

Title	The dynamics of stress and changes in the working conditions
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Abstract	<p>Aims: To determine whether the change in working conditions related to the privatisation of Primary Health Care increased stress among GPs and to obtain insight into the most prominent stressors.</p> <p>Methods: Two questionnaires (the Holmes and Rache social readjustment questionnaire and a special test for investigating stressors derived by the “emic” method) were used. SUBJECTS: 120 GPs with private practices (response rate of 75%) and 90 hospital doctors (response rate 92%).</p> <p>Results: 2/3 of participants in both subgroups were females. In both subgroups, around 1/2 of participants were up to 45 years old. Significant findings were that 30.3% of GPs reported progress having been made regarding their working place and finances, 78.8% reported that their work responsibilities had increased and 57.6% reported that they had changed their working hours and work conditions. 24.2% of GP s reported a reduction in the time spent with their families, 6.1% stated that their children had altered their behaviour in a negative manner, 26.3% of GPs stated that their partners had altered their behaviour for the better and only 16.2% took time off for sickness in the last three years. The most common stressors found were disruption to family life due to consultation with patients after working hours (46.9% cases) and feeling overloaded with new administrative commitments (68.4% cases).</p> <p>Conclusion: Privatisation of PHC produced stress among GPs without severe negative consequences to the private lives and health of GPs.</p>