

ORIGINAL ARTICLE

Prevalence and Causes of Job Burnout Syndrome among Emergency Medicine Residents of Iran University of Medical Sciences

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Abstract

Introduction: A major part of the daily life of each individual is spent on working and work activity is an important matter from the viewpoint of mental health. There are always many factors in the work-place that act as sources of mental pressure (stress). Considering the importance of job burnout as a problem and its consequences, this study was carried out with the aim of assessing the prevalence and causes of job burnout among emergency medicine residents in hospitals affiliated with Iran university of Medical Sciences. **Methods:** This cross-sectional study was performed in Hazrate Rasoul Hospital, which is affiliated to Iran University of Medical Sciences, from 2014 to 2017. Census method was used for including participants and during this time, all the emergency medicine residents of Iran University of Medical Sciences were included if they gave consent and had at least 6 months working experience in the emergency department. Illegibility of or damage to the questionnaire were considered as exclusion criteria. After gathering, data underwent statistical analysis via SPSS16 software. **Results:** Overall, 83% of emergency medicine residents with the mean age of 33.0 ± 3.4 years participated in the study, 45 (54.2%) of which were female. 60 (72.3%) of the participants expressed an interest in their field. Mean job burnout score of the residents was 90.32 ± 19.13 (range: 26 – 124) points. **Conclusion:** Mean job burnout score among the studied residents was in the desirable range and increase in age was the most important cause of rise in their job burnout index.

Keywords: Burnout, Professional; Internship and Residency; Prevalence; Cross-Sectional Studies; Emergency Medicine
