

PW01-55 - STRESS AND BURNOUT IN TRAIN ENGINE DRIVERS

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Objectives: The job of an engine driver appeared ideal for research studies because of its extremely high responsibility coupled with a high level of permanent concentration.

Methods: The main elements of the study focused on applying the EQ-5D (Quality of Life Questionnaire), SVF 78 (Stress Processing Questionnaire) and FBL-R (Freiburg Complaint List; revised version).

Results: It turned out that exactly fifty percent of all train drivers regret having chosen their job and judged their professional strain very high ($p < 0.001$). The SVF 78 reveals the following: persons of the First Group achieved much higher values in the scales regarding "escape" ($p = 0.029$), "mental preoccupation after work" ($p = 0.003$), "resignation" ($p = 0.011$) and in the total amount of negative strategies ($p = 0.004$), while Group 2 presents only higher values in the scale concerning the "playing down" ($p = 0.039$) effect.

There were also a wide-ranging differences between the two groups, especially in the scales about "general state of health" ($p < 0.001$), "cardiovascular complaints" ($p < 0.001$), "pain" ($p < 0.001$), "sensory perception" ($p < 0.001$), "emotional reactivity" ($p = 0.001$) and "total sum of complaints" ($p < 0.001$). The EQ-5D showed that train drivers who are content about the choice of their job judge their quality of life much higher than those regretting their choice ($p < 0.001$).

Conclusions: The results make clear that the dissatisfaction about the chosen job has negative effects on both the physical and psychological well-being.

Keywords: Stress, Burnout, QOL, cardiovascular, emotional reactivity.