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Prevalence of PTSD among emergency physicians and trauma surgeons: Exploring relationships with demographic factors and work setting characteristics**Kimia Kogani***Tehran University of Medical Science, Iran*

Introduction: Health care professionals, particularly emergency physicians and trauma surgeons are exposed to many traumas, elevating the risk for post-traumatic stress disorder(PTSD). This study aims to assess the prevalence of PTSD within these populations and explore potential relationships with demographic factors and characteristics of work settings. Understanding the impact of both individual and organizational factors on PTSD prevalence is crucial for developing interventions in medical specialties.

Methods: A cross sectional study conducted among 200 emergency physicians and trauma surgeons practicing in diverse healthcare settings. Participants completed a standardized PTSD screening tool and provided demographic information, including age, gender, and years of experience. Work setting characteristics, including trauma centre volume, shift schedules (e.g., night shifts), and the availability of mental health support programs, were assessed. Data were analyzed using logistic regression to assess the relationship between demographic factors, work setting characteristics, and PTSD prevalence, while controlling for potential confounders.

Results: Preliminary findings indicate a notable prevalence of PTSD symptoms among emergency physicians and trauma surgeons. There was a significant association between specific demographic factors and PTSD risk. Younger age, female gender, and fewer years of experience were identified as potential risk factors for elevated PTSD symptoms. High amount of trauma cases and too many shifts per month, were also significantly associated with an increased likelihood of experiencing PTSD symptoms.

Conclusion: This study provides a comprehensive examination of PTSD prevalence among emergency physicians and trauma surgeons. Acknowledging the influence of work setting characteristics on PTSD risk indicate the importance of optimizing working conditions and enhancing mental health support within medical institutions. The study contributes to understanding the status of mental health within the medical community, with the aim of enhancing the well-being of professionals in critical roles.

Biography

Kimia Kogani, a psychiatrist who graduated from Tehran University of Medical Science. She has board certified, achieving the highest rank in the national board exam. Currently, she practices as a psychiatrist and psychotherapist in the southern region of Iran. Her areas of specialization and interest encompass mood disorders, anxiety disorders and music therapy. In addition to these she has skilled in Cognitive Behavioural Therapy and psychodynamic psychotherapy. During her residency program she conducted a case study convey evaluating the impact of music listening on depression and negative symptoms among patients with schizophrenia and schizoaffective disorder.