

Negative emotions

Negative [emotions](#) are emotions that are generally unpleasant or uncomfortable to experience. They can arise from a variety of sources, such as [stressful](#) situations, challenging life events, or difficult interpersonal relationships. Negative emotions can range from mild feelings of sadness or [frustration](#) to more intense emotions like [anger](#), [anxiety](#), or [despair](#).

Negative emotions can be a normal part of the human experience and can serve as useful signals for individuals to address [problems](#) in their lives. However, if negative emotions persist over a long period of time, they can have negative effects on [mental health](#) and [well-being](#), including an increased risk of [depression](#), [anxiety](#), and other [mental health](#) conditions.

It is important to recognize and manage negative emotions effectively to prevent them from becoming overwhelming or interfering with daily life. [Coping strategies](#), such as [mindfulness](#), [exercise](#), and [social support](#), can be useful [tools](#) for managing negative [emotions](#). Seeking help from a mental health professional may also be necessary if negative emotions persist and interfere with daily functioning.

The aim of a 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⁾

Tanrioer 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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