Health residents care for their patients, or at least the opposite, burned-out residents don’t care for their patients; is demonstrated in multiple studies that focus on stress, burnout, and well-being. The study of stress and well-being aims to determine how stressed they feel, what contributes to their stress, and what they identify as their main coping strategies. Our Aim is to survey North American psychiatric residents to determine how stressed they feel, what contributes to their stress, and what they identify as their main coping mechanisms.

Methods
Survey questions were based on an Alberta, CA study that examined well-being in Canadian Family Medicine and Psychiatry residents. The survey was distributed using the APA’s database of members. Emails were sent to chief residents, APA fellows and resident members requesting they complete a brief wellness survey. To increase resident participation in the brief web-based questionnaire, the emails were distributed in waves, spaced approximately one month apart, at the beginning of the survey, middle of the survey and near the end of the survey period. The survey asked residents to self-report their demographics, level of stress, causes of stress, coping strategies, harassment, intimidation, level of satisfaction, and access to resources on a likert-scale ranging from 1 to 5, where 5 indicate more severe. As the survey was voluntary and distribution depended on program cooperation, selection-bias is of concern. Hence, correlations between time to response verses stress level, and age were calculated, as well as, a t-test comparing male versus female time to response were all calculated. Additionally, the time of year that the survey was distributed could have created a response-bias, with the survey being distributed from late winter to early spring.

Introduction
‘That physician will hardly be thought very careful of the health of his patients if he neglects his own.’

Health residents care for their patients, or at least the opposite, burned-out residents don’t care for their patients; is demonstrated in multiple studies that focus on stress, burnout, and well-being. The study of stress and well-being aims to determine how stressed they feel, what contributes to their stress, and what they identify as their main coping strategies. Our Aim is to survey North American psychiatric residents to determine how stressed they feel, what contributes to their stress, and what they identify as their main coping mechanisms.
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