

“To be or not to be”
**Mental health when the past &
present touch the future**



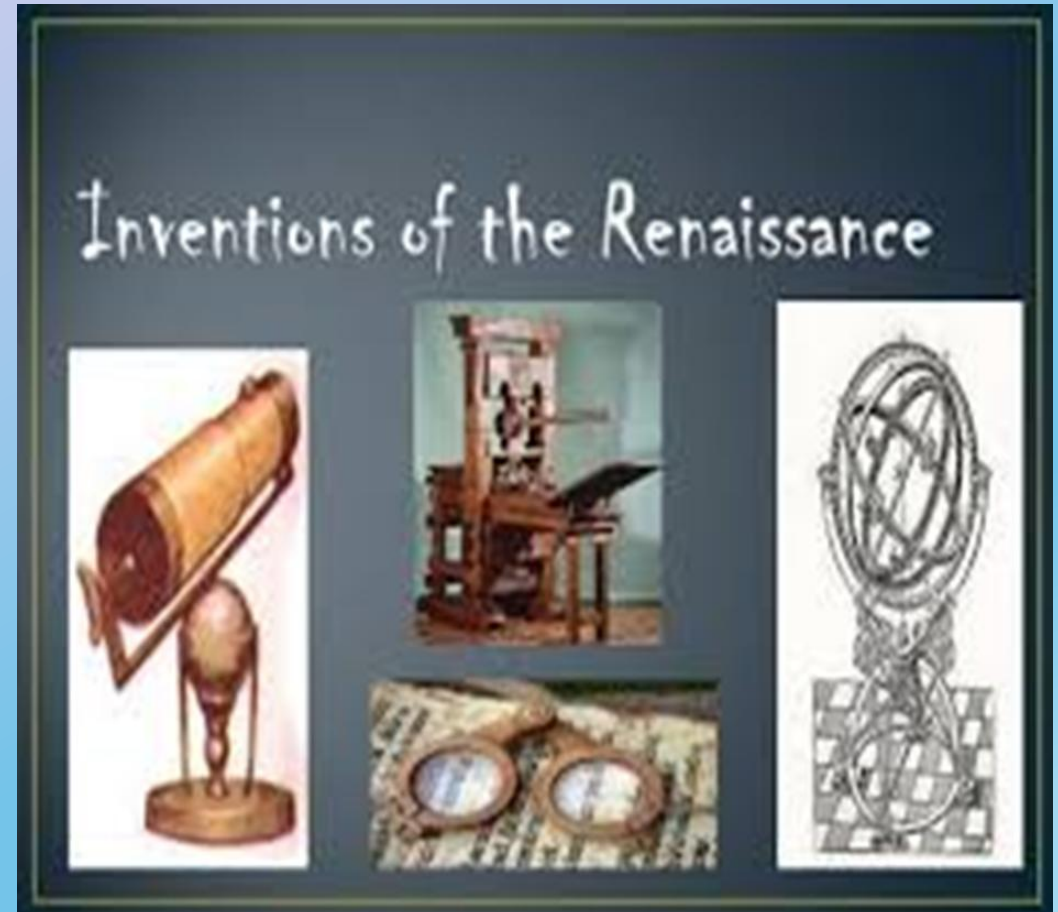
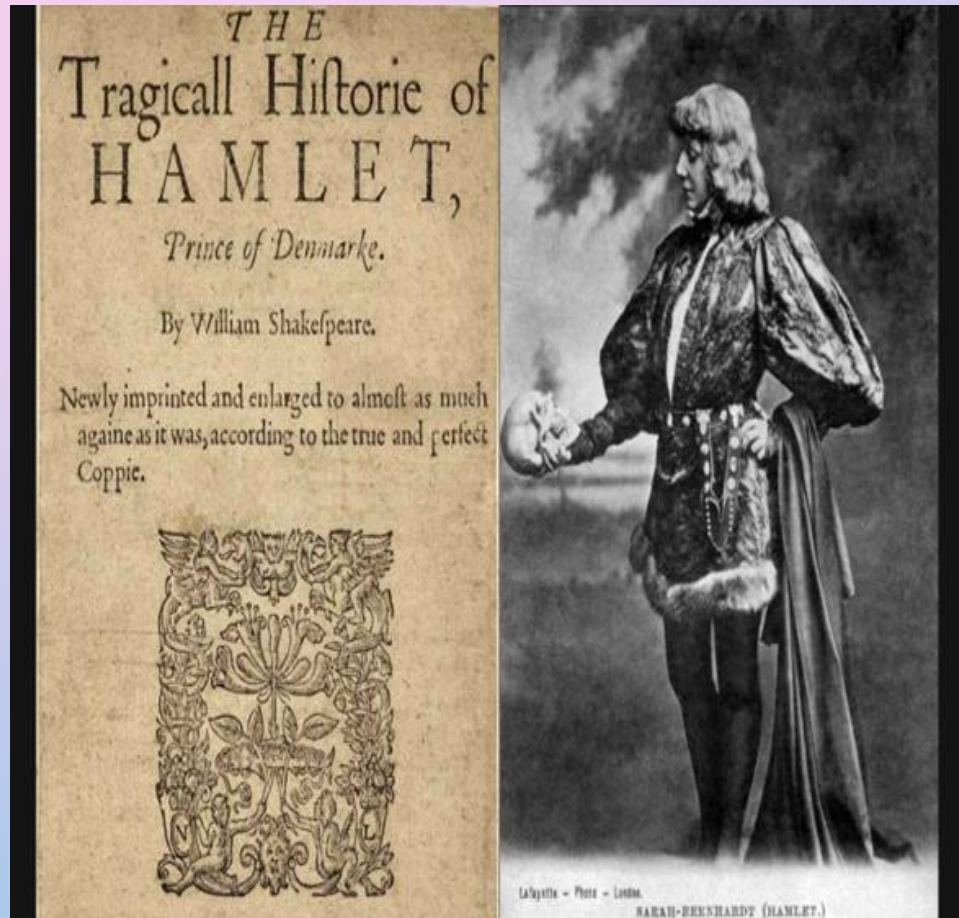
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Objectives for this workshop

