

**Psychosocial stress, depressive signs, resilience and coping strategies in students, professors and employees of the University of Campinas (Unicamp)**

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**Abstract**

Psychosocial Stress (PS) can trigger physical and mental modifications to the individual, such as cardiovascular changes and the appearance of depressive signs. The improvement of resilience associated to coping strategies are crucial for a better adaptation and performance in the routine. This project aimed to investigate PS, depressive signs, resilience and coping strategies in the population that is actively experiencing the University of Campinas (UNICAMP) routine. The data was collected at the end of each semester (June/November), the exams months. The first cohort showed that the professors are less stressed and more resilient while undergraduate and postgraduate students are less resilient and exhibited more PS signs. This project intent to create preventive and awareness actions for a healthier routine for the academic population, with the support of existing local structures.

**Key words:**

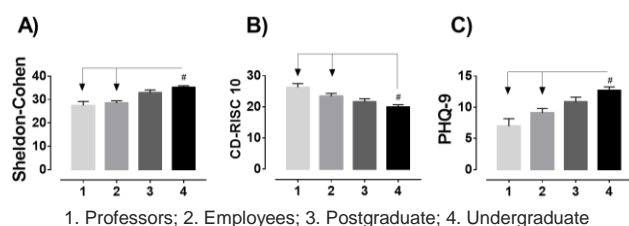
*Psychosocial stress; coping strategies; university.*

**Introduction**

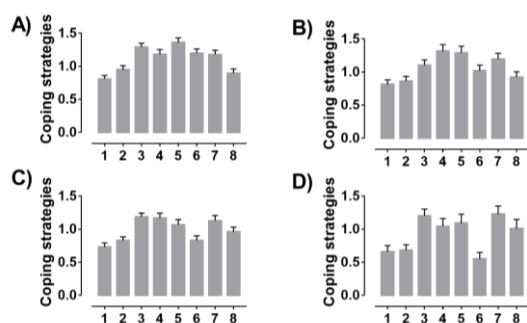
Psychosocial stress (PS) can trigger physical and mental modifications to the individuals. The improvement of resilience associated to coping strategies are crucial for a better adaptation and performance in the routine<sup>1,2</sup>. Therefore, is extremely important to study environments generated by psychosocial stress, as the University, enabling discussion and improvement to the community actively participating in these environments.

**Results and Discussion**

The first cohort was composed by 290 volunteers: 107 undergraduate students, 64 postgraduate students, 89 employees and 30 professors. Data are presented as means  $\pm$  SEM. Statistical analysis was performed using Graph Pad Prism version 7.00 for Windows. The acceptance level of significance was set at  $p < 0.05$ .

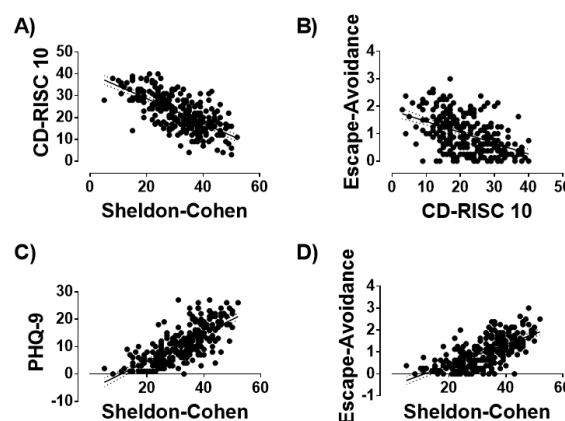


**Figure 1.** Instrument scores: A) Sheldon-Cohen Perceived Stress Scale; B) Connor-Davidson Resilience Scale (CD-RISC 10); C) Health Questionnaire-9 (PHQ-9).



1. Confrontive; 2. Distancing; 3. Self-controlling; 4. Seeking Social Support; 5. Accepting Responsibility; 6. Escape-avoidance; 7. Planful Problem-Solving; 8. Positive Reappraisal.

**Figure 2.** Coping Strategies Inventory by Folkman and Lazarus score: A) Undergraduate; B) Postgraduate; C) Employees; D) Professors.



**Figure 3.** Correlation between: A) perceived stress and resilience; B) resilience and escape-avoidance strategy; C) depressive signs and perceived stress; D) perceived stress and escape-avoidance strategy.

**Conclusions**

Professors and employees showed lower PS and depressive signs with higher resilience, while undergraduate and postgraduate students exhibited higher PS and depressive signs followed by lower resilience. Escape-avoidance was the most fluctuating factor among populations, with higher scores for students and lower for professors and employees.

**Acknowledgement**

All volunteers, PIBIC, CAPES, FAPESP, SAE-UNICAMP and LABEEST.

<sup>1</sup>SEIB, C. et al. Life stress and symptoms of anxiety and depression in women after cancer: The mediating effect of stress appraisal and coping. *Psychooncology*, v. 27, n. 7, p. 1787-1794. 2018. ISSN 1057-9249

<sup>2</sup>LAZARUS, R. S., & FOLKMAN, S. *Stress, appraisal, and coping*. New York: Springer Pub. Co., 1984.