

# Burnout Definition

Burnout is a pervasive psychosocial syndrome that manifests as a chronic response to interpersonal stressors encountered in the occupational setting.

There has been a lack of a consensual [definition](#) of [burnout](#), and there is substantial overlap in symptomatology with other [psychiatric disorders](#), such as [chronic fatigue](#) and [depression](#). Therefore, the diagnosis is only included in the chapter: "Factors influencing health status or contact with health services" (QD86 burnout) in the International Classification of Diseases and Related Health Problems (ICD-11: World Health Organization 2019) and is not classified in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5; American Psychiatric Association 2013).

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