

Burnout among medical students



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Burnout

the state of being extremely tired or ill, either physically or mentally, because you have worked too hard

the Oxford Advanced Learner's Dictionary

Academic Burnout

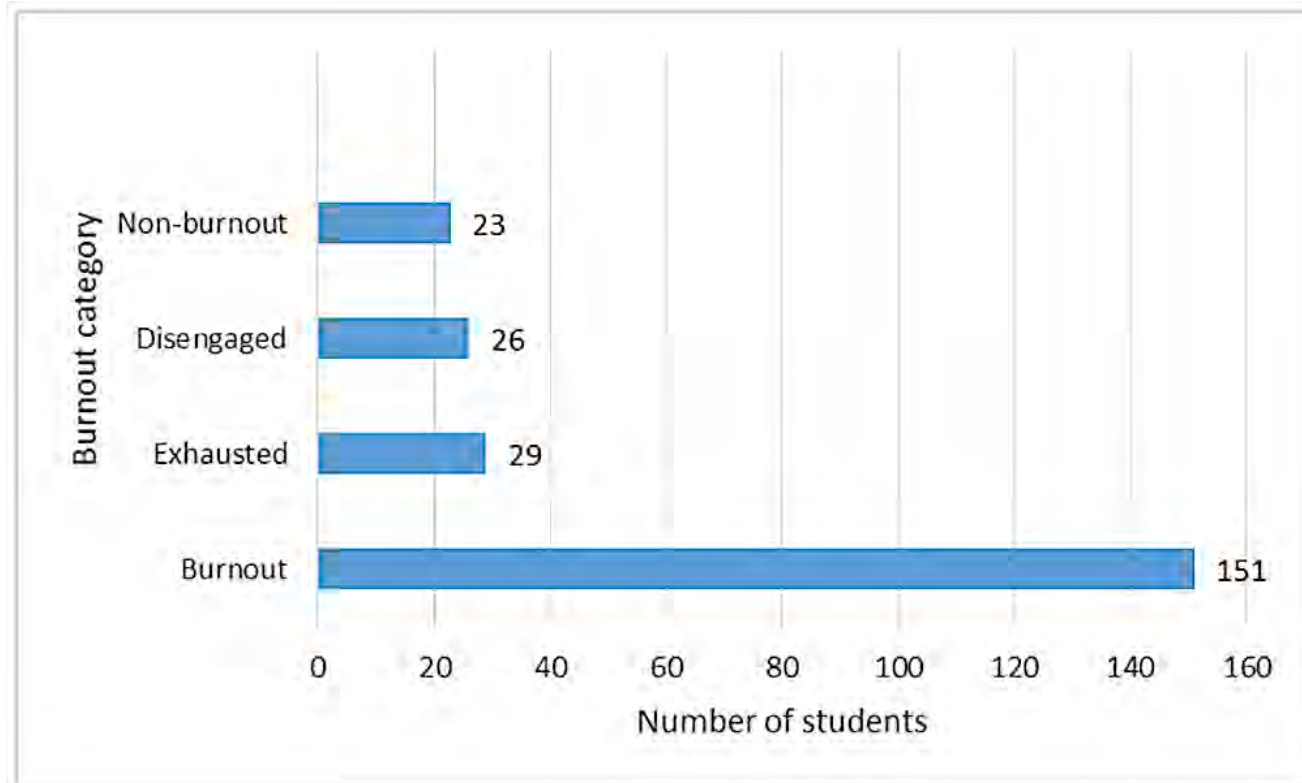
is defined as a three dimensional syndrome which includes emotional exhaustion, depersonalization, and reduced personal accomplishment (Maslach and Jackson, [1981](#)).

Maslach, C. and Jackson, S.E. (1981), The measurement of experienced burnout. J. Organiz. Behav., 2: 99-113. <https://doi.org/10.1002/job.4030020205>



Stress	Burnout
You put in too much effort	It's hard to put in any effort
You feel emotions more strongly	Your emotions feel blunted
You feel hyperactive and anxious	You feel drained and helpless
You have less energy	You have less motivation
It takes a physical toll	It takes an emotional toll

