
BURNOUT SYNDROME AND DEPRESSION IN CZECH MEDICAL DOCTORS – NATIONAL STUDY

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Introduction

Medical professionals are exposed to numerous high intensity stressors. This may lead to increased occurrence of signs of burnout syndrome and depression. This phenomenon is further connected to higher probability of serious medical errors, lower attention to patients and other medically serious issues.

Methods

We have conducted a national study to assess the level occurrence of burnout syndrome and depression using standardized questionnaires. We have collected data from n=7428 medical doctors cross all specialties and types of medical institutions.

Results

The results of the study confirmed high occurrence of burnout syndrome and depression symptoms among Czech medical doctors. The study also brought information about specific risk factors as the type of specialty, age, marital status or educational level which influence the levels of burnout and depression syndromes at statistically significant levels ($p < 0,001$).

Conclusion

The study supports the hypothesis that medical doctors are highly endangered by development of burnout and depression symptoms and thus should get appropriate care.

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