

# Variable levels of perceived stress and anxiety reported by physiotherapy students during clinical placements – quantitative data

Deborah Gallasch, Amy Conlon-Leard, Michelle Hardy,  
Anna Phillips, Gisela Van Kessel, **Kathy Stiller**  
([Kathy.Stiller@sa.gov.au](mailto:Kathy.Stiller@sa.gov.au))



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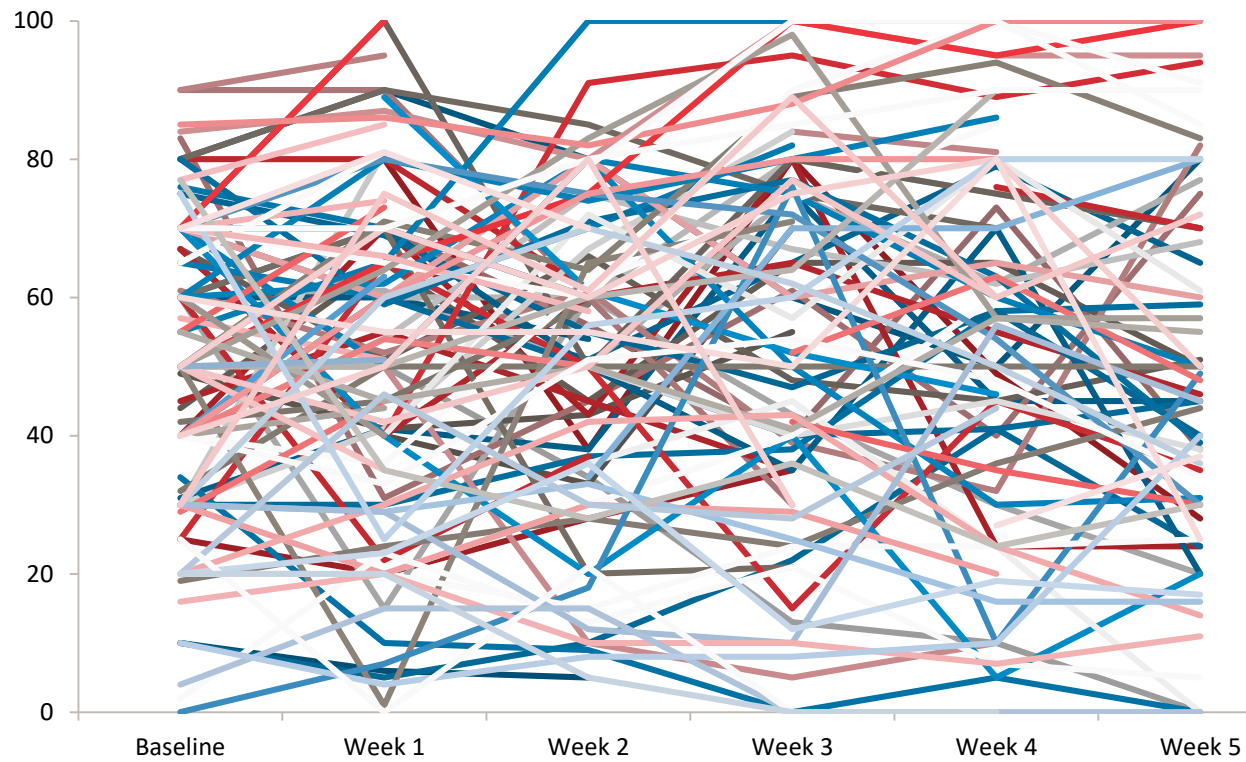
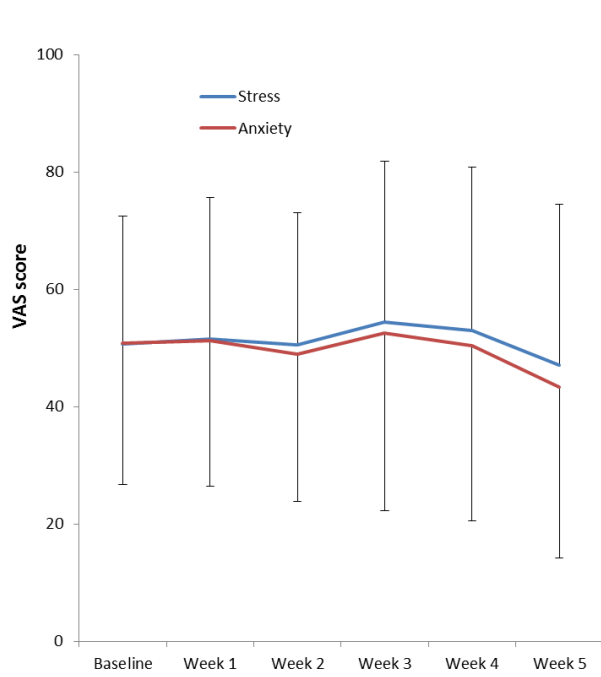
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## **BACKGROUND**

- > Stress/anxiety increased during clinical placements.
- > Positive and negative impacts of stress.
- > Limited amount of evidence re PT students.

## **METHODS**

- > Prospective, mixed methods study, Uni SA, 3<sup>rd</sup> year, n = 159.
- > 5-week placements: acute care, primary and ambulatory care, rehabilitation.
- > VAS stress/anxiety baseline, weekly over 5 weeks, academic performance.



13% - very high mean stress/anxiety (>1 SD above mean).  
 Highest stress/anxiety during acute care placements.  
 Higher baseline, mean and peak stress/anxiety negatively correlated with academic outcomes.  
 Those aware of resources and skill development had lower stress/anxiety.

## DISCUSSION

- > Clinical placements stressful, especially acute care.
- > Mean stress/anxiety mid-range but highly variable.
- > Adversely affected academic outcomes.
- > Baseline VAS stress/anxiety correlated with all other outcomes – screening tool to identify at-risk students and provide targeted interventions?
- > Awareness of resources important.