

## Are interventions at an individual level beneficial for reducing occupational stress in healthcare workers?

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<b>Clinical Question</b>	How safe and effective are individual-level stress management interventions on stress symptoms in healthcare workers.?
<b>Bottom Line</b>	<p>Overall, the findings from the synthesis of randomised controlled trials (RCTs) indicate that there may be an effect on stress reduction in healthcare workers from individual-level stress interventions, whether they focus one's attention on or away from the experience of stress. Interventions to focus the attention on the stress included cognitive-behavioural therapy and emotional skills training. The interventions that focused attention away from stress included things like yoga, meditation and music listening.</p> <p>This effect may last up to a year after the end of the interventions. The evidence on the long-term effect (more than a year after the end of the intervention) on stress symptoms for these two types of interventions is unclear due to a lack of evidence.</p>
<b>Caveat</b>	The authors believe that the results are generalisable to most healthcare situations, but they are most applicable to the hospital setting. Half of the studies (60) included nurses only, 23 included physicians and 34 had various or other healthcare staff.
<b>Context</b>	Healthcare workers can suffer from work-related stress as a result of an imbalance of demands, skills and social support at work. This may lead to stress, burnout and psychosomatic problems, and deterioration of service provision.
<b>Cochrane Systematic Review</b>	Tamminga SJ, Emal LM, Boschman JS, Levasseur A, Thota A, Ruotsalainen JH, Schelvis RMC, Nieuwenhuijsen K, van der Molen HF. Individual-level interventions for reducing occupational stress in healthcare workers. Cochrane Database of Systematic Reviews 2023, Issue 5. Art. No.: CD002892. DOI: 10.1002/14651858.CD002892.pub6. This review contains 117 trials with a total of 11,119 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002892.pub6/full>