



Abstract

Mental Health Cortisol and Stress in Female Healthcare Providers

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Abstract

Background

Stress is globally recognized as a risk factor impacting workers' health and workplace safety. Women healthcare professionals are at risk for considerable stress given the demanding nature of their jobs and working conditions. This study assesses levels of stress among the female healthcare professionals according to measures of their cortisol levels, subjective stress, and quality of sleep.

Participants and Methods

Using a cross-sectional research design, data on stress was collected from 335 apparently healthy adult women healthcare professionals work in the United Arab Emirates. Eligible women were asked to provide morning and bedtime saliva samples for analysis of their cortisol levels. Perceived Stress Scale, Stress Symptoms Scale, Brief Coping Scale, and Pittsburgh Sleep Quality Index were used to assess perceived stress level, symptoms of stress, strategies for stress coping, and sleep quality, consecutively.

Results

Of 335 participants, 121 (36.15%) had impaired morning cortisol levels (below normal range of 0.094-1.551 $\mu\text{g/dL}$) and 48 (14.3%) had impaired bedtime cortisol levels (above 0.359 $\mu\text{g/dL}$). Around 57% of women reported moderate levels of perceived stress, with more frequent reporting of symptoms of stress including heart rate, back and/or neck pain. Poor sleep quality was reported by around 60% of study participants. No significant association were noted between cortisol and psychosocial measurements of stress nor sleep quality. However, having night shift and longer shift duration of more than 8 hours associated significantly with impaired morning and bedtime cortisol levels ($P \geq 0.05$). impaired cortisol level was strongly dependent upon using adaptive coping strategies through active coping, acceptance and seeking emotional support ($P \geq 0.05$).



Conclusion

Evaluating cortisol levels and subjective stress could help to identify groups with impaired response to stress and elevated cortisol levels. Our findings suggest examining shift work pattern and stress coping strategies in female healthcare professionals to promote their health, productivity and maintain workplace safety.



Biography:

Wegdan Bani-Issa is currently working as an associate professor in University of Sharjah, UAE. She has contributed many researches about Mental health cortisol and stress in female healthcare providers.

Speaker Publications:

1. Evaluation of the health-related quality of life of Emirati people with diabetes: integration of sociodemographic and disease-related variables; W Bani-Issa - East Mediterr Health J, 2011
2. Beyond the rhythm and routine: adjusting to life in assisted living, D Kennedy, E Sylvia, W Bani-Issa, W Khater... - Journal of Gerontological Nursing, 2005
3. Health-related quality of life and physical, mental, and cognitive disabilities among nursing home residents in Jordan
4. FM Almomani, JM McDowd, W Bani-Issa, M Almomani - Quality of Life Research, 2014

[2nd World Depression Congress](#), April 27-28, 2020 Istanbul, Turkey

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