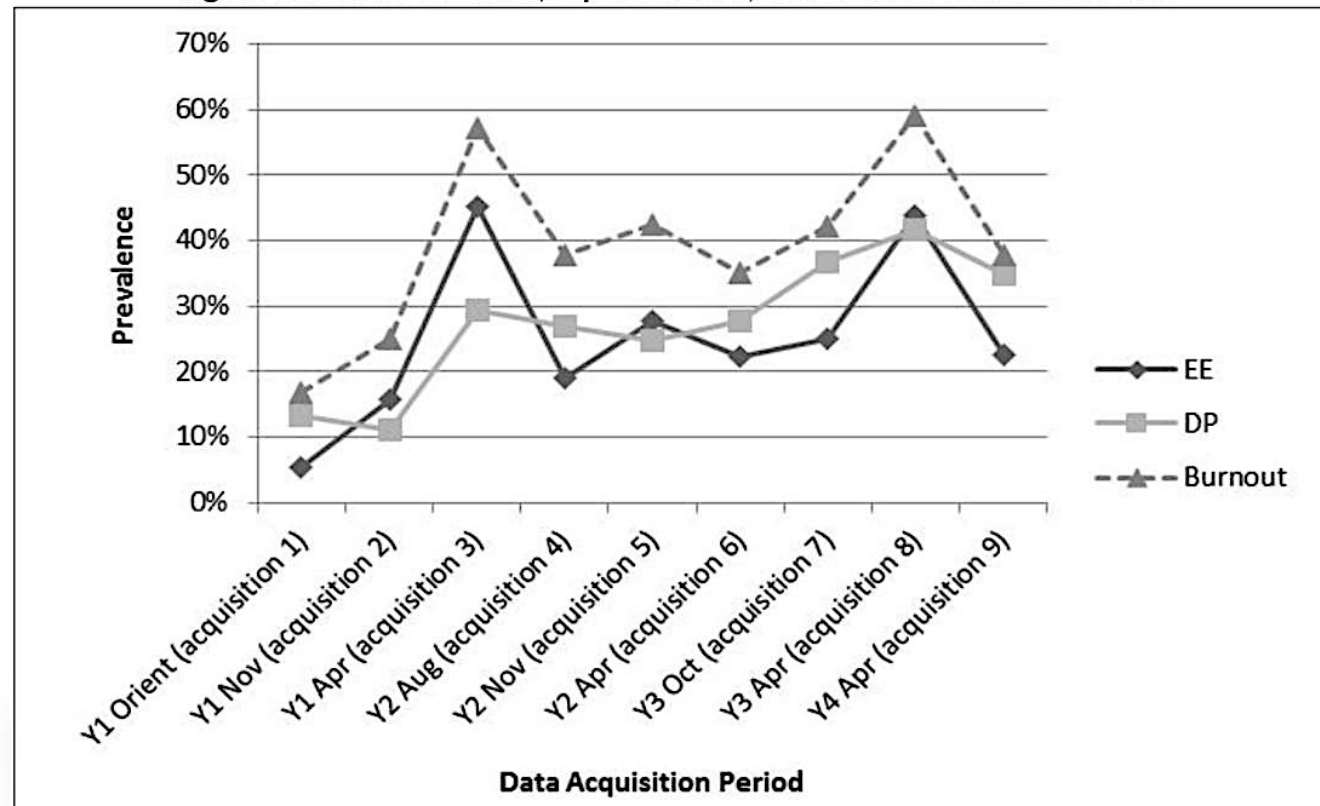
Burnout among medical students of a medical college in Kathmandu **229** students



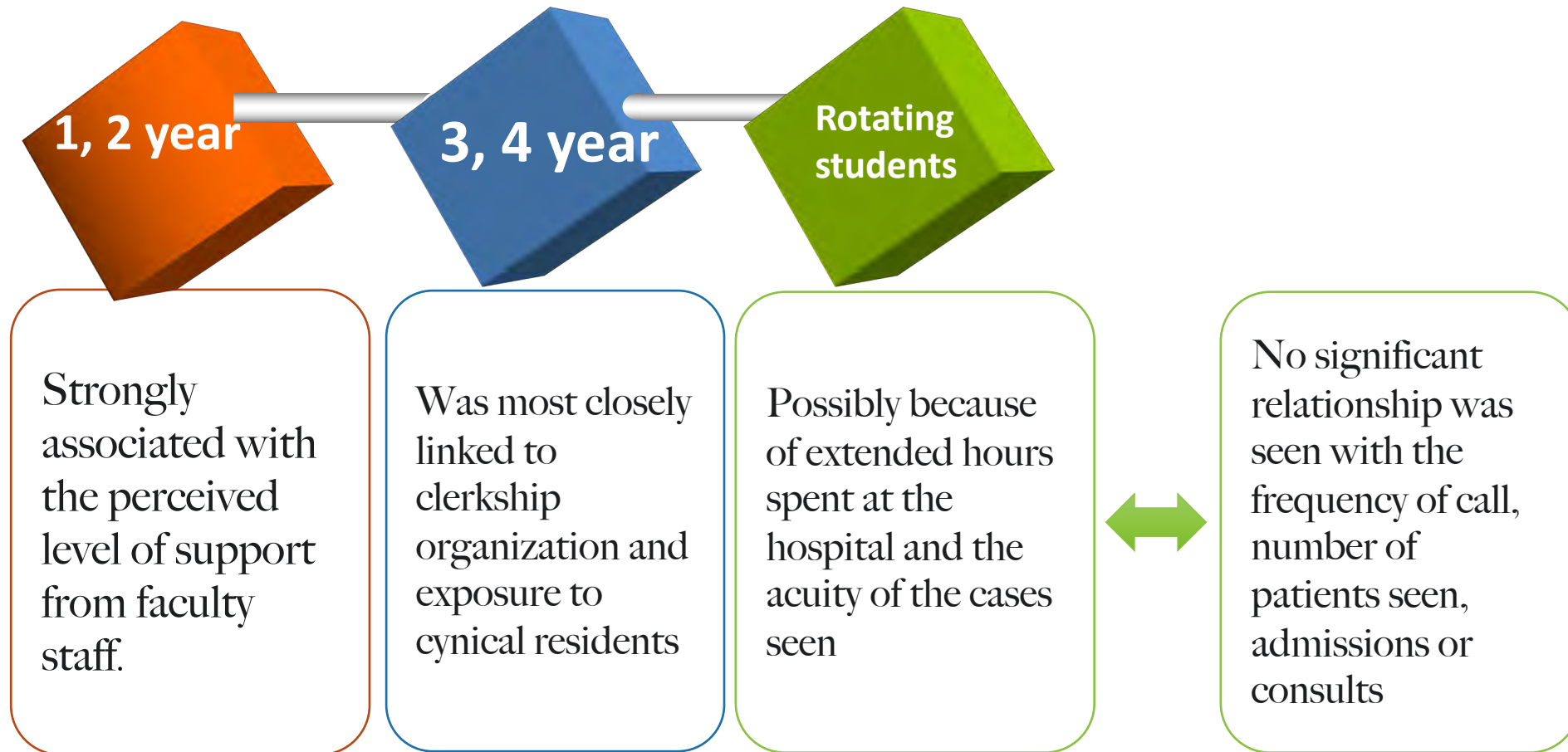
Shrestha, D. B., Katuwal, N., Tamang, A., Paudel, A., Gautam, A., Sharma, M., Bhusal, U., & Budhathoki, P. (2021). Burnout among medical students of a medical college in Kathmandu; a cross-sectional study. *PLOS ONE*, 16(6). <https://doi.org/10.1371/journal.pone.0253808>

