## Mistreatment

Mistreatment and experiencing burnout symptoms frequently occur among neurosurgeons and residents ((Gadjradj PS, Ghobrial JB, Booi SA, de Rooij JD, Harhangi BS. Mistreatment, discrimination and burn-out in Neurosurgery. Clin Neurol Neurosurg. 2021 Mar;202:106517. doi: 10.1016/j.clineuro.2021.106517. Epub 2021 Jan 25. PMID: 33529965.)

Mistreatment refers to any behavior that undermines or violates a person's rights, dignity, or wellbeing. It can occur in various settings, such as healthcare, education, or the workplace, and can take different forms, such as verbal abuse, physical abuse, neglect, or discrimination. Mistreatment can have serious negative consequences on a person's physical and mental health, and it is important to recognize and address it when it occurs.

## Examples

Verbal abuse: This can include yelling, belittling, or insulting a person.

Physical abuse: This can include hitting, pushing, or restraining a person.

Neglect: This can include withholding food, water, or medical care from a person.

Discrimination: This can include treating a person unfairly based on their race, gender, sexual orientation, or other personal characteristics.

Sexual harassment: This can include unwanted advances or comments of a sexual nature.

Bullying: This can include intimidating, threatening, or excluding a person.

It is important to address mistreatment when it occurs to prevent further harm and promote a safe and respectful environment. If you are experiencing mistreatment, you can seek support from a trusted friend, family member, or professional, such as a therapist. You can also report mistreatment to relevant authorities, such as human resources, a supervisor, or law enforcement. By speaking up and seeking support, you can protect yourself and others from mistreatment and promote a culture of respect and safety.

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