- To understand the context of the workshop on mental health in changing times.
- To assess your perceived stress.
- To determine how perceived stress influence your life.
- To measure your sense of coherence.
- To answer the “what now” question.

“To be or not to be”



Relevance today and new terminology to master

- Inventions the past 100 years and associated changes (15min)

Technology or terminology only?

TASK 1:

Let us reflect on changes we experience at present in all domains of life. (10min)



Google AI postulates:

- Change acts as a stressor because it disrupts established routines and creates uncertainty about the future, leading to feelings of anxiety, fear, and a sense of lost control.
- Even positive changes require a mental and emotional adjustment to new circumstances, often draining emotional resources.
- High numbers of changes in a short period can overwhelm coping abilities, potentially leading to fatigue, depression, physical symptoms, and even illness.

Perceived stress

TASK 2:

Complete the perceived stress scale

Hard copies available

(10min)

Electronic scale : Google

PSS Novopsych:

<https://novopsych.com/assessments/well-being/perceived-stress-scale-pss-10/>



Types of change = Types of stress

- Time Stress (overwhelmed by deadlines or responsibilities)
- Anticipatory Stress (worried about the future)
- Situational Stress (unexpected challenges)
- Encounter Stress (Drained by certain interactions)

- Other you identified?

- Work-related stress if not managed properly → demands, control, support, relationships, role and change.

Stress and medical professionals

“I would think, ‘I just don’t want to be this stressed anymore’

“I’d think that if I didn’t wake up, that’d be fine.”

“...fighting an ocean”

“I was supposed to look like I could flawlessly execute motherhood and ‘physician-hood’ with excellence, I became so quiet. Everything was crumbling on the inside, but I looked put together on the outside.”

