

Position Statement on Physician Wellness

Approved by the Board of Trustees, December 2011
Approved by the Assembly, November 2011

"Policy documents are approved by the APA Assembly and Board of Trustees...These are...position statements that define APA official policy on specific subjects..." – *APA Operations Manual*.

Psychiatrists are important role models for their patients and peers (including all physicians), making their own personal health an influential factor in effective health promotion and disease prevention practices. To optimize professional performance, psychiatrists have a responsi-

bility to maintain their overall health and wellness, construed broadly as preventing or treating acute or chronic diseases, including mental illness, addiction, disabilities, and occupational stress. By virtue of their training and experience, psychiatrists are particularly qualified to contribute to the overall health and well-being of their colleagues.

*Prepared by Linda L.M. Worley, M.D.,
and the Council on Psychosomatic Medicine
and Geriatric Psychiatry.*