Burnout survey for neurosurgeons

Burnout surveys are typically used to assess the level of burnout among employees or individuals. Burnout surveys are designed to help identify the factors that contribute to burnout and to measure the severity of burnout in individuals or groups.

There are several different types of burnout surveys, and the questions and scales used may vary depending on the specific survey. Some common burnout surveys include the Maslach Burnout Inventory (MBI), the Copenhagen Burnout Inventory (CBI), and the Oldenburg Burnout Inventory (OLBI).

The MBI is one of the most widely used burnout surveys and includes three subscales: emotional exhaustion, depersonalization, and personal accomplishment. The CBI measures burnout in three domains: work-related burnout, client-related burnout, and personal burnout. The OLBI measures two dimensions of burnout: exhaustion and disengagement.

Burnout surveys can be useful tools for identifying burnout and developing interventions to address it. However, it is important to keep in mind that surveys are just one method for assessing burnout and should be used in conjunction with other methods, such as interviews or focus groups, to gain a more comprehensive understanding of the issue.

A national survey was sent to 141 French residents and 432 neurosurgeons between April and July 2019. Burnout was surveyed using the Maslach burnout inventory. The survey included demographic data and several academic psychologic scales. A stepwise multiple regression was used to determine factors that are associated with burnout scores.

Results: The response rate was 100% and 23.6% for residents and neurosurgeons, respectively. Prevalence of burnout within the French neurosurgical community was 49%. There were no significant differences between residents and neurosurgeons. Two categories of factors were associated with the main dimensions of burnout during the stepwise multiple regression: personality and factors related with neurosurgical practice. Personality types such as neuroticism were negatively associated with burnout while agreeableness was protective. Work addictive profile with excessive work and absorption at work were negatively associated. Factors associated with neurosurgical practice such as conflict of work into family life, unbalanced effort to reward ratio, work duration were negatively associated. Pleasure at work was protective.

Conclusion: Prevalence of burnout is high among French neurosurgeons. Predictive models can be used to identify and prevent burnout among profiles at risk

Survey [1].

Connor-Davidson Resilience Scale

[1]
Baumgarten C, Michinov E, Rouxel G, Bonneterre V, Gay E, Roche PH. Personal and psychosocial factors of burnout: A survey within the French neurosurgical community. PLoS One. 2020 May 29;15(5):e0233137. doi: 10.1371/journal.pone.0233137. PMID: 32469930; PMCID: PMC7259549.

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