

## **Influence of exposure to patient aggression and professional experience on the psychological condition of various groups of healthcare workers**

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### **ABSTRACT**

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**Purpose:** To analyze the relationship between the psychological condition of representatives from various professional groups of healthcare workers, the degree of their exposure to patient aggression, as well as with the duration of their professional experience.

**Materials and methods:** Study participants (n=1498) were employed at open and closed healthcare units within Podlaskie province: 493 nurses, 504 midwives and 501 physicians. The Work Features Evaluation Questionnaire and General Health Evaluation Questionnaire GHQ28 were applied, and the psychological condition of medical staff was examined based on a 30-question survey

**Results:** When analyzing all of the groups of medical personnel, the mean level of exposure to patient aggression fell within the moderate range. The highest level of aggression was experienced amongst nurses, while the lowest – amongst

midwives. The analyzed groups did not differ significantly in terms of the level of their psychological condition. With the exception of physicians, no significant association was observed between levels of patient aggression and the psychological condition of the medical personnel. Amongst physicians, individuals who experienced lower levels of aggression were characterized by significantly higher psychological condition values when compared to personnel exposed to moderate or high levels of patient aggression. No significant linear correlations between psychological condition levels and the frequency of patient aggression or duration of professional experience were noted in any of the analyzed professional groups.

**Conclusions:** A moderate level of exposure to patient aggression is not the main factor affecting the psychological condition of medical personnel.

**Key words:** aggression, stress, nurse, midwife, physician

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