

# **THE STUDY OF STRESS INVENTORY AND THE RISK OF NEUROSIS AMONG AMBULANCE WORKERS (*Kseniia Zub, Maksym Stytsenko, Myroslav Tymbota, Igor Zavgorodnii, Valeriy Kapustnyk, Olga Lalymenko, Beatrice Thielmann, Irina Böckelmann*)**

Nowadays studies of stress level and the development of neurosis among ambulance workers are unsatisfactory. The purpose of this study was to determine the risk of neurosis and stress resistance among ambulance workers in Ukraine and evaluate it in dependence of gender.

The study involved 85 people: 28 men and 57 women. The middle age was  $41 \pm 13.4$  years. All participants were ambulance workers, working as doctors (37 participants) and paramedics (48 participants). To study neurosis, "Der Beschwerdefragebogen" (BFB) was used and to study stress inventory "Differentielles Stress Inventar" (DSI) method was used.

According to the BFB questionnaire, it was found that about 3/4 of all respondents (77.6%) have no signs of neurosis (75% in men and 78.9% in women). 10.6% of all respondents have some signs of neurosis (10.7% in men, 10.5% in women), 11.8% of respondents are of the neurotic type (14.3% in men, 10.5% in women). There was no significant difference between the groups according to BFB questionnaire (pChi-Quadrat nach Pearson = 0,876)

According to the DSI questionnaire, half of the all participants are assigned to type III (50.0 % in men and 50.9 % in women). Type IV was expressed exclusively in women (15.8 %). Type I and type II were more pronounced in men (25.0 % and 17.9 % compared to women 15.8 % and 8.8 %). Type V was equally present in both gender groups (7.1 % in men and 8.8 % in women). However, there was no significant difference between the groups according to DSI questionnaire (pChi-Quadrat nach Pearson = 0,156).

To sum up, more than a half of the participants have bad consequences under the influence of the stress. Most of them avoiding stress, but they also can't use coping against the stress. However, women have special group with good coping, but it's small group. Both genders mostly haven't got any symptoms of the neurosis, which is a good sign. In the future, it is planned to study the influence of individual factors on the development of emotional burnout, as well as the development of measures to reduce its risk.



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