

Prevalence and Predictors of Burnout Among Medical Interns and its association with job satisfaction, A Cross-sectional Study from Oman

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Abstract

This study examined the prevalence and predictors of burnout syndrome early in the medical career. This cross-sectional study was conducted among a random sample of medical interns enrolled in the Omani internship program, in 2019. There were 180 interns participating in this study, and they filled in a self-reported questionnaire that included Maslach Burnout Inventory (MBI) and job satisfaction survey (JSS). The response rate was 71%. The prevalence of burnout and job dissatisfaction were 15% and 22%, respectively. Individual burnout subscale results were 33.3% for emotional exhaustion (EE), 37.2% for depersonalization (DP) and 65.5% for low personal accomplishment (PA). High levels of emotional exhaustion subscale were noted to be correlated with living alone (odds ratio [OR] = 3.903, 95% confidence interval [CI] = 1.150-13.241), the institute of graduation (National University of Science and Technology graduates: OR = 4.515, 95% CI = 1.537-13.265; graduating abroad: OR = 5.494, 95% CI = 1.343-22.475, P = 0.018), having a physical illness (OR = 7.285, 95% CI = 1.976-26.857) and being dissatisfied (OR = 16.488, 95% CI = 5.371-50.614). Variables leading to high levels of depersonalization were the institute of graduation (graduating abroad; OR = 0.239, 95% CI = 0.060-0.946), having a physical illness (OR = 4.678, 95% CI = 1.498-14.608) and being dissatisfied (OR = 2.900, 95% CI = 11.159-7.257; P = 0.023). Low personal accomplishment was only predicted by having a physical illness (OR = 0.258, 95% CI = 0.088-0.759). Job dissatisfaction was found to elevate the risk of occupational burnout.

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Table 1Burnout.docx available at <https://authorea.com/users/726337/articles/708905-prevalence-and-predictors-of-burnout-among-medical-interns-and-its-association-with-job-satisfaction-a-cross-sectional-study-from-oman>