PSYCHIATRY

Psychiatrists specialize in the prevention, diagnosis and treatment of mental, emotional and behavioral disorders. They understand the biological, psychological and social components of illness. Most psychiatrists use some form of discussion (individual or group therapy, psychoanalysis or behavior modification), to evaluate and treat problems, in addition to using drug therapy.

Psychiatrists generally use a holistic approach, since every aspect of humans affects their psychology. They work with individuals and families who are coping with stress, crises or other problems. They need to use their entire base of knowledge and values in assisting and treating their patients. With greater understanding of the biological and chemical bases of behavior, psychiatrists are increasingly utilizing pharmacological treatments.
Profile
The following information reflects responses from 110 psychiatrists who completed the 2003 Pathway Physician's Survey.

A. Respondents by types of areas

- Large City: 20.00%
- Metropolitan City: 34.55%
- Small City: 30.91%
- Other: 5.45%
- Rural: 9.09%

B. Respondents by gender

- Male: 75.00%
- Female: 25.00%

C. Respondents by years in practice

<table>
<thead>
<tr>
<th>Years</th>
<th>Number of Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5 yrs</td>
<td>10</td>
</tr>
<tr>
<td>6-10 yrs</td>
<td>15</td>
</tr>
<tr>
<td>11-15 yrs</td>
<td>10</td>
</tr>
<tr>
<td>16-25 yrs</td>
<td>30</td>
</tr>
<tr>
<td>26-30 yrs</td>
<td>20</td>
</tr>
<tr>
<td>More than 30 yrs</td>
<td>20</td>
</tr>
</tbody>
</table>

Perspectives

A. Respondents’ satisfaction with current specialty/area of work

- Very satisfied: 70%
- Somewhat satisfied: 30%
- Neither satisfied nor dissatisfied: 10%
- Somewhat dissatisfied: 0%
- Very dissatisfied: 0%
B. Would you choose this specialty again?

C. Respondents by practice environment

D. Respondents' satisfaction with practice environment
Rating and Weighting of Critical Factors

Critical Factors represent significant aspects of physicians' experiences in their practices. The rating represents their assessment of their current practice characteristics, while the weighting represents the importance of each factor to physicians.

A. Caring for patients: How much time do you spend directly seeing and caring for patients?

Rating: 7.7

Weighting: 4.6

B. Continuity of care: How much continuity of care do you have with patients, (i.e., the length of patient relationships)?

Rating: 7.9

Weighting: 4.2

C. Autonomy: To what extent do you have the final word on the treatment of your patients?

Rating: 8.5

Weighting: 4.5
**D. Diversity:** How much routine (similar work) or diversity (different tasks/activities) is involved in your work?

- **Rating:**
  - Great deal of routine: 6.8
  - Great deal of diversity: 3.9
  - Weighting: 4.3

**E. Personal time:** Does your work allow you to control the scheduling and amount of time you spend on personal activities, (i.e., family, leisure)?

- **Rating:**
  - Very little flexibility: 7.2
  - A great deal of flexibility: 4.3
- **Weighting:**
  - Not at all important: 2.24
  - Very important: 0.73

**F. Expertise:** How broad is the scope of your work?

- **Rating:**
  - Narrow expertise: 7.2
  - Broad Expertise: 4.5
- **Weighting:**
  - Not at all important: 2.10
  - Very important: 0.69
G. Income satisfaction: Compared to all physicians, do you feel you are fairly compensated for the amount of time and effort you spend?

![Rating Chart](chart1)

H. Creativity: To what extent does your work provide opportunity for creativity?

![Rating Chart](chart2)

I. Certainty of outcomes: How much certainty of clinical outcomes does your work provide?

![Rating Chart](chart3)
J. Clinical decision-making: On what basis are your clinical decisions made?

Rating

Based on prior evidence of clinical outcomes

6.7

σ = 1.49

Weighting

Not at all important

3.7

σ = 0.87

K. Patient decision-making: To what extent do your patients have input into decisions about their health care?

Rating

Great deal of opportunity

7.6

σ = 1.76

Weighting

Not at all important

3.9

σ = 0.82

L. Interacting with other physicians/members of health-care team: To what extent does your work provide opportunities for you to interact with other physicians/ members of a health-care team?

Rating

A great deal

6.6

σ = 2.47

Weighting

Not at all important

3.6

σ = 0.97
M. Manual/mechanical activities: How often do you use manual/mechanical activities for highly skilled tasks (i.e., following procedures, performing operations)?

Rating

<table>
<thead>
<tr>
<th>Rating</th>
<th>Weighting</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>1.9</td>
<td>1.59</td>
</tr>
</tbody>
</table>

N. Pressure: How much pressure do you have in your work (i.e., dealing with clinical crises, need for immediate decisions about patients, dealing with multiple patients simultaneously).

