

Effect of Time perception skill Educational Workshops on social carelessness among Emergency medicine residents in 2015

Ameli H, MD, Morteza Beigi HR, MD, Rajaei Ghafouri R, MD.

Emergency Medicine Department, Imam Reza Hospital, Faculty of Medicine, Tabriz University of Medical Sciences

Introduction: Emergency medicine residency is a high risk job that carelessness in it could have severe adverse effects. Social procrastination means the avoidance of doing a task assigned to an individual in a group that is caused by irresponsibility of an individual in exchange for their individual efforts. Better understanding of time perception can lead to increased power of management and better decision making. In this study, we aim to evaluate the effect of Time perception skill Educational Workshops on social carelessness among Emergency medicine residents.

Methods: In this interventional study, 25 residents in intervention group and 25 residents in control group were evaluated for social procrastination before and after intervention. Residents in the intervention arm had a Time perception skill Educational Workshops for two weeks. The correlation between social procrastination and demographic findings of residents were evaluated.

Results: Both groups were matched according to baseline findings. Single residents compared to married ones had significantly higher procrastination score (66.75 ± 7.50 vs. 56.00 ± 9.27 , $p=0.02$). Mean procrastination score in intervention and control group before intervention was 60.96 ± 10.53 and 52.76 ± 6.32 ($p=0.002$) and after intervention was 59.60 ± 11.80 and 53.64 ± 6.62 ($p=0.03$). the serial changes in procrastination score after the workshop in intervention group was significantly higher than control group ($p=0.006$).

Conclusion: Performing Time perception skill Educational Workshops could be effective in reducing social procrastination among Emergency medicine residents. Married residents possibly due to responsiveness in their marriage and management skills have low procrastination.

Keywords: Social Procrastination; Time management; Emergency Medicine