SFZ-P3 SAMOPROCENA PRISUSTVA SIMPTOMA DEPRESIJE, ANKSIOZNOSTI I STRESA KOD ZAPOSLENIH U JAVNIM APOTEKAMA U SRBIJI

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Rad u javnim apotekama nosi visok nivo odgovornosti i stalnu interakciju sa pacijentima, što može negativno uticati na mentalno zdravlje zdravstvenih profesionalaca. Razumevanje prevalence anksioznosti, depresije i stresa važno je za samo blagostanje zaposlenih, odnosno pacijenata u smislu potencijalnog uticaja na kulturu bezbednosti pacijenata.

Cilj rada bio je ispitati prisustvo simptoma anksioznosti, depresije i stresa kod zaposlenih zdravstvenih profesionalaca u javnim apotekama u Srbiji na osnovu njihove samoprocene, te identifikovati njihovu povezanost sa demografskim i profesionalnim karakteristikama.

U okviru studije preseka, koja je sprovedena tokom maja 2026. godine, obuhvaćeno je 836 farmaceuta i farmaceutskih tehničara zaposlenih u različitim tipovima apoteka u Srbiji. Svi ispitanici su dobrovoljno prihvatili učešće u anonimnom istraživanju. Samoprocena nivoa depresije, stresa i anksioznosti sprovedena je korišćenjem standardizovanog i validiranog DASS21 upitnika. Za analizu podataka korišćen je Pearson-ov χ^2 test.

Prema DASS21 upitniku, depresivnost je bila prisutna kod 4,5%, anksioznost kod 5%, a stres kod 1,9% farmaceuta. Žene su bile značajno češće sa simptomima anksioznosti u odnosu na muškarce (p=0,015). Značano veći rizik od depresivnosti imali su ispitanici sa većim prosečnim brojem recepata (p=0,029) i "prolaznim" pacijentima (p=0,002). Tip apoteke u kojoj rade (p=0,018) i sa kojim pacijentima rade (p<0,001) pokazali su se kao ključni faktori povezani sa nivoom stresa.

Iako je učestalost javljanja simptoma stresa, anksioznosti i depresivnosti niska, faktori poput obima posla i strukture pacijenata značajno utiču na mentalno blagostanje. Neophodne su preventivne strategije za unapređenje rada farmaceuta koje bi doprinele redukciji faktora koji doprinose stresu, depresivnosti i anksioznosti u apotekarskoj praksi.

SFZ-P3 SELF-ASSESSMENT OF SYMPTOMS OF DEPRESSION, ANXIETY AND STRESS AMONG EMPLOYEES IN COMMUNITY PHARMACIES IN SERBIA

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Working in community pharmacies involves high levels of responsibility and constant patient interaction, which can negatively impact mental health of healthcare professionals. Understanding the prevalence of anxiety, depression, and stress is important for the well-being of employees and can potentially impact patient safety culture.

The aim of the study was to examine the presence of symptoms of anxiety, depression and stress among employed health professionals in public pharmacies in Serbia based on their self-assessment, and to identify their relationship with demographic and professional characteristics.

In a cross-sectional study conducted in May 2026, 836 pharmacists and pharmacy technicians employed in various types of pharmacies participated voluntarily in an anonymous survey. Self-assessment of depression, stress, and anxiety levels was conducted using a standardized and validated DASS-21 questionnaire. Pearson's chi-squared test was used for data analysis.

According to the DASS-21 questionnaire, depression was present in 4.5%, anxiety in 5%, and stress in 1.9% of pharmacists. Women were significantly more likely to exhibit symptoms of anxiety compared to men (p=0.015). A significantly higher risk of depression was observed among participants with a higher average number of prescriptions (p=0.029) and "transient" patients (p=0.002). The type of pharmacy (p=0.018) and interactions with different patient groups (p<0.001) were key factors associated with the level of stress.

Although the prevalence of stress, anxiety, and depression symptoms is low, factors such as workload and patient structure significantly affect mental well-being. Preventive strategies are necessary to enhance pharmacists' work practices and reduce factors contributing to stress, depression, and anxiety in pharmacy practice.