

Occurrence of Burnout Syndrome among Psychiatrists in Al-Abbassia Mental Health Hospital

Thesis

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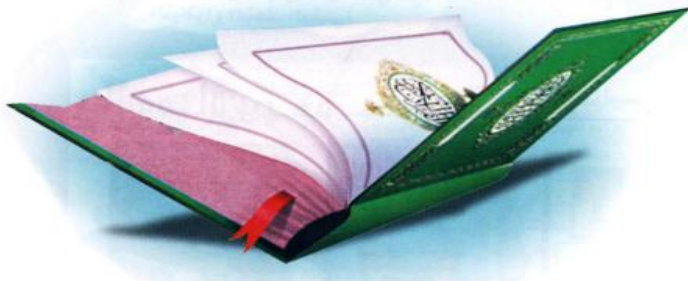
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿قَالُوا سُبْحَانَهُ لَا عِلْمَ لَنَا إِلَّا مَا
عَلَّمْتَنَا إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ﴾

صِرَاقُ اللَّهِ الْعَظِيمِ

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To

*My father and mother who spared no effort to raise
me as a successful man*

To

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To

*My daughters Razan and Salma, the hope and the
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List of Abbreviations

Abb.	Full term
APA	American psychiatric association
APA	American psychological association
BLS	Bureau of labor statistics
BOS	Burnout syndrome
DP	Depersonalization
DSM-IV	Diagnostic and statistical manual of mental disorders – fourth edition
DSM-5	Diagnostic and statistical manual of mental disorders – fifth edition
EE	Emotional exhaustion
ICD-10	International classification of disease – 10th edition
MBI	Maslach burnout inventory
MBI-HSS	Maslach burnout inventory – human services survey
MPT	Munich Personality Test
N (N)	Number
PA	Personal accomplishment
SD	Standard deviation
SPSS	Statistical package for social sciences
TM	Tedium Measure
US	United states of America
WHO	World health organization

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Abstract

Exhaustion" is described as the feeling of not being able to offer any more of oneself at an emotional level; "cynicism" refers to a distant and non-empathic attitude towards work and people being served by it; "inefficacy" describes the feeling of not performing tasks adequately and of being incompetent at work. Psychiatrists represent a special group among doctors who may be particularly vulnerable to burnout more so than their counterparts in other disciplines. **Aim:** - To estimate the prevalence of burnout syndrome among psychiatrists of Al-Abbassia mental health hospital. To assess associated factors those increase the burnout syndrome and propose different recommendations to protect from it. **Subjects:** Burnout syndrome is highly prevalent among psychiatrists of Al-Abbassia mental health hospital. Results were in favor that a relatively high percentage of the psychiatrists got high scores in burnout subscales; 59% of the sample scored severe emotional exhaustion, 19% of the sample scored severe depersonalization, and 27% scored low level of personal accomplishment. Marriage was found to have significant association with higher levels of personal accomplishment. **Conclusion:** Burnout is a highly important issue to be taken care of in any profession dealing with people including medical professions and psychiatry in particular, and have its effects on nations productivity and service quality. Perceived stress and workload have more significant role in suffering from burnout than the actual workload and patients rate.

Keywords: Depersonalization, psychiatrists, Burnout syndrome, Emotional exhaustion.



Introduction





Aims of the Work





Chapter (1)

Definitions and Concepts of Burnout





Chapter (2)

Importance of Studying Burnout in General

