

The Effectiveness of Coping Skills Training on Emergency Medicine Residents' Hardiness on the basis of Gender, Age and Academic Year

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Abstract

Introduction: Stress is an integral part of human life and stressful events can cause physical and mental illnesses and also lead to decrease in work efficiency. Due to the effectiveness of the coping skills training in mental health, this study aimed to achieve the effect of coping skills training in mental health and hardiness of emergency medicine assistant with an emphasis on gender, age and educational year.

Method:In this study as a before and after training, 52 emergency medicine assistants in the three educational years (the first, second and third year of residency) were examined in terms of hardiness and impact of coping skills training on this situation. The proposed questionnaire contains demographic information and Kobasahardiness questionnaire that was completed by each participant. Assistants after completing the questionnaire underwent a coping skills training and after that the Kobasahardiness questionnaire was presented to each participant for the second time and the results were compared.

Results:In all residents before and after training the mean commitment score was 0.23 ± 0.01 and 0.24 ± 0.01 ($P = 0.64$), the challenge score was 0.52 ± 0.016 and 0.52 ± 0.014 ($P = 0.81$), control score was 0.29 ± 0.01 0.31 ± 0.02 ($P = 0.38$) and total score was 35.42 ± 1.29 and 36.18 ± 1.4 ($P = 0.79$), respectively. In the first

year residents before and after the training period, the mean commitment score was 0.19 ± 0.01 and 0.29 ± 0.04 ($P = 0.03$) and total score was of 31.48 ± 1.68 and 39.005 ± 3.4 ($P = 0.04$), respectively. In single residents before and after the training period, the mean commitment score was 0.3 ± 0.05 and 0.48 ± 1.03 ($P = 0.02$) and total score was 36.38 ± 5.43 and 48.02 ± 4.71 ($P = 0.013$), respectively. Participants were evaluated in terms of age and gender impact on the training course that showed no significant difference in terms of listed variables and ($P > 0.05$).

Conclusion: According to the results, coping skills training in the second and third year residents had a low impact on their hardiness, but early holding the course in the first year of residency, lead to increasing their hardiness, greater commitment to life and work and ready to accept changes in life and work as an exciting challenge. Also married residents were less efficient in training courses than single residents.

Keywords: Coping Skills, Hardiness, Emergency Medicine, Kobasa