Temporal Trends in Medical Student Burnout

Figure 2: Prevalence of Burnout, Depersonalization, and Emotional Exhaustion Over Time



Medical student burnout and workplace/learning environment



Why this is happening:

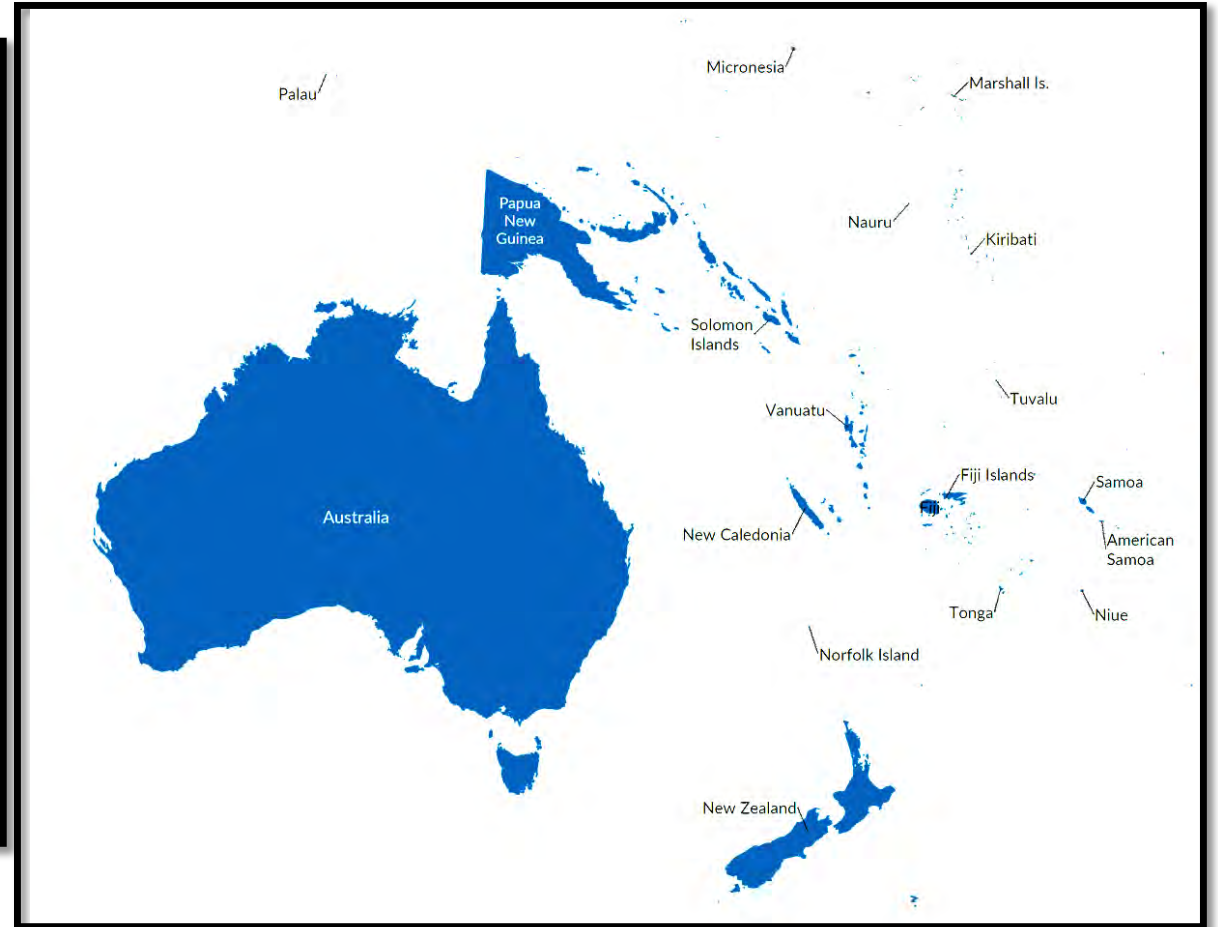
- Medical school creates a demanding learning environment, where students are constantly under pressure to absorb and retain a vast amount of information within strict time constraints.
- Additionally, students encounter financial stressors like obtaining scholarships, handling student loan repayments, and managing various expenses, further adding to their workload.
- Furthermore, a lack of leisure time, limited opportunities to spend time with family and friends, preparing for residency programs, choosing a specialty, and delayed income contribute to heightened stress levels among medical students.

