

7 Stress management and counselling in primary care

Jane Turner and Beverley Raphael

Stress management begins with actively listening to the patient and proceeds through a detailed assessment of the patient's needs

The term "stress" is now interwoven into popular and professional language, yet there remains a lack of clarity about its precise meaning, and its impact on health and well-being. Stress is considered by many to comprise those factors in day-to-day life which adversely affect adjustment and coping, but stress as a challenge or pressure to perform also has the potential to contribute to enhanced performance and productivity. Many see stress as exerting a major, often undesirable, influence on health and well-being, reflected in the perceived link between stress and the development of cancer, despite the lack of supporting scientific evidence.¹ Stress is seen as contributing to other conditions such as heart disease, and certainly recent studies implicate stress as a factor in the clinical course of coronary heart disease.²

Response to stress

Research into the impact of adverse events is complex, and few studies have addressed all three components of the issue: stressors (however defined and measured), their biological effects, and consequent changes in health status.³ Assessing the link between stress and physical disorders such as hypertension highlights the difficulties posed by the lack of standardised, validated, objective measures of stress and the number of confounding variables in lifestyle factors.⁴ Other research suggests that the emotional impact of a major stress, such as divorce, may be mediated in large part via the more minor subsequent stressors, such as changes in work and financial situation,⁵ adding another layer of complexity to the issue.

From a practical point of view, it is prudent to consider that the response of an individual to stress may be mediated by many factors, including the number of different stressors involved, personality style, cultural background, social circumstances, the symbolic meaning of the stress, past life experiences and the availability of supports.

When stress is implicated in ill health, it is possible for the patient to present with either physical or psychological complaints (Box 2). Presentation to general practitioners with psychological complaints accounted for about 6% of general practice encounters in one large study.⁶ However, many people, by virtue of personality style, culture, age, or past experiences, will present with physical symptoms rather than complain of psychological distress. There is evidence that those who are experiencing distress and who tend to introspect are those who are likely to amplify somatic symptoms.⁷ Sex may also influence



Synopsis

Stress is not all bad, and not all stress management is good.

- Despite its burgeoning popularity, stress management should not be uncritically accepted as providing "all the answers".
- Detailed assessment of the particular needs of the patient is essential, with special attention to comorbidity.
- Active listening to the patient will help reveal the chief sources of stress and in itself has a positive effect on stress levels.

Techniques for stress management:

- Psycho-education: to give the patient a realistic understanding of stress, his/her bodily reactions, and the options for change;
- Attention to physiological symptoms;
- Cognitive techniques, such as problem-solving and challenging negative thought patterns.

Department of Psychiatry, University of Queensland, Royal Brisbane Hospital, QLD.
Jane Turner, FRANZCP, Senior Lecturer.
Beverley Raphael, AM, MD, FRANZCP, Emeritus Professor.

Correspondence: Dr Jane Turner, Department of Psychiatry, University of Queensland, K Floor, Mental Health Centre, Royal Brisbane Hospital, Herston, QLD 4029.
E-mail: j.turner@psychiatry.uq.edu.au

Stress Management In Primary Care

Rachel S Tattersall



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