

## WORLD NURSING EDUCATION AND EVIDENCE BASED PRACTICE CONFERENCE

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### Stress among Residents in a tertiary Care Center, Riyadh, Saudi Arabia

**Background:** Medical residency is a period of apprenticeship that transforms an academically qualified medical student into a competent health professional. Excessive work stress can cause reduction in work-related desire and productivity, more accidents, and probably various health disorders<sup>5</sup>.

**Aims:** To examine perceived stress among medical and surgical residents in a tertiary care center, Saudi Arabia and its associated risk factors.

**Study design:** A cross-sectional study

**Methods:** All residents in medical and surgical departments in a tertiary care center was conducted between Augusts - October 2016. We assessed the likelihood of stress using the Kessler (K6) tool. Data were entered and analysed using SPSS ver 22.

**Results:** All residents (104) from departments of medicine and surgery were included in the study but only 87(83.7%) responded. Mean age for the residents was  $27.83 \pm 2.9$  years with mean experience in this tertiary care center  $2.39 \pm 1.8$  years. The mean ( $\pm$ standard deviation) stress score was  $20.1 \pm 5.6$  out of 30 (67%). Mean stress score was significantly associated with female gender, non-Saudis, surgery and R5 residents. No significant mean difference was noted according to marital status or age. According to stress level the results showed that 7 (8.6%) are well with no stress, 27(33.4%) have mild or moderate stress levels, while 47 (58%) of the residents have severe stress level. There is a significant association between severe stress level and advancing age, surgery and non-Saudi residents. The significant predictors of stress were the department and gender only. Total stress level was significantly correlated with feeling of being unable to work during the last 30 days,

**Conclusion:** Residents in Saudi Arabia are at comparable or slightly higher risk of perceived stress than that reported among residents worldwide. Stress level was significantly associated with gender, nationality and department. There is an urgent need for stress management programs during residency training.

### Biography

Ahmed A Bahnassy is a Professor in Biostatistics in the College of Medicine, King Fahad Medical City. He has a vast experience in both teaching and research. He is teaching biostatistics, research methodology, advanced epidemiology and evidence based medicine. He has more than 150 published manuscripts in journals. He is a Statistical Editor in many journals including WHO.

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