

## Używanie substancji psychoaktywnych wśród lekarzy jako niekonstruktywny sposób radzenia sobie z trudnymi sytuacjami

Consumption of psychoactive substances among physicians  
as a destructive way to cope with difficult situations

**Barbara Szczyrba-Maróń, Agata Wons**

Zakład Psychologii, Wydział Opieki Zdrowotnej, Śląski Uniwersytet Medyczny w Katowicach

**Abstract – Introduction.** Physicians' use and abuse of psychoactive substances is not a new phenomenon. The most popular is abuse of alcoholic beverages, followed by abuse of benzodiazepines and opiates.

Medical professions have an easy access to psychoactive substances such as medicines, therefore the risk of addiction is higher in this professional group when compared with the general population. According to literature percentage of physicians addicted to psychoactive substances vary between 10–15%. Substance use increases after stressful situations, because of drugs compensate lack of endorphins, which level decreases after going through stressful situation. Especially important influence has stress connected with occupational life.

**Method.** A convenience sample of eighty physicians took part in the study. Research tool had a character of anonymous questionnaire elaborated by the authors. The aim of the study was to describe the frequency of sense of difficult situations, range of these situations and to analyse ways to cope with them in the group of active physicians.

**Results and Discussion.** No illicit drug use was reported in difficult situations. However, at the same time alcohol use was a remedy for 63% of subjects and for almost half of them medicines use was the way to cope with difficult situations. The most popular alcoholic beverage was beer. Concerning medicines, the physicians admit that they use sedative and hypnotic drugs mostly. The study shows that there is also relationship between the frequency of sense of difficult situations and coping with them by alcohol and/or drug use.

Because the risk of addiction increases when chemical substances are used to cope with problems, the authors want to emphasize importance of this question and necessity to create therapeutic programmes for addicted physicians and educational programmes targeting physicians and students.

**Key words:** difficult situation, non-constructive ways to cope, physicians, alcohol, psychoactive substances

**Streszczenie – Wstęp.** Używanie i nadużywanie substancji psychoaktywnych wśród lekarzy nie jest nowym zjawiskiem. Najbardziej powszechne jest nadużywanie napojów alkoholowych, kolejne popularne środki to benzodiazepiny i opiaty. Środowisko medyczne ma łatwy dostęp do substancji

---

Badania prowadzone ze środków na aktywność naukową Śląskiego Uniwersytetu Medycznego.