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## Postprint

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The interrelationships between individual, contextual and processual constructs and stress and wellbeing among psychologists

Schéle, I. \*, Hauer, E., Holmström, S., Lundkvist, E., Stenling, A., Eriksson Sörman, D., Tafvelin, S.

In Sweden, sick-leave >14 days due to maladaptive stress reactions is considerably more common among psychologists (18.3/1000) than among the employed population as a whole (10/1000). Some of those psychologists are new to the profession, which indicates the need to research the individual, contextual and processual factors that precede their professional career besides their current workplace. We propose a project consisting of an initial alumni survey followed by a longitudinal study following several cohorts of students over their five year education to at least three years after graduation. The ultimate aim is to design interventions and curricular changes that over time will contribute to the reduction of sick-leave among psychologists. Among our overarching research questions are: What stories do these individuals tell about the onset of their stress? Do individual factors related to high achievement, perfectionist strivings or self-efficacy issues make this group of students/professionals vulnerable to stress? To what extent do psychological needs, satisfaction, motivation, recovery and physical activity prevent stress-related health issues and promote wellbeing? How do positive/negative experiences of the psychosocial work environment and stress as a student influence subsequent experiences of the psychosocial work environment and stress-related issues as a professional psychologist? What is the relation between how prepared the students perceive themselves to be for their professional role and their self-reported stress, general health and well-being? What are the longitudinal effects of perceived stress on both objective and subjective measures of cognitive functioning? We intend an approach combining interview and longitudinal self-reported data with repeated cognitive testing. The interviews will focus on how and when what levels of stress are established and/or normalized among the students along with their anticipations and possible apprehensions regarding their career as psychologists and their perceived preparedness for said career. The longitudinal surveys will focus on establishing baseline as well as changes over time in individual factors, perceived psychosocial environment, stress, health and wellbeing. The proposed study will render insight into the interrelatedness between individual, contextual and processual factors and wellbeing, extended knowledge of the transition from student to psychologist and a base for interventions aimed at reduced stress and increased wellbeing among students as well as professional psychologists.

\* Ingrid Schéle, [ingrid.schele@psy.umu.se](mailto:ingrid.schele@psy.umu.se), Department of Psychology, Umeå University, Sweden