Altannir, Y., Alnajjar, W., Ahmad, S. O., Altannir, M., Yousuf, F., Obeidat, A., & Al-Tannir, M. (2019). Assessment of burnout in medical undergraduate students in Riyadh, Saudi Arabia. *BMC Medical Education*, 19(1). <https://doi.org/10.1186/s12909-019-1468-3>

Charkhabi, M., Azizi Abarghuei, M., & Hayati, D. (2013). The Association of Academic Burnout with self-efficacy and quality of learning experience among Iranian students. *SpringerPlus*, 2(1). <https://doi.org/10.1186/2193-1801-2-677>

Abdulghani, H. M., AlKanhal, A. A., Mahmoud, E. S., Ponnampuruma, G. G., & Alfaris, E. A. (2011). Stress and its effects on medical students: A cross-sectional study at a College of Medicine in Saudi Arabia. *Journal of Health, Population and Nutrition*, 29(5). <https://doi.org/10.3329/jhpn.v29i5.8906>

Generally, the prevalence of burnout is considerably dissimilar across countries. The Middle East and Oceania countries have a higher prevalence of burnout than other countries in other continents.



Frajerman, A., Morvan, Y., Krebs, M.-O., Gorwood, P., & Chaumette, B. (2019). Burnout in medical students before residency: A systematic review and meta-analysis. *European Psychiatry, 55*, 36–42. <https://doi.org/10.1016/j.eurpsy.2018.08.006>

Altannir, Y., Alnajjar, W., Ahmad, S. O., Altannir, M., Yousuf, F., Obeidat, A., & Al-Tannir, M. (2019). Assessment of burnout in medical undergraduate students in Riyadh, Saudi Arabia. *BMC Medical Education, 19*(1). <https://doi.org/10.1186/s12909-019-1468-3>

Burn-out assessment instrument

The Maslach Burnout Inventory (MBI) is a psychological assessment instrument comprising 22 symptom items pertaining to occupational burnout.

