

10 POTENTIAL CAUSES of challenging behavior



Stress and Burnout

Demanding work schedules, long hours, and emotional strain can lead to burnout displayed as irritability, impatience, or outbursts.

Relationship issues, financial stress, health problems or other personal difficulties may impact behavior..

Personal Challenges



Work Environment

Lack of support, excessive workload, or dysfunctional work structure may exacerbate stress.

Certain personality traits, such as perfectionism, rigidity, or impulsivity, can influence behavior. For example, a perfectionist may react strongly to perceived mistakes.

Personality Traits



Mental Health Conditions

Physicians may silently grapple with conditions like anxiety, depression, or substance abuse, fearing professional repercussions or societal stigma.

Discontent with healthcare systems, inefficiencies, bureaucratic hurdles, or ethical dilemmas.

Professional Frustration



Lack of Coping Skills

Rumination, escapism, procrastination, self-harm or binge eating to manage stress may lead to emotional outbursts.

Major life events (bereavement, divorce, etc.) may cause grief, anger or emotional turmoil to spill over into professional interactions.

Personal Life Events



Communication Skills

Ineffective communication can lead to misunderstandings, conflicts, and confusion.

Cultural norms, gender expectations, and societal pressures can shape behavior patterns.

Cultural and Societal Factors

