

**Interpersonal Workplace Strain, Coping Strategies and Mental Health
Problems in Doctors**



Participant's Name: Nimra Wahid

Participant ID: 14005146029

Supervisor's Name: Dr. Zahid Mahmood

Institute of Clinical Psychology

University of Management and Technology, Lahore

2017

DECLARATION

I, **Nimra Wahid** , ID: **14005146029**, Student of MS Clinical Psychology in the subject of Clinical Psychology, **Session 2014-2017**, hereby declare that the matter printed in the thesis title "**Interpersonal Workplace Strain, Coping Strategies and Mental Health Problems in Doctors**" is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

Dated: _____

Signature of Deponent

Certificate of Approval

Accepted by the faculty of Institute of Clinical Psychology, University of Management and Technology, Lahore in partial fulfillment of the requirement for the degree of MS in Clinical Psychology.

Supervisor

Dr. Zahid Mahmood

Associate Professor

Institute of Clinical
Psychology, UMT

External Examiner

Prof. Dr. _____

Director

Prof. Dr. Zahid Mahmood

Institute of Clinical Psychology, UMT

Deponent

Date: _____

Table of Contents

Topics	Page No.
Acknowledgements	V-VI
Dedication	VII
Abstract	VIII
List of Tables	IX-X
List of Abbreviations	XI
List of Appendices	XII
Chapter I	Introduction
	1-7
	Implication of the current research
	Aims
	Objectives
	Operational definitions of the variables
Chapter II	Review of Literature
	8-29
	Rational of the research
	Research question
	Hypotheses
Chapter III	Method
	30-37
	Research design
	Setting
	Sampling strategy (Inclusion and exclusion criteria)
	Participants

	Measures	
	Procedure	
Chapter IV	Results	38-63
	Sample description	
	Psychometric properties of the developed scale	
	Testing the main hypotheses	
	Testing the Secondary hypotheses	
	Summary of results	
Chapter V	Discussion	64-77
	Suggestions and Limitations	
	Conclusions	
References		
Appendices		
Plagiarism report		

Acknowledgement

To writing this note of thanks is the final touch on my research work. First and foremost, I thank to **ALLAH (SWT)** for giving me health and strength to stay consistent and determinant while completing this thesis work. Without his guidance and help it would not become possible. It has been a great period of learning for me, not only in the area of clinical psychology, but also on a personal level. This thesis work represents not only my work, it is a milestone that I have achieved at **Institute of Clinical Psychology, UMT Lahore**. I would like to mention the people who encouraged and helped me so much during this period. Firstly, I thank to my **supervisor and Head of the Institute of Clinical Psychology Dr. Zahid Mahmood**, who guide me during my thesis with his patience and knowledge and increase my passion to break all the obstacles and hindrances while completing this work also appreciate his patients to discussing all the questions related to my thesis would like to thank him for giving me clues to look at my research from different perspective. Thanks for his generosity for giving his critical remarks on data analysis and interpret complex findings. My heartily thanks to all my lecturers and faculty at the Institute of Clinical Psychology (ICP) who encouraged and directed me on each any every step and provided the support and motivation i have needed to complete my thesis. Furthermore, I am also deeply thankful to my fellow students and friends who help me and their strong belief on me have provided strength to be consistent. I thank to all of them who contributed in the completion of this thesis and without them this thesis would not have been completed or written would offer the gratitude for the administrators and the higher authorities of different organizations who allowed to collect data from their hospital and to contact with their doctors. Thanks to all

those participants who participated and make this success possible Finally, I heartily thank my parents and sibling who encouraged me , understand me, pray for me and supporting me throughout the time of my research and studies at University.

Nimra Wahid

Dedication

I dedicate this thesis work to my Supervisor, Teachers, family and friends who provide me constant support and encouragement to make this journey successful. Special feeling of gratitude to my beloved parents who prayed for me always.

Abstract

In all over the world doctor's job is consider to be very demanding and there are multiple factors that affect the doctors at personal and professional level. The purpose of the current research was to developed the "Interpersonal Workplace Strain Scale" and find out the association between interpersonal workplace strain, coping strategies and mental health problems among doctors. The Cross-sectional research design was used for the current research. Sample of 201 post graduate and house officer doctors from the government hospitals sectors of Lahore, Punjab were selected through stratified sampling technique including both genders, male and female. Their age range was from 26 to 40. Results from the current research showed that "Religious coping" was the, mostly used coping strategy in the outcome of having the Interpersonal workplace strain and mental health problems among doctors. Hierarchical regression analysis revealed that substance abuse and interpersonal workplace strain were found to be negative predictors of mental health problems in Doctors. Furthermore the results were discussed in the significance of its cultural context and the implications of this research will help for counsel the doctors.

List of Tables

Table No.	Page No.
Table 1	42
Mean and Standard Deviation of Participant's Age ($N=201$)	
Table 2	42
Frequencies and Percentage of Demographic Variables of the Participants ($N=201$)	
Table 3	45
Factors, Number of Items and Chronbach Alpha of IWSS,BCS and DASS	
Table 4	46-47
Percentages of Sample ($N=201$) falling on the Mild, Moderate, Severe and Very Severe categories on the total score of Interpersonal Workplace Strain Scale	
Table 5	49-58
Summary of Inter-correlation, Means ,Standard Deviations of the Participants ($N=201$) On IWSS, BCS and DASS-21	
Table 6	59-60
Hierarchical Regression Analysis of Predictor of Mental Health Problem in Doctors ($N=201$)	
Table 7	61
Means, Standard Deviations, t , p values, Cohen's d , Lower and Upper case of Male ($n=100$) and Female ($n=101$) on IWSS	
Table 8	62

Means, Standard Deviations, t, p values, Cohen's d, Lower and Upper
case of married ($n=48$) and unmarried doctors ($n=153$) on IWSS

Table 9..... 63

Means, Standard Deviations, t, p Values, Cohen's d, Lower and Upper
case HOs ($n=99$) and PGR($n=102$) on IWSS

List of Abbreviations

<i>f</i>	Frequency
<i>M</i>	Mean
<i>SD</i>	Standard deviation
<i>a</i>	Alpha level
<i>t</i>	t-test
<i>p</i>	Level of significance
ES	Emotional Support
AC	Active Coping
PR	Positive Reframing
R	Religion
P	planning
A	Acceptance
H	Humor
IS	Instrumental Support

IWSS..... Interpersonal Workplace Strain Scale
BCS.....Brief Cope Scale
DASS.....Depression Anxiety Stress Scale

List of Appendices

Appendix A: Interpersonal Workplace Strain Scale

Appendix B: Brief Cope Scale

Appendix C: Depression Anxiety Stress Scale

Appendix D: Plagiarism Report

Appendix E: Certificate of Approval

Introduction

Occupational psychologists are primarily investigating their energies and mental capabilities to know well about the work related stress and hence the well-being of health care professionals (Consiglio, 2014). In another words, stress is the result of stressors and the word stressor can be explicated as a stimulus or a factor that triggers stress. Environment is compounded by myriad of such stressors. Basically, they include hard to bear occurrences and incidents in the daily lives.