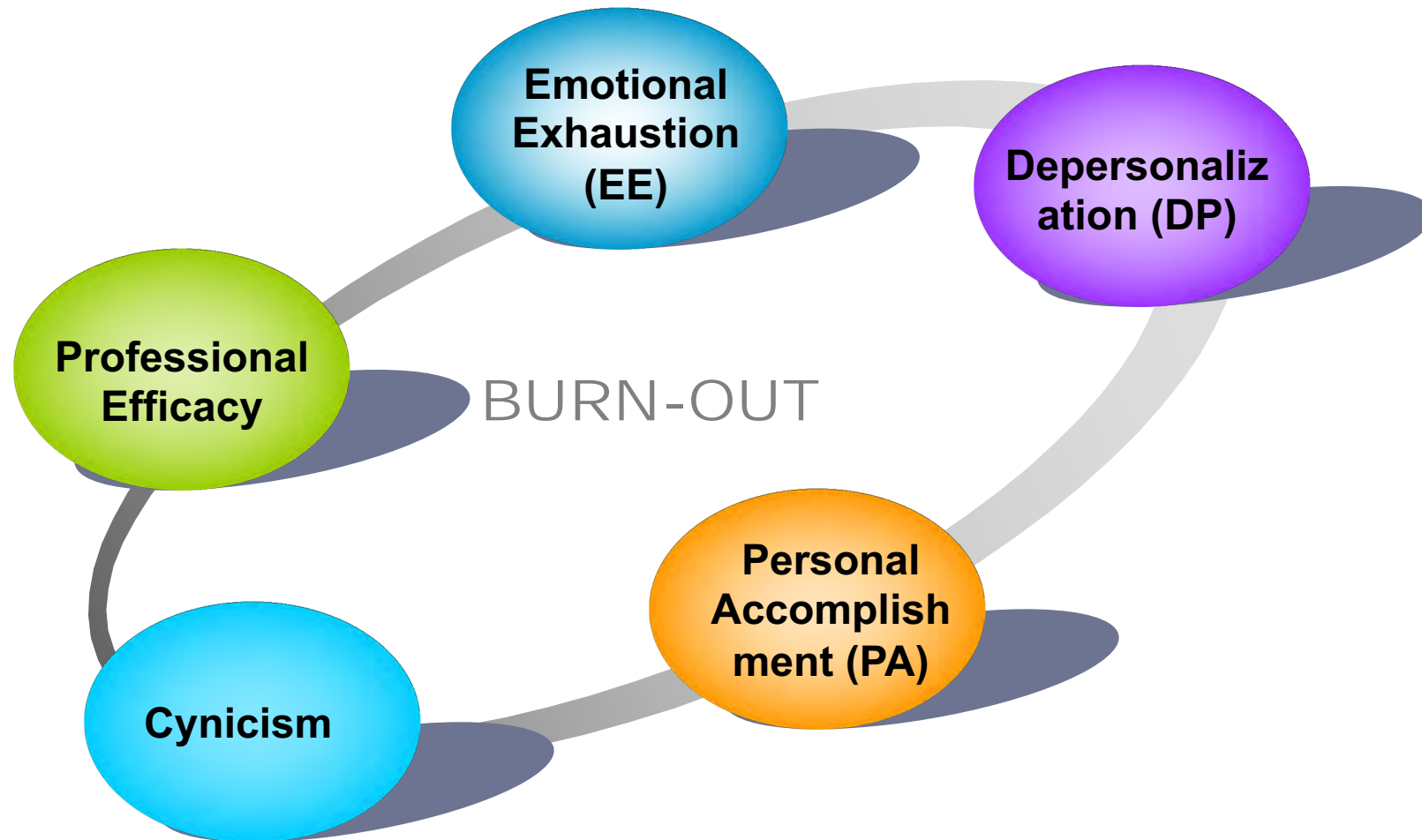


Christina Maslach



Susan E. Jackson

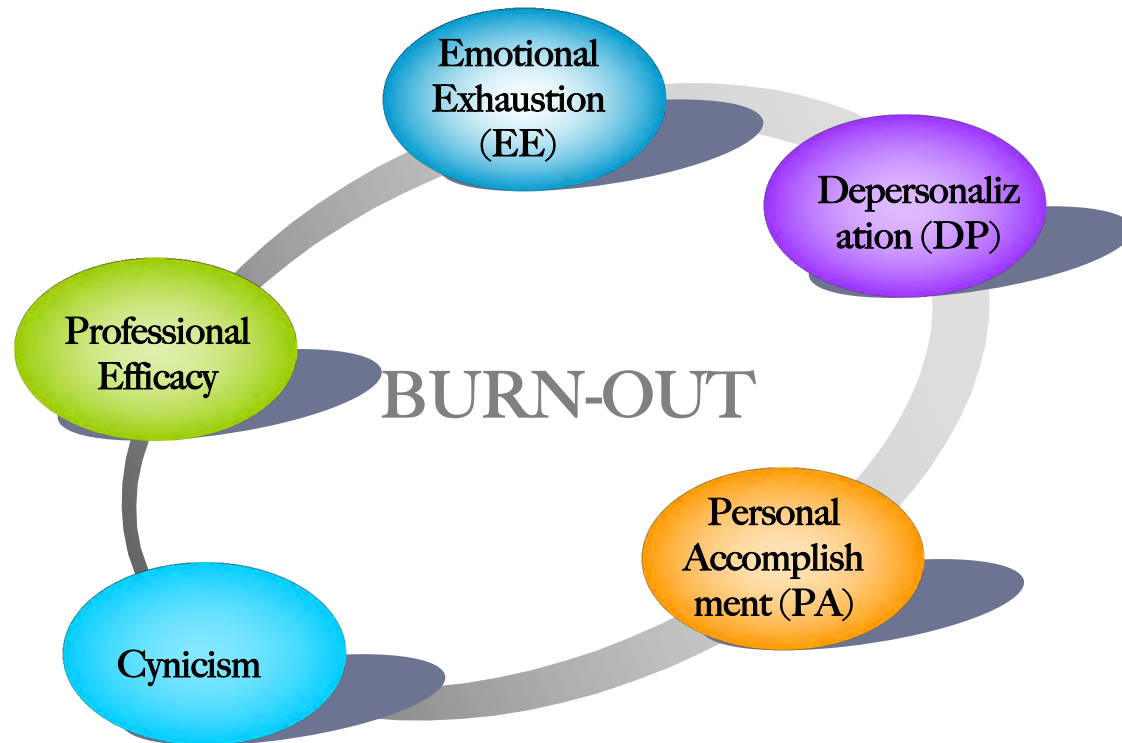
Maslach Burnout Inventory Scales



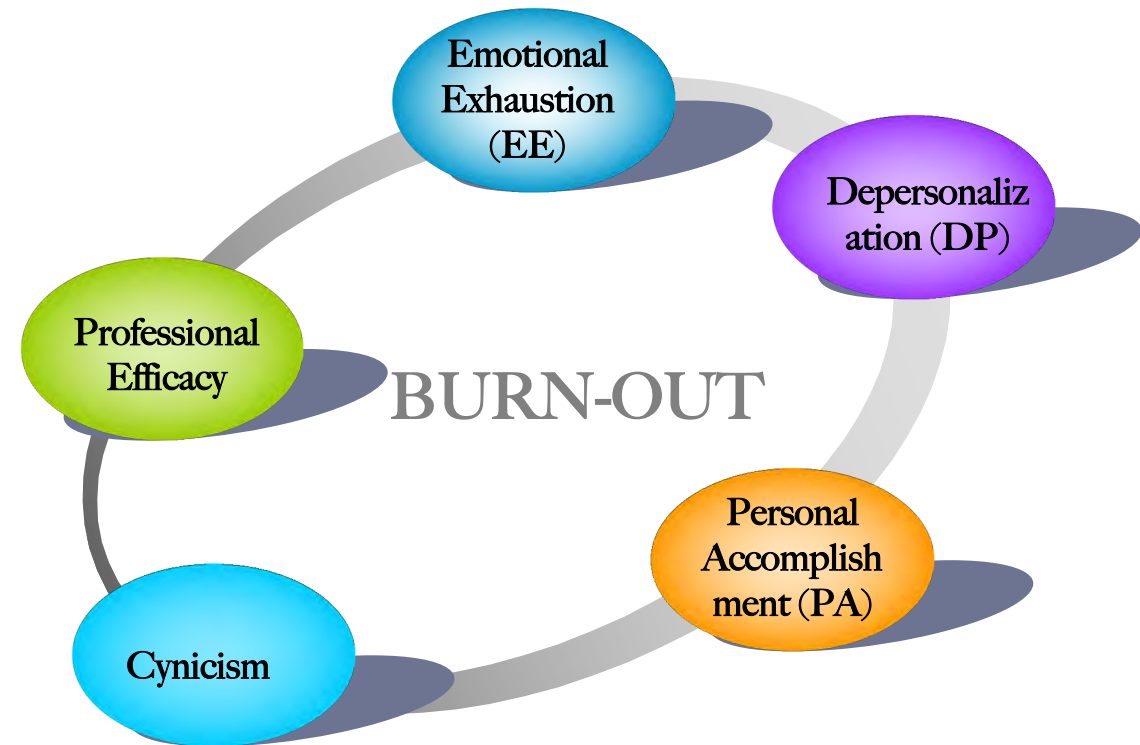
Maslach, C.; Jackson, S.E.; Leiter, M.P. (1996–2016). *Maslach Burnout Inventory Manual* (Fourth ed.). Menlo Park, CA: Mind Garden, Inc.

Forms of the Maslach Burnout Inventory

Maslach Burnout Inventory - Human Services Survey for **Medical Personnel** (MBI-HSS (MP))

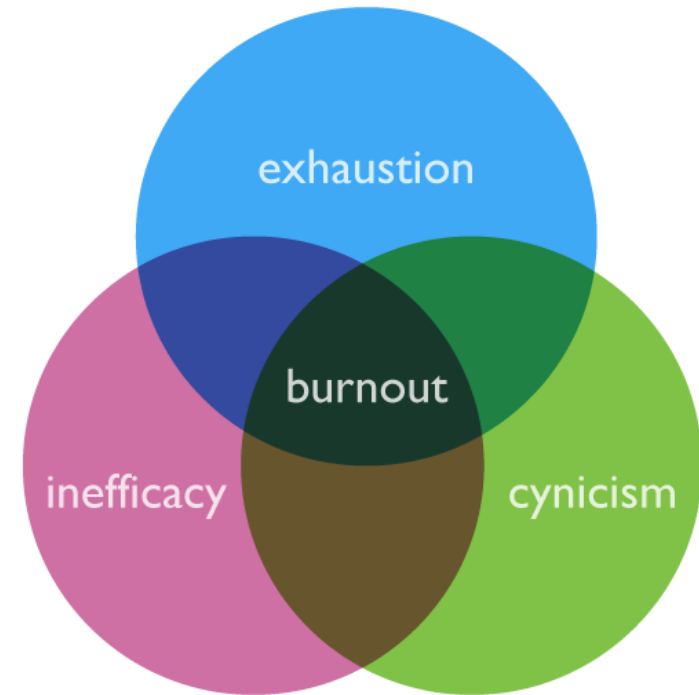


Maslach Burnout Inventory - General Survey for **Students** (MBI-GS (S))



Dimensions of academic burnout

Burnout typically manifests through three main dimensions: profound exhaustion ("I can't handle this anymore"), feelings of cynicism and detachment ("I can't wait to get out of here"), and a sense of inefficacy and failure ("Perhaps I'm not suited for this; I'm just not competent enough"). If an individual scores high in any one of these dimensions, it often serves as an early indicator of burnout.



