



Original Investigation | Neurology

Burnout Prevalence among Medical Students in SEU Georgian National University, Tbilisi: A Cross-Sectional Study

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Key Points

Question:

What is the prevalence and severity of burnout among medical students at SEU Georgian National University, and how does it impact emotional exhaustion, depersonalization, and personal achievement across semesters?

Findings:

70% of students reported high burnout, 15% moderate, and 15% low. Emotional exhaustion peaked in mid-semesters, while depersonalization and low personal achievement were more common in later semesters.

Meaning:

Burnout is highly prevalent among medical students, highlighting the need for mental health support to improve their well-being and future performance as healthcare professionals.

Abstract

Importance:

This study is significant as it uncovers the high prevalence of burnout among medical students, impacting their mental health and academic performance. Mitigating burnout is essential to safeguarding the well-being and future efficacy of healthcare professionals.

Objective:

To assess the prevalence and severity of burnout among medical students at SEU Georgian National University. It aims to analyze the impact of burnout on emotional exhaustion, depersonalization, and personal achievement across different academic semesters.

Design: This study employed a cross-sectional analytical design, using a webanketa survey and the Maslach Burnout Inventory (MBI) to assess burnout levels among 100 medical students selected through convenience sampling.

Setting: The study was conducted at SEU Georgian National University, utilizing an online webanketa survey distributed to medical students via email.

Participants: The study included 100 students from semesters 1-12 currently enrolled in the Medicine program at SEU.

Exposure(s): It involved assessing burnout levels through a webanketa survey based on MBI. The respondents engaged with questions based on their gender, semester, burnout, depersonalization, personal achievement and finding out the correlations.

Findings:

The main outcomes measured were the prevalence and severity of burnout, classified into high, moderate, and low levels. The key factors of emotional exhaustion, depersonalization, and personal achievement were analyzed to identify patterns across semesters. The MBI provided quantitative insights into each participant's burnout experience.

Results: It was seen that 70% of students experience high burnout, 15% moderate burnout, and 15% low burnout. Depersonalization and low personal achievement were most prevalent in the later semesters, while emotional exhaustion peaked in mid-semesters.

Conclusions and Relevance: The study concluded that burnout is highly prevalent among medical students, underscoring the need for mental health support and interventions. Addressing burnout is critical for improving student well-being and their future performance as healthcare professionals.

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