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RELATIONSHIP BETWEEN BURNOUT, COMPASSION FATIGUE, WORK ENVIRONMENT AND MINDFULNESS IN MEDICAL RESIDENTS

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Abstract

This research aimed at studying the relationship between burnout, compassion fatigue, work environment and mindfulness in medical residents. Medical residents from medical colleges across India were asked to participate in this study through convenience sampling. The cross-sectional study included 95 medical residents (63.2% female; mean age=26.8 years) from all over the country. They filled socio demographic detail sheet, a screening tool—Primary Care PTSD Screen for DSM 5 [PC PTSD-5] (Prins et al., 2016) and then completed self-report questionnaires like Copenhagen Psychosocial Questionnaire II [COPSOQ-II] (Kristensen & Borg, 2003); Professional Quality of Life Scale [ProQoL-5] (Stamm, 2010); and Five Facet Mindfulness Questionnaire [FFMQ] (Baer et al., 2006). The main findings of the results from spearman's rank correlation revealed that mindfulness had a significant inverse relationship with both burnout and compassion fatigue. Also, it was found that certain work environment factors which could be classified as job demands had a significant positive association with both compassion fatigue and burnout whereas environmental factors which could be classified as job resources were inversely related to burnout and compassion fatigue and positively correlated with mindfulness.

Keywords: burnout, compassion fatigue, work environment, mindfulness, medical