

Coping strategies with negative emotions

The aim of the study was to explore family medicine [residents](#)' and final-year medical students' [emotions](#) during their [clinical training](#).

This [qualitative study](#) was performed with 15 family medicine residents and 24 final-year medical students using a convenience sample from two medical faculties to explore and analyze their emotions. Data were gathered by means of focus group [interviews](#), including six interviews conducted and recorded through [online meetings](#). Data were analyzed for themes using a thematic analysis approach. Since the interviews reached saturation in terms of content, the interviews were terminated at the end of the sixth focus group meeting. Each interview took an average of 45-60 min.

Three main themes emerged from the data regarding residents' and interns' emotions. These were the “[clinical climate](#)'s role”, “[emotions during patient encounters](#)” and “[coping strategies with negative emotions](#)”. The most commonly encountered emotions were [tension](#) and [anxiety](#) followed by [frustration](#) and [uncertainty](#).

Family medicine [residents](#) and final-year medical students are challenged with [emotions](#) during their [clinical training](#). Therefore, medical [educators](#) have to be aware of the need to support them in reflecting on their emotions by prioritizing residents' and interns' well-being ¹⁾.

¹⁾

Tanriover O, Peker S, Hidiroglu S, Kitapcioglu D, Inanici SY, Karamustafalioglu N, Gulpinar MA. The emotions experienced by family medicine residents and interns during their clinical trainings: a qualitative study. Prim Health Care Res Dev. 2023 Apr 5;24:e25. doi: 10.1017/S1463423623000051. PMID: 37016917.

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