

Table 2 Causes of stress among residents at the Hamad Medical Corporation, Qatar

Causes of stress	No. (n = 142)	% of respondents	Examples
Work-related issues			
Workload	70	49	"long work hours;" "frequent call;" "work overload;" "too much patient load;" "work at home on presentations after working hours"
Workplace relationships	48	34	"dealing with the nurses assigned to my patients;" "pressure from seniors;" "working with different consultants and colleagues each with different personalities"
Hospital systems	17	12	"parking;" "initiating research;" "organizing scheduling of patients' investigations/ procedures (e.g. MRI), consultations"
Patient care	23	16	"difficult relatives of patients;" "patients in pain cannot be totally relieved"
General work	10		"work environment"
Personal care and achievement			
Achievement	44	31	"need to study for exams;" "running out of time and feeling incompetent to practice independently;" "trying to maintain my current level in the program"
Health/personal care	20	14	"sleep deprivation;" "gaining weight and no time for exercise;" "not in a strong relationship with Allah"
Time management	6	4	"time mgt problems"
Social Issues			
Family	36	25	"arranging children to go to school;" "my parents' health as they are getting older;" "my household responsibilities"
Local context	14	10	"traffic;" "language barrier;" "problem with visa"
Other	18	13	"past event in my life;" "things I can't control;" "social speech."