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An evaluation of Psychological well-being among Physicians and Nurses in Makkah’s Major Hospitals

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Background: Physicians and nurses experience poor psychological well-being relative to other employees in healthcare fields. This study aimed to evaluate the psychological well-being among physicians and nurses in Makkah’s major hospitals. **Methods:** In this cross-sectional study, 460 physicians and nurses from seven major hospitals in Makkah were recruited to investigate their psychological well-being using the General Health Questionnaire-12 (GHQ-12) based on social dysfunction, anxiety, and confidence loss. **Results:** Over half (64.3%) of the physicians and nurses in this study scored at or above the GHQ-12 cut-off point, which is a positive result for poor psychological well-being. There were significant differences in the psychological well-being mean between Saudis and non-Saudis ($t = 2.203, p = 0.028$), years of work experience ($t = 3.349, p = 0.001$), hospitals ($F = 2.848, p = 0.010$), attending psychological support sessions ($t = 2.082, p = 0.038$), and history of visiting psychological clinics ($t = -4.949, p < 0.001$). There was also a significant association between the three GHQ-12 factors and the participants’ socio-demographic characteristics. **Conclusion:** The psychological well-being of physicians and nurses is low. The alarming number of physicians and nurses suffering from social dysfunction, anxiety, and loss of confidence should be addressed in Makkah’s major hospitals. The employee assistance program (EAP) could be highly valuable and effective for addressing the well-being of employees and their personal problems that may impact their work performance, conduct, health, and overall well-being at the Ministry of Health.

GHQ-12; employee assistance program (EAP)

Introduction: Psychological health is an important factor that contributes to people’s overall well-being. According to the World Health Organization (WHO), psychological health is a state of well-being in which each individual knows their own potential, copes with life’s every-day stresses, works productively, and contributes to their community. Psychological health is a balanced state of physical, mental, and social well-being, not just the absence of negative issues. The General Health Questionnaire-12 (GHQ-12) is unique and one of the most extensively used self-report instruments for evaluating psychological stress and disorders. Measuring social dysfunction, anxiety, and confidence loss can successfully gauge an individual’s level of well-being. Various studies have been conducted using the GHQ, including population-based studies and employee health assessment surveys. In recent years, low levels of psychological well-being have received more attention. The best method for treating people with personal issues, unwanted behavior, and addiction at work is to make an employee assistance program (EAP) available. The main goals of these programs are to address existing problems and promote healthy living among employees. Unwell physicians and nurses could compromise healthcare quality and safety.

Keywords: Psychological Health, Saudi Arabia: general health.

Biography

Huda Alghamdi is affiliated with King Saud bin Abdulaziz University for Health Sciences and working in Department of Mental Health. She has published several research papers in the international journals.