Rating

<table>
<thead>
<tr>
<th>Rating</th>
<th>Weighting</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimal pressure</td>
<td>5.7</td>
<td>2.23</td>
</tr>
</tbody>
</table>

O. Responsibility: How much responsibility do you assume for patient outcomes in your work?

Rating

<table>
<thead>
<tr>
<th>Rating</th>
<th>Weighting</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limited responsibility</td>
<td>8.0</td>
<td>1.63</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rating</th>
<th>Weighting</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sole responsibility</td>
<td>4.0</td>
<td>0.76</td>
</tr>
</tbody>
</table>
P. Schedule: What type of schedule do you have in your work?

Q. Security: How much professional security do you have in your position, (i.e., know where you stand and are certain of your future professionally, will there be a need for your services in the future)?

R. Sense of accomplishment: To what extent does your work provide the opportunity to see end results?
Weekly distribution of time
According to the survey, psychiatrists spend their week as follows:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Average Hours per week (may overlap)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient care activities</td>
<td>34.79</td>
</tr>
<tr>
<td>On-call (in contact)</td>
<td>4.92</td>
</tr>
<tr>
<td>On-call (available)</td>
<td>61.71</td>
</tr>
<tr>
<td>Administrative</td>
<td>8.18</td>
</tr>
<tr>
<td>Professional travel</td>
<td>3.45</td>
</tr>
<tr>
<td>Continuing education</td>
<td>2.21</td>
</tr>
<tr>
<td>Community service</td>
<td>2.11</td>
</tr>
<tr>
<td>Research</td>
<td>9.21</td>
</tr>
<tr>
<td>Other professional</td>
<td>5.46</td>
</tr>
</tbody>
</table>

Patient profile

A. Patient encounters per week

![Patient encounters per week graph]

B. Patient characteristics

By age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (0-2 yrs)</td>
<td>0.11%</td>
</tr>
<tr>
<td>Children (3-18 yrs)</td>
<td>6.98%</td>
</tr>
<tr>
<td>Adults (19-64 yrs)</td>
<td>78.04%</td>
</tr>
<tr>
<td>Older adults (65+ yrs)</td>
<td>16.82%</td>
</tr>
</tbody>
</table>

By race

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underrepresented minority (URM)</td>
<td>21.92%</td>
</tr>
<tr>
<td>Non-URM</td>
<td>78.08%</td>
</tr>
</tbody>
</table>

By type of insurance

<table>
<thead>
<tr>
<th>Type of Insurance</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicaid/Medicare</td>
<td>36.85%</td>
</tr>
<tr>
<td>Uninsured</td>
<td>20.99%</td>
</tr>
<tr>
<td>Other</td>
<td>42.16%</td>
</tr>
</tbody>
</table>

Percentage of patient encounters that deal with:

<table>
<thead>
<tr>
<th>Encounter Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine check-ups</td>
<td>26.78%</td>
</tr>
<tr>
<td>Acute illness</td>
<td>29.39%</td>
</tr>
<tr>
<td>Chronic illness</td>
<td>61.77%</td>
</tr>
<tr>
<td>Terminal illness</td>
<td>9.58%</td>
</tr>
</tbody>
</table>

Percentage of time per patient encounter devoted to:

<table>
<thead>
<tr>
<th>Encounter Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute conditions</td>
<td>34.82%</td>
</tr>
<tr>
<td>Chronic conditions</td>
<td>56.16%</td>
</tr>
<tr>
<td>Preventive health</td>
<td>21.09%</td>
</tr>
</tbody>
</table>

C. Five types of illnesses/conditions most frequently encountered

<table>
<thead>
<tr>
<th>Illness/Condition</th>
<th>Number of responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety disorders</td>
<td>111</td>
</tr>
<tr>
<td>Depressive disorders</td>
<td>106</td>
</tr>
<tr>
<td>Bipolar disorder</td>
<td>73</td>
</tr>
<tr>
<td>Substance use disorders</td>
<td>46</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>46</td>
</tr>
</tbody>
</table>
**Specialty: Psychiatry**

**Total survey responses: 110**

**Summary of comments for question:** List up to three other factors, if any, you would advise students to consider carefully before selecting your specialty?

Physicians who completed the Pathway Physician’s Survey, 2003, submitted the following comments. The majority of comments are categorized by the Critical Factors that are rated and weighted in another section. Numbers in parentheses indicate the total number of responses for a particular comment.

1. **Caring for Patients**
   - Understanding patient better
   - Interest in direct patient care/patient as a person (2)
   - Ability to spend time with patients (2)
   - Flexibility in approach to patient care (not black and white) (2)
   - Care of your patients
   - Level of emotional connection with patients
   - Pleasure in getting to know people personally
   - Being patient-focused and nonjudgmental, with a wish to facilitate patients' learning about themselves/autonomy is key.

2. **Continuity of Care**
   - Ability/desire to get to know patients in the long term (2)

3. **Autonomy**
   - Autonomy/independence (9)
   - Will psychiatry retain autonomy and identity?

