

## Prevalence and factors related to burnout syndrome among Italian residents: a cross-sectional study

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### Background:

Burnout syndrome occurs frequently among physicians and begins early in training, but little is known about burnout among resident physicians. The aim of this study is to explore the prevalence and characteristics of burnout among residents and define factors associated with burnout.

### Methods:

In 2019, an anonymous questionnaire was sent out to residents of the University of Perugia, Italy (n=419). We collected socio-demographical, occupational data and burnout level through the Maslach Burnout Inventory Human Services Survey (MBI-HSS), calculating mean level of burnout and proportion of residents suffering from low, intermediate and high degree of burnout. Total scores for Emotional Exhaustion (EE), Depersonalization (DP), and Personal Accomplishment (PA) subscales were calculated. Chi-squared tests were computed for correlations between burnout and the other factors.

### Results:

The response rate was 81,15%. EE and DP, the major components of burnout, were reported, respectively by 55.29% (n=188) and 47.60% (n=162) of the residents. Burnout prevalence was 69,70% (n=237) among the residents, defined as a severely abnormal level of either EE or DP, with 75.6% (clinical group), 67.0% (surgery group) and 65,20% (healthcare services group). Higher prevalence was reported in early residency, in women and in residents with bad lifestyle (fitful sleep, poor physical activity, unbalanced diet, heavy drinking and low social life).

### Conclusions:

Our findings suggest that residents are an at-risk population. Specific interventions are urgently needed for the potential impact of burnout on work quality, patient care, residents' professional development and lifestyle.

### Key messages:

- Prevalence of Burnout is higher in medical residents than in other helping-professions.
- There are differences about risk of burnout among different types and years of residency.