

A Cross-sectional study on Family Quality of Life and Depression, Anxiety and Stress among Post Graduate Medical Residents in Tertiary care Hospital of Delhi: Reg No: 391

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ABSTRACT

Background: Medical residency is a demanding phase with long hours, emotional exhaustion, and constant high-stakes decision-making. These pressures affect residents' psychological wellbeing, leading to depression, anxiety, and stress. Supportive families with healthy communication and closeness help residents adapt to work stressors, whereas dysfunctional dynamics increase vulnerability to distress. Clarifying these links can inform targeted wellbeing strategies in residency programs. Understanding residents' family context is essential for designing comprehensive institutional mental health support interventions and policies within training systems.

Aim: To assess the correlation between Family Quality of Life and Depression, Anxiety, and Stress among Postgraduate Medical Residents in a tertiary care hospital of Delhi. **Primary objective:** To determine the correlation between family quality of life and depression, anxiety, and stress among postgraduate medical residents working in a tertiary care hospital in Delhi. **Secondary objective:** To determine the correlation between coping mechanisms and depression, anxiety, and stress among postgraduate medical residents working in a tertiary care hospital in Delhi. **Methodology:** A cross-sectional study was conducted among 246 postgraduate residents at VMMC and Safdarjung Hospital, Delhi, selected through two-stage sampling. Data were collected using validated instruments: a sociodemographic questionnaire, Family APGAR scale, DASS-21, and Brief COPE inventory. Spearman's rank correlation was applied to assess relationships among variables. **Results:** Participants' median age was 27 years; 79.7% were from clinical departments. Family APGAR scores correlated negatively with depression ($p = -0.347$, $p < 0.001$), anxiety ($p = -0.309$, $p < 0.001$), and stress ($p = -0.326$, $p < 0.001$). Avoidant coping correlated negatively with family quality of life ($p = -0.258$, $p < 0.001$), while emotion-focused coping showed a weaker negative association ($p = -0.134$, $p = 0.036$); problem-focused coping was not significant ($p = 0.24$). **Conclusion:** Better family functioning is linked to lower distress in residents. Strengthening family support and coping skills significantly improve mental health during residency.

KEYWORDS