4. **Diversity**
   - Opportunities/comfort with diversification (e.g., research, teaching, community work) (2)
   - Diversity of practice

5. **Personal Time**
   - Time for family (2)
   - Free time (2)
   - Control of free time
   - Balance work and personal life
   - Personal time should be important
   - Lifestyle (2)

6. **Expertise**
   - Scope
7. **Income Satisfaction**
   - Psychotherapy (in which I was trained) is no longer reimbursable for physicians
   - Income needs (8)
   - Don't expect a great income
   - Financial compensation for professional services (2)
   - Poor/lower reimbursement (3)
   - Third party reimbursement

8. **Creativity**
   - Creative potential

9. **Certainty of Outcomes**
   - Tolerance for ambiguity /uncertain outcomes (9)
   - Willingness to deal with projected consequences of choice

10. **Clinical Decision Making**

11. **Patient Decision Making**
   - Willingness to give patient strong voice in treatment decisions

12. **Interacting with Other Physicians/Members of Health-care Team**
   - Team approach working with other disciplines (2)
   - Talking to other clinicians in your field
   - Ability for peer interaction
   - Limited contact with colleagues

13. **Manual /Mechanical Activities**

14. **Pressure**

15. **Responsibility**
   - Ability to share outcome responsibility with patients

16. **Schedule**
   - Schedule flexibility (particularly for those wanting families)
   - Keeping the practice geared to the school day when the children are in school
   - For women, ability to adjust schedule to raising a family
   - Willing to work long hours

17. **Security**
   - Job security
   - Work opportunities
   - Future of the field (2)
18. Sense of Accomplishment

19. Patient Characteristics
- Dealing with difficult people
- Patient diversity
- Enjoyment/satisfaction involved in working with certain patient groups (e.g., mentally ill, neonates, geriatrics)

20. Types of Illnesses
- Awareness of chronicity of many patients' illnesses (2)

21. Practice Environment
- Work Setting/practice environment (2)
- Avoid solo practice
- Liability (3)

22. Health Care Environment
- Can they deal with managed care companies without getting too frustrated?
- Independence from managed care
- Managed care: impact/control/evil/increasing use/regulation (8)
- Government oversight (2)
- Movement of third payers away from seeing psychiatry as medicine

23. Personality/Temperament
- Ability to tolerate isolation of the patient encounter
- Like people/interest in people (3)
- Self reliance
- Enjoying listening to the feelings of others, and to experience feelings in return
- Appreciation of clinical narrative
- Understand oneself/capacity for introspection (4)
- Knowing yourself very well--strengths, weaknesses, limitations, etc. and having an ability to tolerate uncertainty/ambiguity is critical for becoming a good psychiatrist. (The psychiatrist's self is a diagnostic and therapeutic tool.)
- Psychological-mindedness
- Ability to empathize with patients but not get overwhelmed or over involved
- Ingenuity
- Emotional stability/psychological health (3)
- Need excellent communications/listening/interpersonal skills (3)
- Caring/patient/compassionate/empathetic (14)
- Enjoying learning/intellectually curiosity (4)
- Concern for psychosocial issues
- Tolerance/enjoy complexity (2)
- Tolerant of abnormal behavior
• Sense of humor
• Social skills (2)
• Solid sense of who you are/personally happy (2)
• Enjoy dealing with mental illness/psychology/speaking with patients (3)
• Does it fit with your personality/aptitude for specialty and psychiatric patients (5)
• Abilities and skills commensurable to choice; consider extraneous factors too, such as market's possibilities, etc.
• Interest in psychotherapy along with pharmacotherapy (2)
• Know what motivates and stimulates you professionally/personally
• Being interested in the whole person is a necessity for psychiatrists.
• Ability to tolerate strong feelings/difficult personalities (2)
• Endurance
• Comfort with self/personal stability (2)
• Long-term interest
• Their own talents and interests (2)
• Do you enjoy reading the literature in the area or does it bore you?
• Ability to deal with families
• Motivation to enter field (ie: genuine curiosity and enthusiasm for patients and pathology and not desire of a certain lifestyle.

24. Miscellaneous Comments
• Personal satisfaction/interests/passion for work (5)
• Flexibility (4)
• Intellectual stimulation (2)
• Location/geography (4)
• Avoid ECT
• Importance of clinician sensitivity to wishes/needs of patients
• Area of intense interest
• Level of interest in psychopathology and human behavior in general
• Working with mentally ill is challenging
• Prestige
• Need for prestige (should not be too high)
• Fully research all demands of prospective specialties
• Access to expertise /community hospitals of other disciplines to do various parts of the job - GPs, psychologists, RNs, SWs (2)
• Loss of mental health leadership role
• Having an office in the home when the children are small
• Cultural issues influence
• Demographics
• Spousal satisfaction with specialty
• Have many varied interests
• Management
• Keeping up with different ways of treating patients/fast growing knowledge base (3)
• Availability
• Training
• Isolation
• Prejudices/respect by other physicians/poor respect form colleagues/ less prestige among physicians (7)
• Public perception of discipline
• The brain as the final frontier
• Mixture of art and science
• Competition
• Recognize that knowing another human intimately as a patient is a privilege
• Academic affiliation
• Support of other physicians
• Service first
• Pick residency that prepares you for board exams
• Tolerance of stigmatization of psychiatry, patients with psychiatric illness, and psychiatrists
• Tertiary care