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## **Identifying the Determinants of Stress and Stress-related Illness in Newly Qualified Doctors**

### **Results:**

Due to the high levels of financial and personal burden of occupational stress this study aimed to examine mood, diurnal cortisol and stress reactivity among pre-registration doctors (PRHO) on 2 occasions: one capturing high stress (due to high novelty and low control) and one low stress (due to low novelty and high control). This equated to the beginning and end of a clinical rotation.

36 PRHO were recruited (Males=15, mean age 25 years). Measures of mood alongside diurnal cortisol and stress reactivity (using the CO<sub>2</sub> test) were assessed at the beginning and end of a rotation.

It was found that self-reported mood remained stable across the 2 assessments as did the stress reactivity. However, significant differences were found for diurnal cortisol, with higher levels on waking at the end of a rotation but a greater rise in cortisol in the half hour after waking at the beginning of a rotation.

These results show evidence of a significant alteration of diurnal function of the HPA in response to occupational demands.

### **Published work:**

### **Researchers' Contacts:**

Prof. Stafford L. Lightman  
Henry Wellcome Laboratories for Integrative Neuroscience and Endocrinology  
University of Bristol  
Dorothy Hodgkin Building  
Whitson Street  
Bristol  
BS1 3NY

Tel. (0117) 331 3167  
Fax. (0117) 331 3169  
Email: [Stafford.Lightman@bristol.ac.uk](mailto:Stafford.Lightman@bristol.ac.uk)