The Prevalence of Burnout and its Associated Factors Among General Surgeons and Surgical Specialists in Kuwait Ministry of Health Hospitals

Abstract

Introduction
Workplace burnout is defined as a syndrome of emotional exhaustion (EE), depersonalization (DP), and low personal accomplishment (PA). This study aimed to assess the prevalence of burnout among general surgeons and surgical specialists in Kuwait and identify the factors associated with it.

Methods
Burnout was assessed using the Maslach Burnout Inventory, which defines burnout as having a high score of EE or DP, or a low score of PA; with severe burnout involving all. The associations between burnout or severe burnout with sociodemographic and occupational characteristics were assessed using multivariate binary logistic regression to adjust for potential confounders.

Results
The prevalence of burnout and severe burnout was found to be 76.9% and 13.9%, respectively; with the prevalence of severe burnout being 44.7%, 43.1%, and 47.2%, respectively. After adjustment, burnout was associated with young age (AOR 2.2 [1.2, 4.0]), high number of on-calls (AOR 2.6 [1.1-6.3]); and low income (AOR 1.9 [1.02, 3.44]). The most common stressors were less family time (68.7%), verbal assault from patients (66%), case overload (64%), and high-risk cases (62.8%).

Conclusion
The prevalence of burnout among surgeons in Kuwait MOH hospitals is high. These findings should be used to implement interventions that can reduce burnout in this population.

