



## The STRAIN Study - assessing and reducing of work-related stress among health professionals in Switzerland - a study protocol

Poster (Scientific)

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**Background:** There is a shortage in qualified health care professionals in Switzerland and the healthcare System struggles in recruiting them. A remarkable decrease of staff is predicted for nurses, physicians as well as medical-therapeutic and medical-technical professions. Recent study results show that work-related stress, such as a high workload, incompatibility of the job with private Life or feelings of exhaustion, are frequent reasons for this. Those factors can result in disease related absenteeism and job or change.

**Research question / Aim:** The aim of this study is to identify risks for work-related stress, stress reactions and Lang- term consequences among nurses, physicians, medical-technical and medical-therapeutic professions in Switzerland and to reduce those factors by an educational intervention for the supervisors.

**Method/material:** A Longitudinal duster randomized controlled trial is being conducted from 2017 until 2020 in the settings acute, rehabilitation, psychiatry, long-term care and outpatient care in all language regions of Switzerland. Data will be collected three times, using a self-report questionnaire for the employees and a questionnaire to assess institutional key figures. Further, data from focus group interviews, external observations and an international literature research will serve in developing the study intervention (training and coaching for managers/supervisors in the middle and upper management Levels).

**Expected Results:** Expected results will be identified work-related stress factors, stress reactions and related long-term consequences for Swiss health care professionals. Based on this study results, an intervention program will be developed and tested. The results flow directly into teaching and practice and can thus make an important contribution to counter the shortage of health care professionals. In addition, national guidelines in step with actual practice per profession and setting will be developed.