

AND HOW ARE YOU?

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Background: As GPs (general physicians) we are often quick to judge our patients on their diet, weight, and lifestyle. And we frequently offer advice on how they could change their bad habits but do we follow our own advice?

Methods and Objectives: We aimed to learn about GPs' healthy habits so we sent an anonymous online questionnaire to GPs in Serbia and neighboring countries. We started July 15th, 2024 and the study is ongoing. It is a quantitative study and we used descriptive statistics.

Results: We got 603 answers so far. Most respondents were women (82.1%) and almost 2/3 were aged 41-60. In maintaining their mental health, they mostly reach out to their families (84.7%), engage in hobbies (68.2%), and the least turn to psychotherapy (3.3%). Most GPs consider their diet somewhat healthy (72.8%) and 15.4% very healthy. When asked about their weight, 52.7% say they are trying to lose weight and 54.7% have a healthy BMI between 18.5-24.9 kg/m². Over 50% don't exercise at all or very rarely. Almost 80% never drink alcohol or have just one glass a week. They are mostly non-smokers (79.9%). The majority are married or live with a partner (75.7%) and 81.4% consider their holidays very important for their happiness and mental health. More than half (55.6%) would accept lesser pay if it meant better work-life balance.

Conclusions: GPs are not spared the temptations and burdens of everyday life. Studies suggest unhealthy lifestyles are increasing among physicians in general. Therefore, actions are needed to help GPs be the best version of themselves so they could be role models for their patients.

Keywords: general physician, physician's health, diet, lifestyle, mental health