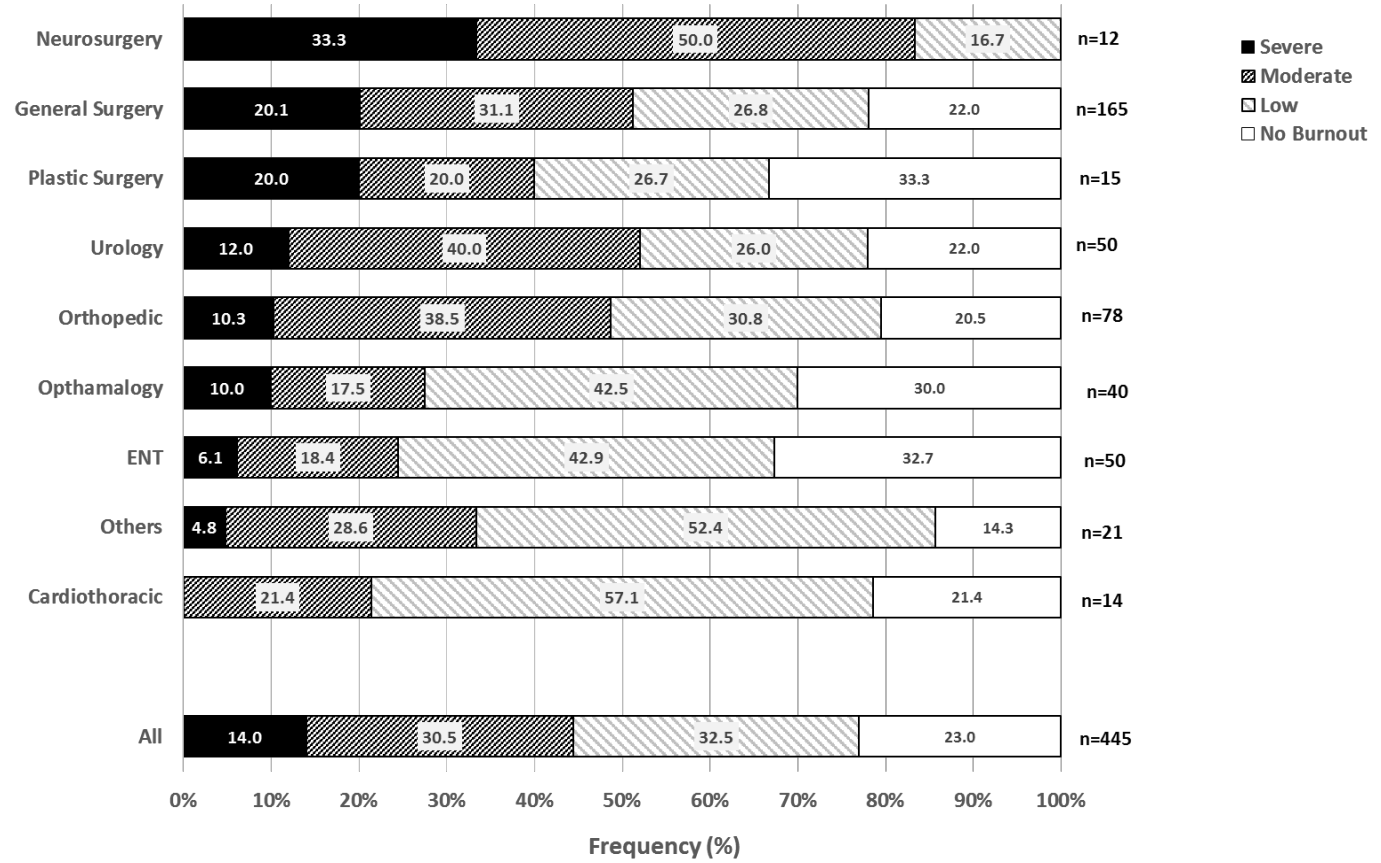


Figure 1: The distribution of burnout categories in general surgery and surgical specialties.

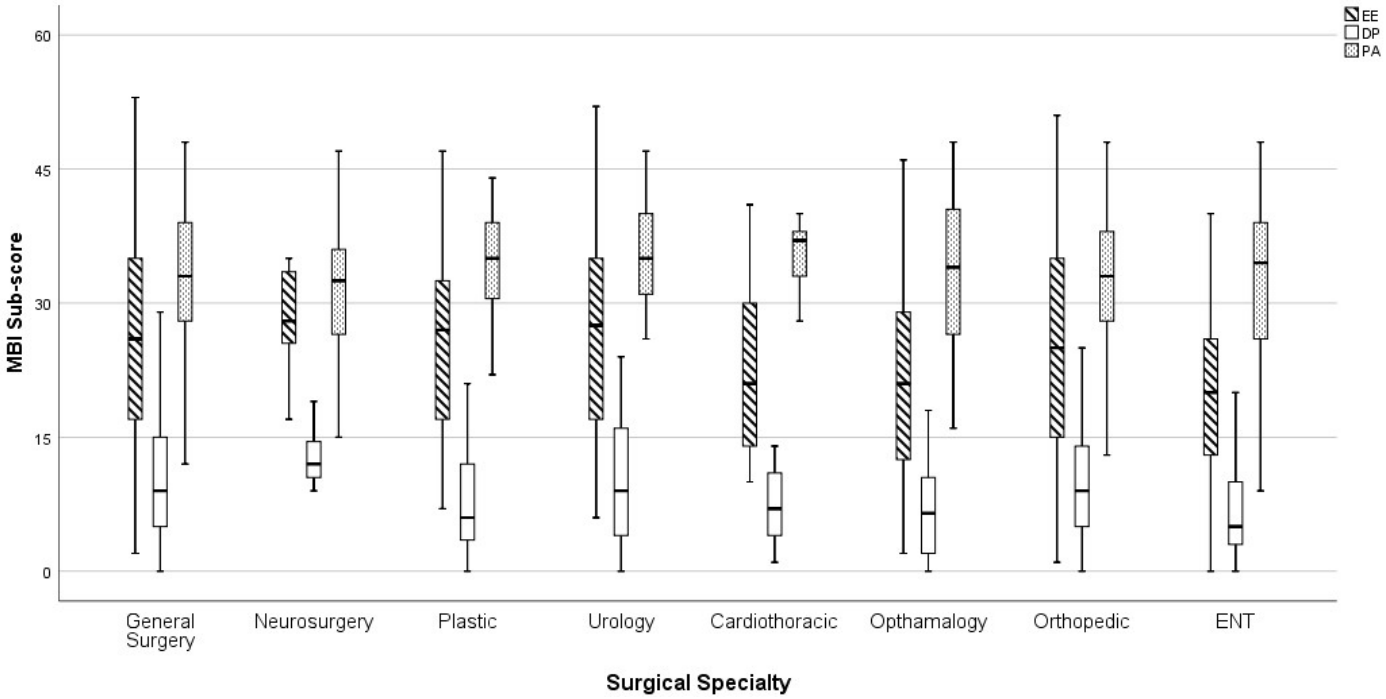


Figure 2: The distribution of MBI subscales scores in general surgery and surgical specialties.