- García-Iglesias JJ, Gómez-Salgado J, Fernández-Carrasco FJ, Rodríguez-Díaz L, Vázquez-Lara JM, Prieto-Callejero B, Allande-Cussó R. Suicidal ideation and suicide attempts in healthcare professionals during the COVID-19 pandemic: A systematic review. *Front Public Health*. 2022 Dec 6;10:1043216. doi:10.3389/fpubh.2022.1043216.
- Makhija H, Davidson JE, Lee KC, Barnes A, Choflet A, Zisook S. National Incidence of Physician Suicide and Associated Features. *JAMA Psychiatry*. 2025;82(5):451–458. doi:10.1001/jamapsychiatry.2024.4816

- 2022 review of research, recent or current suicidal ideation affects approximately 10% of physicians, a rate more than twice that of the general public reported in 2022
- A new analysis in JAMA Psychiatry, female physicians — who may face additional stressors, including childcare burdens, sexual harassment, and unequal pay — have a 53% higher suicide risk than female general population

- García-Iglesias JJ, Gómez-Salgado J, Fernández-Carrasco FJ, Rodríguez-Díaz L, Vázquez-Lara JM, Prieto-Callejero B, Allande-Cussó R. Suicidal ideation and suicide attempts in healthcare professionals during the COVID-19 pandemic: A systematic review. *Front Public Health*. 2022 Dec 6;10:1043216. doi: 10.3389/fpubh.2022.1043216.
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- Experiencing extreme change, or a high number of changes within a short period of time = <resilience.

- Allostatic overload symptoms:

Fatigue

Apathy

Languishing

Increased substance use

Anger and irritation

Problems sleeping

Chronic pain

Trouble concentrating

Volatile emotions

Decreased motivation

Depression

Anxiety

Antonovsky – health perspective

- Salutogenesis - explains how people maintain health and well-being despite the presence of stressors.
- SoC is a widely used indicator of psychological resilience or health maintenance and has been most often used in clinical and health psychology.
- The original SoC (1979) focused on nomological network of optimism and basic acceptance of life defined as a “way of seeing the world as predictable and comprehensible, of lawfulness.”
- The new definition comprises a more neutral or fatalistic position toward predictability or comprehensibility of life or world events either being negatively or being positively appraised relatedness and ambiguity of human experiences.

Jasiński, A.M., Derbis, R., Rakoczy, J. et al. The sense of coherence scale and relationships between sense of coherence, sociodemographic variables and chronic disease. *Sci Rep* 15, 18289 (2025). <https://doi.org/10.1038/s41598-025-02998-6>

Tušl, M., Šířová, I., Máčel, M. et al. The sense of coherence scale: psychometric properties in a representative sample of the Czech adult population. *BMC Psychol* 12, 293 (2024). <https://doi.org/10.1186/s40359-024-01805-7>

Sense of Coherence (SoC)

TASK 3:

Use the Sense of Coherence scale to assess your psychological resilience or health maintenance.

(15 min)

Scoring the SOC-13 (13-Item Version)

Range: The total score for the SOC-13 ranges from 13 to 91.

Reverse-Coding: Items 1, 2, 3, and 7 have their scores reversed before being added to the total.

Summation: Sum the scores of all 13 items, after applying any necessary reversals, to get the total SOC-13 score.

SoC Subscales

Manageability:

- This subscale reflects the individual's belief that they can cope with life's events and challenges.

Reflection:

- This dimension assesses an individual's capacity to consider situations from different viewpoints, enabling a broader understanding of events.

Balance:

- This subscale measures the ability to perceive life as a whole, acknowledging both positive and negative aspects and seeing the relatedness between them.

*These subscales contribute to an individual's overall sense of coherence, which is a general orientation to life. A stronger sense of coherence, as measured by the SOC-R, is associated with better mental well-being and the ability to cope with stressful situations.

