

THE TIES BETWEEN STRESS, RUMINATION, AND RESILIENCE IN PHYSICIANS

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BACKGROUND AND AIM: Rumination, initially defined by Nolen-Hoeksema, refers to repetitive and passive thinking. This study examines the impact of rumination on psychological resilience among physicians, a group frequently exposed to occupational stressors that may affect their mental well-being. Understanding factors that contribute to resilience in this population is crucial for addressing mental health challenges within the medical profession.

METHODS: An online survey was conducted with 205 physicians, collecting data through a sociodemographic questionnaire and measures of rumination, perceived stress, and resilience. Correlation and regression analyses were performed to explore the relationships among these variables. Institutional review board approval was obtained from Pamukkale University (E.494675).

RESULTS: The sample consisted of 205 physicians (125 women, 61%; 80 men, 39%) with a mean age of 34.92 years (SD = 6.03). Most participants (77.1%, n=158) worked in public institutions. Regarding career intentions, 28.8% never considered leaving

the profession, while 30.2% rarely thought about it; smaller proportions reported thinking about it occasionally (22.9%), monthly (11.7%), weekly (3.4%), or almost daily (2.9%). Female physicians reported significantly higher perceived stress ($p=0.02$) and lower resilience ($p=0.02$) than males, though no significant gender difference was observed in rumination ($p=0.73$). Greater work-life satisfaction was associated with lower stress ($p=0.002$) and rumination ($p<0.001$), along with higher resilience ($p<0.001$). Higher perceived stress ($r=-0.573$, $p<0.01$) and rumination ($r=-0.580$, $p<0.01$) correlated with lower resilience. Regression analysis identified rumination ($B = -0.069$, $p<0.001$, $\beta = -0.378$) and perceived stress ($B = -0.180$, $p<0.001$, $\beta = -0.366$) as significant negative predictors of resilience.

CONCLUSIONS: Addressing rumination and reducing perceived stress are key factors in enhancing resilience. Given the higher stress and lower resilience reported by female physicians, targeted interventions to improve workplace satisfaction and manage stress may be particularly beneficial for this group.

Keywords: Rumination, stress, resilience, physicians