Pharmacist and Pharmacy Student Wellness and Mental Health Analysis

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BACKGROUND

- Current literature on pharmacist and pharmacy student wellness has separately examined stress levels, job satisfaction, and burnout.
- Subgroup isolation within this literature limits generalizability and the potential to recognize associations for current trends in wellness.
- The impact of mental, physical, and personal health across pharmacy practice and PharmD programs is needed for a comprehensive view of wellbeing.

OBJECTIVES

- To survey a large sample of pharmacists and pharmacy students in various practice areas and pharmacy school settings, respectively, to assess three areas of wellness: mental, physical, and personal, health

METHODS

- Two-armed, IRB-approved Qualtrics survey:
  - PharmD students
  - Practicing pharmacists
- North Carolina Board of Pharmacy disseminated survey to all actively licensed pharmacists in North Carolina (12/18-2/19)
- Descriptive statistics, Pearson's Chi-square, and Student's t-tests were performed using SPSS and Stata software with assistance from the Oдум Institute for Research in Social Science

RESULTS

- Personal Health Findings: Burnout
  - Using VHA-BI question, with a score of ≥4 indicating a 5x higher risk of burnout for students and a score of ≥3 indicating a 2x higher risk of burnout in pharmacists.

CONCLUSIONS

- Our surveys found similar trends in diet, exercise, and risk of burnout in pharmacists and students, but possibly higher rates of poor sleep and depression and anxiety in students.
- Several components of personal and physical health are significantly associated with both likely depression and likely anxiety, though associations with 2 weekly alcohol was only found in pharmacists.
- Further associations between demographic factors and wellness, as well as interrelatedness between wellness domains, will be conducted.
- Findings can inform employers and pharmacy schools when evaluating needs of their respective populations and hopefully lead to increased resources and programs to support wellness.