

# Burnout in COVID-19 Pandemic

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The [reorganization](#) of [healthcare systems](#) to face the [COVID-19 pandemic](#) has led to concerns regarding the psychological [distress](#) of healthcare workers, and [training](#) requirements of physician residents.

To assess the influence of the COVID-19 pandemic on depression, anxiety, [burnout](#), and training schedules of residents.

Two independent cross-sectional studies (the first in November 2019 [control], the second in June 2020, during the first wave of the COVID-19 pandemic) enrolling physician residents from Brazil, using online surveys. In each of them, we collected demographic and training program data, and assessed depression, anxiety and burnout through PHQ-2, GAD-2 and MBI (2-item version) scales, respectively. We controlled confounding variables with logistic regression analysis.

Results: The COVID-19 cohort (n = 524) presented a briefer workload and had at least 1 day off per week more frequently than the control cohort (n = 1 419). Most residents (464/524, 89.5%) had a reduction in their duty hours and believed they would need a different training period after the end of the pandemic (399/524, 76.2%). The frequency of depression increased (46.0% vs. 58.8%, aOR = 1.64, 95% CI = 1.32-2.05), anxiety did not change (56.5% vs. 56.5%, aOR = 1.24, 95% CI = 0.99-1.55) and burnout decreased (37.0% vs. 26.1%, aOR = 0.77, 95% CI = 0.60-0.99). Sensitivity analysis did not change these results.

Mental distress is frequent among residents and associated with both training programs and social environments. The consequences of the COVID-19 pandemic on training requirements should be specifically addressed by supervisors and policymakers, on a case-by-case basis. Psychological support must be provided to healthcare workers <sup>1)</sup>.

<sup>1)</sup>

de Mélo Silva Júnior ML, Sapia AV, Cavalcanti Neto JM, Barbosa NMG, Neiva VBC, Sauaia Filho EN. The first wave of COVID-19 and mental distress of physician residents in Brazil: a comparison between two cohorts. Hum Resour Health. 2023 Feb 14;21(1):10. doi: 10.1186/s12960-022-00790-5. PMID: 36788532.

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