

**PSYCHOPHYSIOLOGICAL AND PSYCHOSOCIAL INDICATORS OF
THE EFFICACY OF A STRESS MANAGEMENT PROGRAM FOR
HEALTH PROFESSIONALS: PHASES 1 AND 2**

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Abstract

This project aims at investigating the efficacy of an innovative stress management program for health professionals using both psychophysiological and psychosocial indicators. In phase 1, the GHQ-12 was given to all the 1500 health professionals from a central hospital in the northern region of Portugal as a *general stress diagnosis*. In Phase 2, the professionals with high scores on the GHQ-12 were offered an *in depth stress diagnosis* consisting of psychosocial, clinical and psychophysiological measures. The final sample consists of 120 health professionals who did the in depth evaluation (Pre-test) and were randomly assigned to either an experimental group (stress management intervention) or control group. Subsequent measures for both groups will be taken at post-test, 3 month and 6 month follow up. This report refers to Phases 1 and 2 of the data collection. The *general stress diagnosis* results on 705 health professionals shows a prevalence of stress superior to those reported in the international literature. Professional characteristics were more important than demographic aspects in predicting stress scores. The *results of Phase 2* showed a positive correlation among different psychophysiological and the clinical measures, but no significant relationship with the psychosocial measures. SCL measures were related to the self-report of anger over multiple induced stress stimuli. The intensity of sources of stress at work, suppression coping and general aggressiveness predicted self-report of stress.

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