

## **Burnout syndrome among resident physicians in Suez Canal University Hospital**

**Yousuf, Esmaeil M. Husni, A. El-Sayed, O. Aly, E.**

**Suez-Canal Univ., Ismailia (EGY). Fac. of Med.**

**Ain-Shams International Congress in Psychiatry : Towards Global Patient's Care. 3rd. Luxor (EGY).  
Mar 5-6, 2007**

Burnout is a syndrome of emotional exhaustion, depersonalization and a sense of low personal accomplishment. Little is known about burnout or its demographic perspectives in Egyptian residents. The objective of this study was to determine the prevalence of burnout among residents and explore its demographic perspectives. Eighty-four residents were studied. Burnout was measured by the Maslach Burnout Inventory and was defined as scores in the high range for medical professionals on two or more of the subscales. An inventory developed for this study assessed self-reported sources of stress in job setting and involvement with people. Of 84 responding residents, 53 met the criteria for burnout. None of the burnout dimensions was significantly associated with sex. Only lack of personal accomplishment was significantly associated with marital status and number of workhours per week. Burnout domains were significantly associated with sources of stress. The study concluded that burnout was common, among resident physicians and mainly related job setting and involvement with people.