Symptoms of Overwhelming Exhaustion:

1. Excessive workload and fatigue.
2. Insomnia.
3. Increased occurrence of illness.

Symptoms of Cynicism:

1. Feelings of unfairness.
2. Loss of enjoyment.
3. Feeling undervalued.
4. Feeling unethical.
5. Isolation.

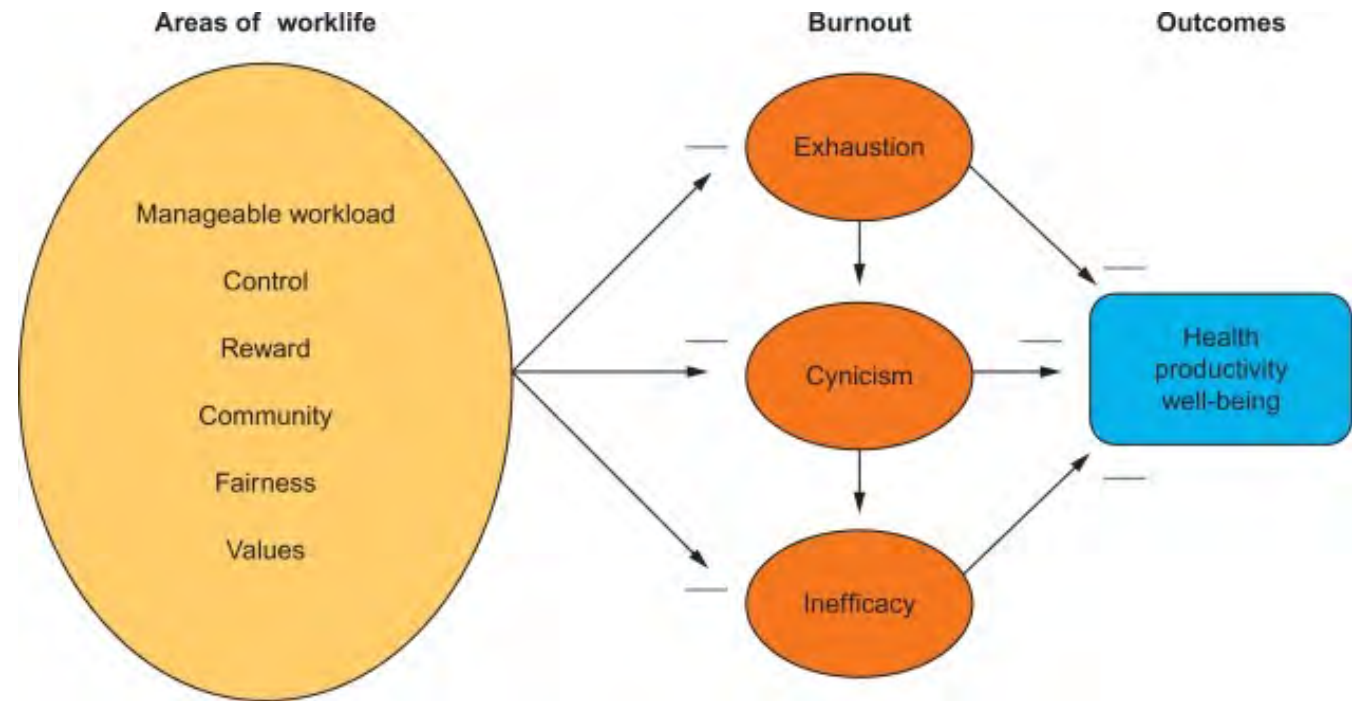
Symptoms of Ineffectiveness:

1. Feelings of hopelessness.
2. Lack of focus and concentration.
3. Anxiety and panic attacks.
4. Increased irritability.

<https://www.theladders.com/career-advice/the-3-early-warning-signs-of-burnout-before-it-destroys-your-career-and-relationships>



Six key domains of burn-out



Compson, J. (2015). The care heuristic for addressing burnout in Nurses. *Journal of Nursing Education and Practice*, 5(7). <https://doi.org/10.5430/jnep.v5n7p63>

C. Maslach, M.P. Leiter, Chapter 43 - Burnout, Editor(s): George Fink, *Stress: Concepts, Cognition, Emotion, and Behavior*, Academic Press, 2016, Pages 351-357, ISBN 9780128009512, <https://doi.org/10.1016/B978-0-12-800951-2.00044-3>.

An association with burnout

- ❖ An association between burnout in medical students and suicidal ideation.
- ❖ Association with suicidal ideation and serious thoughts of dropping out of medical school
- ❖ Students who were single were significantly more emotionally exhausted than their classmates in relationships.

