

Stress Appraisal and Psychological Distress in Medical Professionals Working in Emergency Units

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The present study was conducted to investigate stress appraisal and psychological distress in medical professionals working in emergency units in different teaching hospitals in Lahore. It was hypothesized that there is relationship between stress appraisal and psychological distress in medical professionals dealing with emergency casualties. Sample comprised of 51 medical professionals (doctor and nurses), working in emergency units and were recruited from three major teaching hospitals of Lahore, Pakistan. General Health Questionnaire (GHQ-28, Goldberg & William, 1978) and Stress Appraisal Measurement (SAM, Peacock & Wong, 1990) were used for assessment. Assessment was carried out at the premises of respective hospitals. Health professionals appraised working in emergency units as stressful and challenging and were experiencing psychological distress. Nurses appraised working in emergency units significantly more threatening and experienced more anxiety as compared to doctors. Findings have important implications for provision of psychological interventions for the hospital staff that deals with emergency casualties.

Key words: Stress Appraisal, Psychological distress, Medical professionals, Emergency Units