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Professional burnout reduces the physical and/or emotional resources people have and evolves overtime as a result of long-term work-related stress. Although burnout is not currently recognized by the DSM-5, it is often seen as a medical condition that has similar symptoms to major depressive disorder. The three dimensions that define professional burnout are emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment.

Recently, burnout has been increasingly found among healthcare workers. This is because healthcare workers have to work for long hours under stressful circumstances, and are therefore often overworked. It is currently suggested that over 50% of physicians in the United States experience at least one dimension of professional burnout. One group of physicians who are at an increased risk for burnout are psychiatrists. They are found to experience burnout at an increased frequency because of the nature of their jobs and a lack of positive feedback from patients and families. Professional burnout is seen as a severe problem in our healthcare system today, and we reviewed this topic as it relates to psychiatrists and their ability to provide high quality care.

fatigue, headache, frequent sickness, insomnia, rapid pulse, nausea, heartburn, and weight gain/weight loss. The psychological symptoms include poor psychological well-being, irritability, anxiety, depression, poor concentration, suicidal ideation, apathy, dysphoric mood, a sense of helplessness, negative attitude toward one's life and job, excessive criticism, and the need to control everything. Additional negative symptoms typically experienced include a loss of idealism, reduced work goals, greater self-interest, and an increasing sense of emotional detachment from patients and family. Burnout also affects physicians' spirituality. In particular, it may cause one to develop doubts about spiritual beliefs, religions, or personal values.

Stress is the root of burnout

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Physicians and psychiatrists report both physical and psychological symptoms when they are experiencing burnout. The physical symptoms that are common include chronic

traits, and relationships with patients. There are some protective factors against burnout as well. These include things such as a sense of calling, a sense of control, beliefs about the effectiveness of their treatments, positive work experiences, a balance between work and personal life, self-awareness, autonomy, and effective coping strategies (i.e., problem-focused coping).

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