

Emotional exhaustion

Emotional exhaustion is a state of feeling depleted, drained, and overwhelmed by one's [emotional](#) demands or responsibilities, often leading to a reduced ability to cope with stressors and perform daily [tasks](#). It is a common symptom of [burnout](#), and may be caused by prolonged or intense periods of [stress](#), job [dissatisfaction](#), or personal problems. Some common signs of emotional exhaustion include feeling tired or lethargic, irritable, emotionally numb or detached, and experiencing a loss of [motivation](#) or interest in activities that were previously enjoyed.

[Burnout](#) (BS) is composed of 3 different subdimensions, namely [emotional exhaustion](#) (EE), [depersonalization](#) (DP) and reduced [personal accomplishment](#) (PA). In the last years, interest in BS in the neurosurgical community has increased.

A [systematic review](#) with [meta-analysis](#) was performed following [PRISMA guidelines](#). A search of bibliographic [databases](#) was conducted, from inception to February 2020. A total of 16377 studies were found. In the final analysis, 6 [papers](#) were included. Their [references](#) were checked for additional studies, but none were found.

Results: From the initial 16377, only 6 met the inclusion criteria, for a total of 3310 physicians. The general prevalence of 48%. When considered alone, neurosurgeons showed a prevalence of 51.1%, which was higher than the prevalence showed by residents in neurosurgery (45.4%). Regarding sub-dimensions, personal accomplishment seemed to be the most influential factor for burnout development among neurosurgeons (42.57%) and residents (51.56%).

Neurosurgery is a rewarding career choice, but some (togliere) many challenges and stressors can lead to lower levels of satisfaction and dangerously increased levels of burnout. We hope these results will generate discussion, raise awareness, stimulate further studies, and lead to programs designed to mitigate excessive stress and burnout within neurosurgery ¹⁾.

¹⁾

Zaed I, Jaaidane Y, Chibbaro S, Tinterri B. Burnout among neurosurgeons and residents in neurosurgery: a systematic review and meta-analysis of the literature [published online ahead of print, 2020 Aug 7]. World Neurosurg. 2020;S1878-8750(20)31769-1. doi:10.1016/j.wneu.2020.08.005

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