SoC - interpretation

- **High SOC-R Scores:**
 - Better Mental Health: Individuals with higher scores generally maintain better mental health, even when facing stressful or traumatic events.
 - Positive Coping: They are more likely to perceive challenges as meaningful and manageable, demonstrating effective stress management.
 - Resilience: High coherence is linked to greater resilience, enabling people to overcome adversity and learn from negative experiences.
- **Low SOC-R Scores:**
 - Mental Health Challenges: Individuals with low scores often experience more mental health problems, particularly in relation to experiences of emotional neglect.
 - Difficulty with Stress: They may struggle to cope with stressful situations and find them overwhelming.
 - Reduced Well-being: A low sense of coherence is associated with a lower overall sense of well-being and health

BEFORE YOU GIVE UP

**REMEMBER THAT
THIS CAT HAS BEEN
CHASING THIS
LITTLE MOUSE
FOR 75 YEARS**



Stressors known; SoC known...WHAT NOW?

- Coping resources:
 - Cognitive - Ability to think through and understand stressful situations.
 - Social - Ability to seek and use support from others.
 - Emotional - Ability to manage and express feelings during stress.
 - Spiritual/Philosophical - Ability to find meaning and purpose.
 - Physical - Ability to care for and utilize one's physical well-being.



Build a culture where asking for help is a **strength** not a **risk**.

Feeling overwhelmed by deadlines?

Prioritize tasks, set realistic schedules, and learn to say "no."



Time Stress

Worried about the future?

Visualize success, focus on what you can control, and prepare ahead.



Anticipatory Stress

Drained by certain interactions?

Improve communication, take breaks, and practice empathy to ease tensions.



