

**PSYCHOPHYSIOLOGICAL AND PSYCHOSOCIAL INDICATORS OF
THE EFFICACY OF A STRESS MANAGEMENT PROGRAM FOR
HEALTH PROFESSIONALS: PREPARATION STAGE**

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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. The data collection has two phases. In phase 1, the GHQ-12 is 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 are offered an in depth stress diagnosis consisting of psychosocial and psychophysiological measures. The final sample consists of 200 health professionals who agree to do the in depth evaluation (Pre-test) and will be randomly assigned to either an experimental group (8-week stress management intervention) or control group (wait list group). Subsequent measures for both groups will be taken at post-test, 3 month and 6 month follow up. The implications of the results for the development of stress management programs directed at Portuguese health professionals will be explored. This report refers to the preparation stage of this project with the first data collection beginning May 2000.

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