

Self-Esteem and Self-Efficacy in Medical Residency

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Introduction: A resident physician's level of confidence in their respective field may guide in the residency training process. Previous studies evidence the correlation between self-efficacy levels, the belief in one's ability to achieve academic or occupational requirements, and scholastic achievement. The study aim was to correlate residents' self-esteem and self-efficacy with their year of training, field of study, and demographics in order to understand how the education process could be guided accordingly.

Methods: Survey Monkey, an anonymous survey was sent to 128 residents at Richmond University Medical Center. It consisted of the General Self-Efficacy Scale (GSE), the Rosenberg Self-Esteem Scale (RSE), and demographic questions including native language, citizenship status, marital status, ethnicity, age, and sex.

Results: Responses were received from residents in Internal Medicine (64), Psychiatry (24), Pediatrics (18), OB/GYN (16), and Radiology (6). The PGY4 residents reported higher self-esteem than Radiology, and self-efficacy scores than Internal Medicine and Pediatrics. Males had higher GSE scores, and the Asian population had the lowest RSE scores. Psychiatry residents reported to have the highest GSE and RSE Scores.

Conclusions: It is shown that with more training, confidence of decision making and practice rises, assuring that residents are adequately prepared with each successive year. High risk specialties, defined as high rates of malpractice suits, and the training program quality, may explain the higher scores reported by Psychiatry residents. Demographic factors should be considered in developing educational curricula. Further research should be done to determine exam scores comparisons to self-efficacy.

Biography

Dr. Saira Pasha completed her MD at American University of Antigua and will be starting her Psychiatry residency at the University of Connecticut this summer.

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