.025$ ); and trying to find comfort in religion ( $\beta$ =-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 ( $\beta$ )=0.410;  $p=0.088$ ); learnt from experience ( $\beta$ )=0.332;  $p=0.159$ ); quit trying solving the problem ( $\beta$ )=0.217;  $p=0.036$ ); getting upset and aware of the problem ( $\beta$ )=0.169;  $p=0.149$ ); pretending the problem did not happened ( $\beta$ )=0.359;  $p=0.109$ ); accepting the problem ( $\beta$ )=0.233;  $p=0.177$ ); trying getting support from friends through information technology ( $\beta$ )=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