



# **The Relationship Between Perceived Stress Levels and the Working Life Quality of Community Mental Health Center Professionals**

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**Abstract:**

*Background:* Nowadays, autism represents more than a medical problem, its effects being reflected not only on people diagnosed with, but also in medical professionals involved in therapy, families and communities.

*Aims:* to identify how stress levels of community mental health center professionals affect working life performance.

*Method:* This is a quantitative study, 55 participants from three Community Mental Health Centers in Tirana, 23 – 60 years old, mental health professionals (Psychiatrist, Occupational Therapist, Psychologist, Social Workers, Nurses). Self-report has been used through three questionnaires Measuring Scale of Working Life Quality (WRQoL)<sup>®</sup>; Measuring Scale of Perceived Stress Levels and Social Demographic Questionnaire Data results have been processed via SPSS statistics 21.0. Participants have been previously informed and they signed the inform consent.

*Results and Discussion:* Quality of Life has a positive affect on working life quality with a coefficient of 0,5 and of an importance about 70%. The better the quality of life, the higher the performance and life quality at work. Distress has a negative influence on working life performance with a coefficient (-0.455) and an importance which equals (0.00). Those who are distressed show a low quality performance at work. This study concluded that there is a strong negative correlation between perceived stress levels and working life quality of community mental health centre professionals. The higher perceived stress levels, the lower the quality of work performance.

*Conclusion:* There is a strong negative correlation between perceived stress levels and working life quality. The professionals who perceive high stress levels perform low quality work compared to those who experience low stress levels.

**Keywords**

Quality of Life, Mental Health Professionals, Distress, Community Mental Health Center