

Chaotic workplace

A chaotic [workplace](#) is a work [environment](#) that lacks [structure](#) and [organization](#), often resulting in [confusion](#), [inefficiency](#), and [stress](#) for employees. This may be due to a variety of factors, such as poor [communication](#), unclear [expectations](#), lack of [direction](#), [disorganization](#), or a high-stress work environment. A chaotic workplace can negatively impact employee [morale](#) and [productivity](#), and it may require management intervention to improve the situation.

Higher burnout was seen in [chaotic workplaces](#) (odds ratio [OR], 1.51; 95% CI, 1.38-1.66; $P < .001$) and with low [work control](#) (OR, 2.10; 95% CI, 1.91-2.30; $P < .001$). Higher [burnout](#) was associated with poor [teamwork](#) (OR, 2.08; 95% CI, 1.78-2.43; $P < .001$), while feeling valued was associated with lower burnout (OR, 0.22; 95% CI, 0.18-0.27; $P < .001$). In time trends, burnout was consistently higher with [chaos](#) and poor work control ¹⁾.

¹⁾

Linzer M, Jin JO, Shah P, Stillman M, Brown R, Poplau S, Nankivil N, Cappelucci K, Sinsky CA. Trends in Clinician Burnout With Associated Mitigating and Aggravating Factors During the COVID-19 Pandemic. JAMA Health Forum. 2022 Nov 4;3(11):e224163. doi: 10.1001/jamahealthforum.2022.4163. PMID: 36416816.

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