Encounter Stress

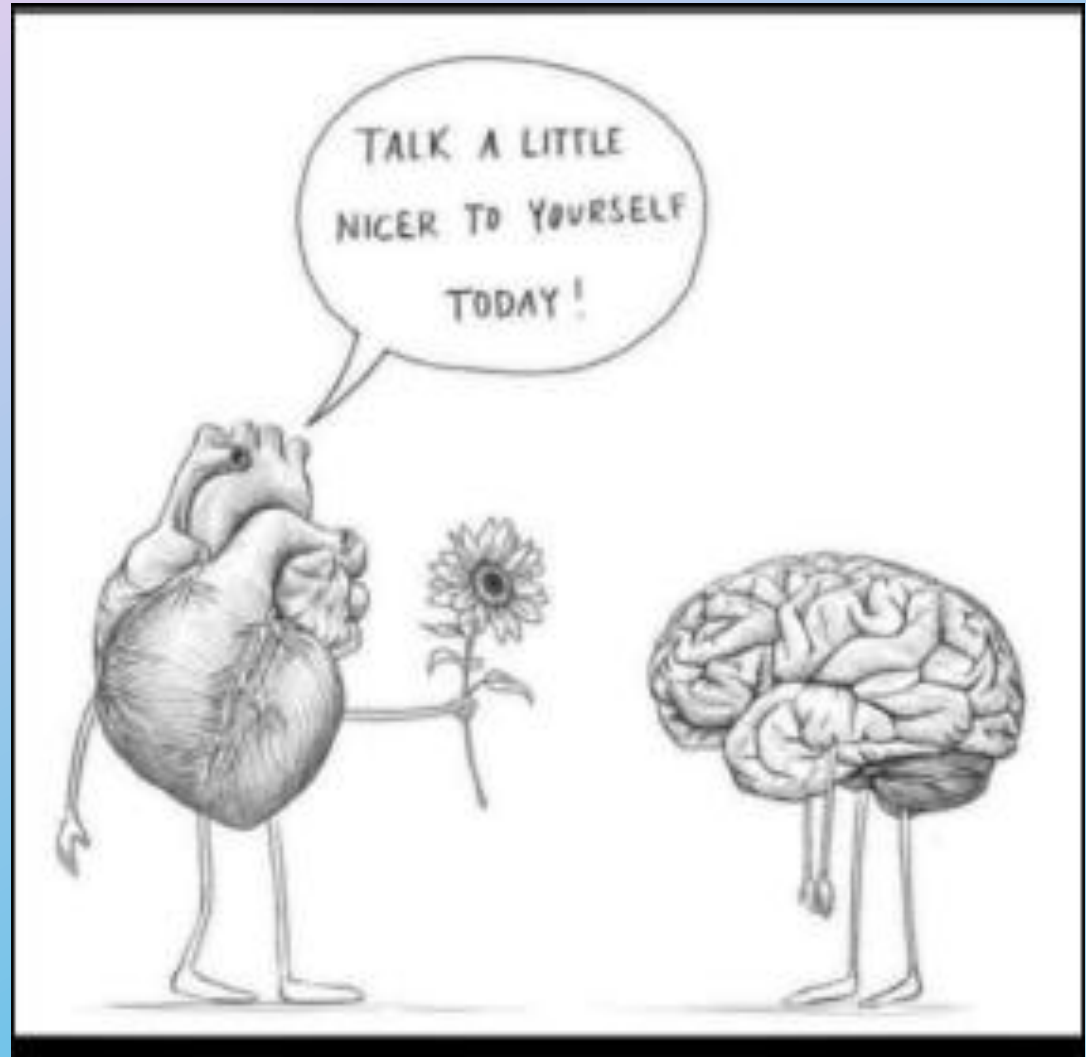
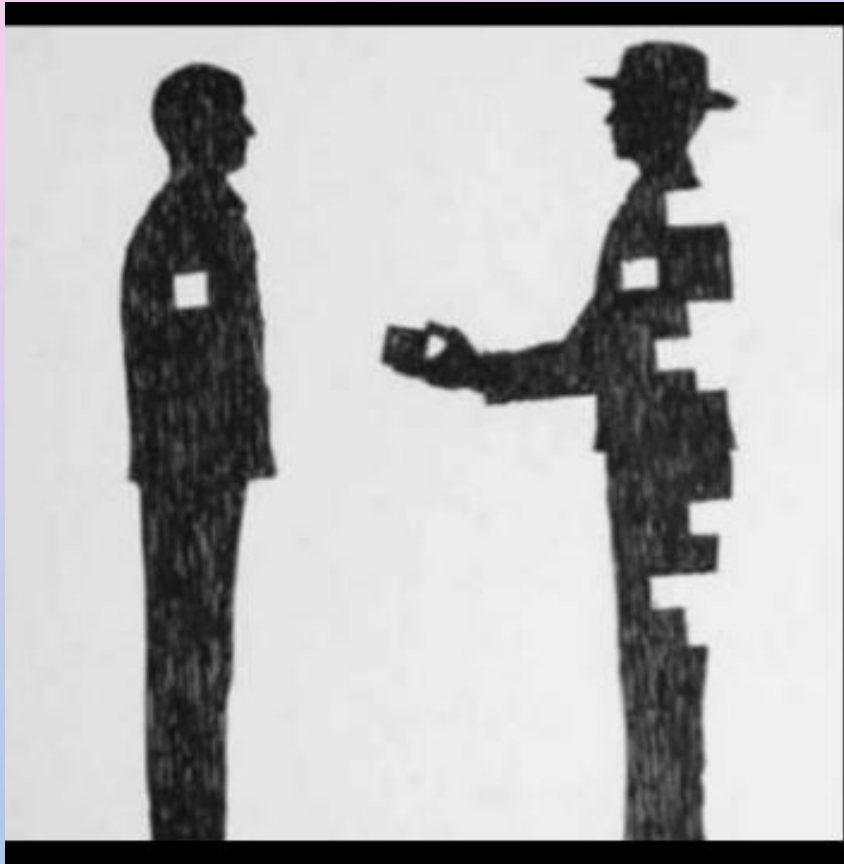
Facing unexpected challenges?

Stay calm, have contingency plans, and improve conflict resolution skills.



Situational Stress

*Fix yourself before you
try to fix others*



Creator unknown to presenter

Do not just “BE”(Exist) - **LIVE LIFE!**



References on every slide for your
convenience.