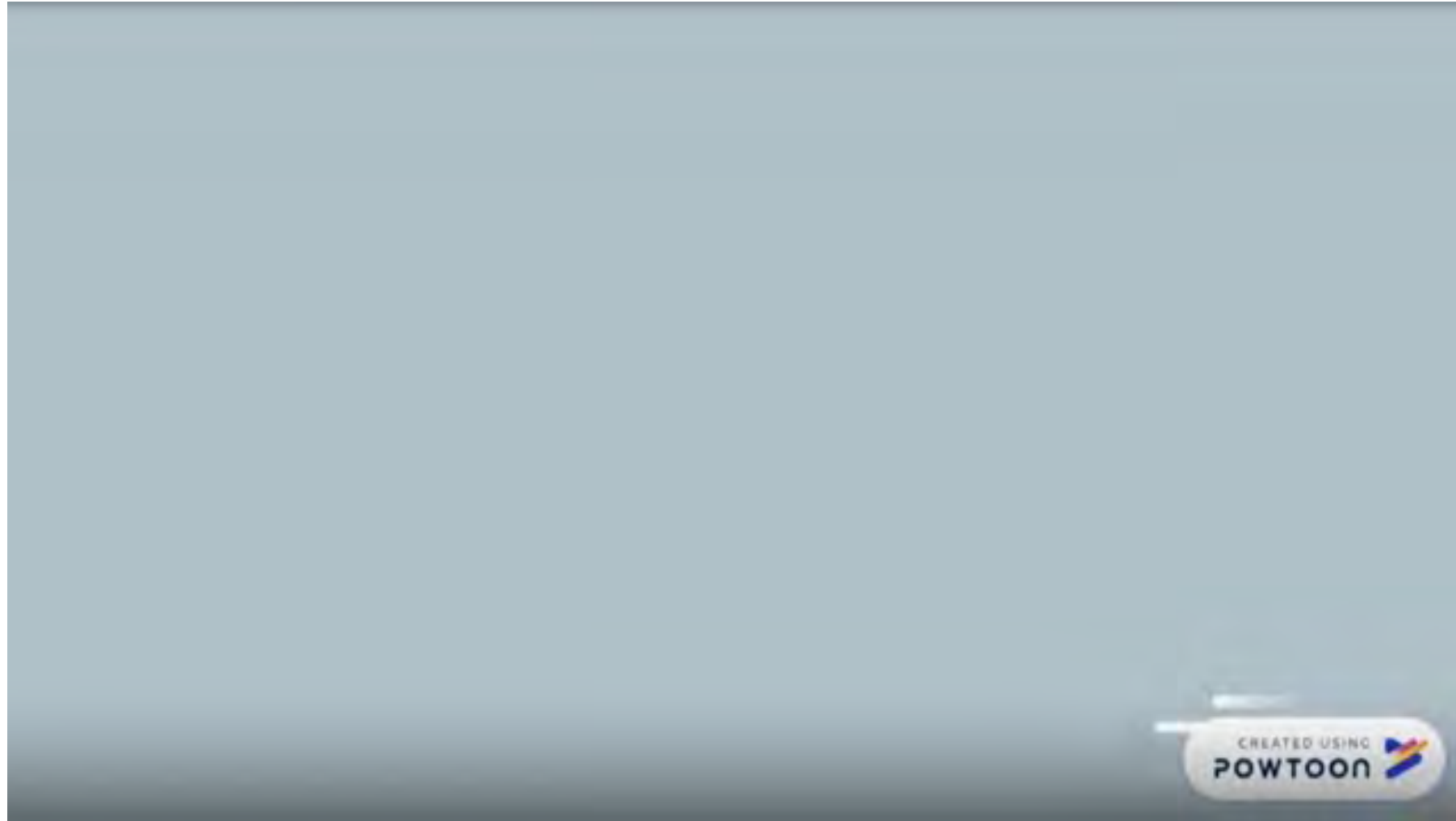


IsHak, W., Nikraves, R., Lederer, S., Perry, R., Ogunyemi, D., & Bernstein, C. (2013). Burnout in medical students: A systematic review. *The Clinical Teacher*, 10(4), 242–245. <https://doi.org/10.1111/tct.12014>

9Guthrie E, Black D, Bagalkote H, Shaw C, Campbell M, Creed F. Psychological stress and burnout in medical students: a five year prospective longitudinal study. *J R Soc Med*1998; **91**: 237– 243.

Dyrbye LN, Thomas MR, Massie FS, Power DV, Eacker A, Harper W, Durning S, Moutier C, Szydlo DW, Novotny PJ, Sloan JA, Shanafelt TD. Burnout and suicidal ideation among U.S. medical students. *Ann Intern Med*2008; **149**: 334– 341.

Dyrbye LN, Harper W, Durning SJ, Moutier C, Thomas MR, Massie FS Jr, Eacker A, Power DV, Szydlo DW, Sloan JA, Shanafelt TD. Patterns of Distress in US Medical Students. *Med Teach*2011; **33**: 834– 839.



Under Pressure: Medical School Burnout. YouTube. (2020, April 3).
<https://youtu.be/2ARXCT6K8K4>

Conclusions

Medical schools have the opportunity to enhance students' well-being by incorporating teachings on self-care skills, implementing wellness interventions, and providing education on burnout prevention and reduction. Strategies such as restructuring medical student responsibilities, conducting regular performance evaluations, and establishing mentoring programs have proven effective in reducing burnout among medical students. Moreover, the implementation of structured mentoring programs can be beneficial in mitigating student burnout. Peer support in handling challenging cases can also be validating and stress-relieving for many students.



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Dahlin ME, Runeson B. Burnout and psychiatric morbidity among medical students entering clinical training: A three year prospective questionnaire and interview-based study. *BMC Med Educ* 2007; **7**: 6.

IsHak, W., Nikraves, R., Lederer, S., Perry, R., Ogunyemi, D., & Bernstein, C. (2013). Burnout in medical students: A systematic review. *The Clinical Teacher*, 10(4), 242–245. <https://doi.org/10.1111/tct.12014>