

The caregiver deserves care: study about quality of life in mental health professionals

Abstract

This study was conducted to investigate the Quality of the Working Life in Mental Health Professionals. To do that we used the QVP-35 and a social-demographic questionnaire. The sample was composed by 72 professionals from two psychiatric institutions in the city of Aracaju/Brazil. The participants reported a journey of up to 90 hours per week and time of employment ranged from 1 to 38 years. Regarding the Quality of the Working Life, the practitioners said they have enough Social Support, Work Related Resources, Training for Work, Intrinsic Motivation, Workload and discomfort related to work. In addition, some of them said do not have enough Organizational Support and Quality of Working Life. As a consequence, we concluded that there is a tendency to diseasing in their work, indicating they need preventive actions in order to improve the quality of their working life.

Key-words: Quality of the working life; Mental health professionals.