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**OCCUPATIONAL STRESS  
IN HEALTH PROFESSIONALS**  
– *Contributions to prevention by educational programs*


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OCCUPATIONAL STRESS IN HEALTH PROFESSIONALS – *Contributions to prevention by educational programs*


*“Health organizations can no longer afford to ignore the  
high stress levels of their staff”*  
(Firth-Cozens, 1999).



*OCCUPATIONAL STRESS IN HEALTH PROFESSIONALS -- Contributivos to prevention by educational programs*

Present the results of a research on occupational stress in health professionals : Physiotherapist; Pharmacist and Radiotherapist

Present contributions to educational programs for stress management in Physiotherapy



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### OBJECTIVES

The main purposes of the present research were to identify, in a sample of Portuguese Health Professionals (Pharmacist; Physiotherapists; Radiotherapists):

- (1) Levels of perceived occupational stress; self-efficacy in confronting occupational stress; and job satisfaction
- (2) Sources of stress and coping resources

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### METHODOLOGY:

A convenience sample of 150 participants (54 Pharmacists; 55 Physiotherapists; 41 Radiotherapists) answered a questionnaire which included:

- Demographic variables (age; gender; civil condition; years of practice)
- Three subjective scales: Stress Level; Self-efficacy Level in confronting stress; and Job Satisfaction);
- Occupational Stressors Inventory (Santos 1999)
- Coping Resources Inventory for Stress (Matheny, Curlette, Aycoc, Pugh 1987, adapted to the Portuguese population by McIntyre, Silvério e Figueiredo, 1995)

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**N - 150**

SAMPLE	Global		Physiotherapy		Radiotherapy		Pharmacy	
	n	%	N	%	N	%	N	%
Gender								
<b>Women</b>	<b>128</b>	85	<b>47</b>	85	<b>37</b>	90	<b>44</b>	81
<b>Men</b>	<b>22</b>	15	<b>8</b>	15	<b>4</b>	10	<b>10</b>	19
Civil State								
<b>Single</b>	<b>56</b>	37	13	24	16	39	27	50
<b>Married</b>	<b>82</b>	55	37	67	19	46	26	48
<b>Divorced</b>	<b>10</b>	7	4	7	5	12	1	2
<b>Widow</b>	<b>2</b>	1	1	2	1	2	0	0
<b>Kids (Yes)</b>	<b>69</b>	46	30	56	21	51	17	32
Practice								
<b>- 1 to 3 years</b>	<b>27</b>	18	4	7	9	22	14	26
<b>- 4 to 10</b>	<b>70</b>	47	25	45	17	42	28	52
<b>&gt; 10 years</b>	<b>53</b>	35	26	47	15	37	12	22

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STRESS

*“ A particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her well-being”*

- Lazarus e Folkman, 1984 pp 19

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STRESS LEVEL

SELF EFFICACY LEVEL

Stress Level

Self Efficacy Level

- ✦ Physiotherapy group presents moderate to high levels of stress
- ✦ Pharmacy group presents higher levels of stress
- ✦ Physiotherapy group presents moderate to low levels of efficacy to confront stress
- ✦ Pharmacy group presents lowest levels of efficacy to confront stress

<b>OCCUPATIONAL STRESSORS</b>					
Pharmacy	M	Physiotherapy	M	Radiotherapy	M
Lack of organization in task distribution	3.24	Lack of autonomy	3.11	Work overload	3.44
Work overload	3.22	Disorganization in professional teams	3.09	Confronting dead (of patients)	3.29
Lack of autonomy	3.22	Lack of professional social recognition	3.07	Lack of organization in professional teams	3.15
Lack of human resources	3.22	Differences between professional values and administration objectives	3.07	Pressure of hierarchic superiors	3.10
Lack of organization in the hierarchy of responsibilities	3.19	Work overload	3.02	Low salary	3.07
Lack of professional social recognition	3.15	Lack of organization in task distribution	2.98	Task negative emotional characteristics	3.07
Differences between professional values and administration objectives	3.15	Low salary	2.96	Lack of human resources	2.98
Interpersonal conflicts with hierarchic superiors	3.07	Interpersonal conflicts with hierarchic superiors	2.95	Lack of organization in task distribution	2.98
Lack of organization in professional teams	3.02	Pressure of hierarchic superiors	2.80	Lack of autonomy	2.88
Pressure of hierarchic superiors	2.94	Lack of social support in organization	2.78	Lack of professional social recognition	2.88

