# PsychResChat: A Twitter-based Pilot Project to Improve Resident Wellbeing
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Introduction
- Burnout during residency training has been found to be increasingly prevalent.
- Building a sense of community has been identified as a factor that contributes to reducing physician burnout and moral injury.
- Social groups and networks provide a sense of shared identity among individuals which serves as a means of coping during stress.
- Haslam et al (2009) states that “groups that provide us with a sense of place, purpose, and belonging tend to be good for us psychologically.”
- Previous initiatives have been implemented at the institutional level, but few efforts have been made nationwide to build community within the resident physician population.
- PsychResChat Twitter account was created by a multi-institutional panel of psychiatry residents with the goal of creating a virtual community via monthly online discussions centering on pertinent topics impacting resident life and to build a sense of community in psychiatry residents.

Methods
- The PsychResChat Twitter account was created in August 2019.
- Social networking was utilized to recruit participants to the Twitter platform.
- After six bimonthly chats, participants were asked through a poll survey to rate how instrumental the chat platform had been in building their sense of community in residency.
- Results were collected via Twitter analytics.

Results
- A majority of respondents (n=29) reported the chat as a source of community in residency.
- The first chat had 9 participants which consisted of 7 psychiatry residents and 2 medical students interested in psychiatry.
- Participation in the chats increased overtime with the highest participation seen during the 4th chat.
- Twitter can be an effective tool for developing virtual, asynchronous community development opportunities.
- Our program has demonstrated that social media can help to build resident sense of community.
- Future directions include:
  - improving resident engagement in chats.
  - developing cross-national networking opportunities for early career psychiatrists.
  - determine the longitudinal impact of online community building in terms of career development and clinical outcomes.

Discussion
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References:

Has @ PsychResChat been instrumental in building your sense of community in residency?

Join the conversation
@PsychResChat