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RESEARCH ARTICLE

BURNOUT AMONG PHC STAFF IN RIYADH, SAUDI ARABIA

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Abstract

Background: Burnout is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. Burnout has been described in health-care workers and has been reported to be common in primary health care physicians. This study aimed to assess the prevalence rate of burnout, and its associated factors, amongst primary care doctors in cluster one area, Riyadh, Saudi Arabia.

Methods: This study is a cross-sectional in design. The subjects consist of general physicians, residents, registrars, senior registrars, consultants, nurses and receptionist. This study is conducted at specialized consulting clinics in Riyadh. The questionnaire's primary outcome measures are based on the Maslach scale. The Maslach Burnout Inventory (MBI) is an industry-standard that has been administered across large samples of varied professions in many countries. It has three dimensions: emotional exhaustion (EE), depersonalization (DP), and personal accomplishment (PA).

Results: A high level of burnout was found among PHC staff in Riyadh, Saudi Arabia. The factors affecting Emotional exhaustion (EE) of the PHC staff are; the position, gender, working hours per week, the degree of job satisfaction, changing the job, planning to leave the job, the salary, depersonalization and personal accomplishment. Whereas the factors affecting Depersonalization (DP) among PHC staff are: Work night shifts, the degree of job satisfaction, changing the job, planning to leave the job, Personal Accomplishment and Emotional Exhaustion. Similarly, changing the job, EE, and DP are the significant factors affecting the personal accomplishment (PA) of PHC staff.

Conclusion: Burnout is an important issue related to primary care staff in Riyadh, Saudi Arabia. Proper assessment and determination of the prevalence rate of burnout, and its associated factors is critical.

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Introduction:-

The effect of Burnout on health care workers is very serious since it affects staff satisfaction and wellbeing, which negatively affect the quality of patient care. Burnout is defined in the International Classification of Diseases (ICD-

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11) as an occupational Phenomenon and not classified as a medical condition. Burnout is defined in ICD-11 as: "Burnout is a syndrome referred as resulting from chronic workplace stress which hasn't been successfully managed. It has three dimensions: feelings of exhaustion or depletion of energy, increased mental distance from one's job, or feelings of negativism or cynicism about one's career, and decreased professional efficacy.

Another definition by Maslach and Jackson (1981) consists of three dimensions: emotional exhaustion, depersonalization, and decreased personal accomplishment. Emotional exhaustion is thought to be the core dimension of Burnout (Maslach et al., 2001), which is linked to depression.

Prolonged exposure to stress is mainly the primary cause of emotional exhaustion (EE), and it's shown through the loss of enthusiasm for work, the feeling of being helpless, trapped, and defeated (Maya Romani et al.). When a physician regards his patients like objects, depersonalization develops, and he develops a negative attitude toward his colleagues and profession. The individual's disengagement from responsibilities and dissociation from the job indicates inefficiency, or a lack of a sense of personal achievement. (Maslach C, Jackson, et al., Schaufeli WB, et al.).

Healthcare workers who develop Burnout may have symptoms such as irritability, anxiety, mood swings, and depression (Aiken LH et al., Gundersen I. et al. Parker PA et al., Shanafelt TD et al., Trufelli DC et al.).

Burnout could lead to physical symptoms including multiple aches and pains, digestive upset, and cardiovascular risks (Dyrbye LN et al., Maslach C et al., Eckleberry-Hunt J et al., Salvagioni DAJ et al.). Studies reported that physicians experiencing burnout are more likely to report job dissatisfaction and intention to leave the medical profession (Williams ES et al.).

Burnout starts at medical school, then continues throughout residency, and finally matures in daily physician practice. Burnout among practicing physicians in a study from the United States, 45.8% of physicians reported at least suffering from one symptom of Burnout (Shanafelt TD et al.).

Another study done in Europe revealed that 43% for emotional exhaustion, 35% for depersonalization, and 32% for low personal accomplishment, while 12% of participants suffered from Burnout in all three dimensions (Soler JK et al.).

These results are compared to other similar studies conducted in Yemen, showing emotional exhaustion prevalence was 63.2% among physicians and 11.7% in all other dimensions. (Al-Dubai AR et al.) and in Qatar, it showed 12.6% were burned out. (Abdulla L et al.)

Here in Saudi Arabia, in Jeddah, two studies were done. The first one done in 2003 showed that the prevalence of Burnout among family medicine residents was 14.8%, and postgraduate physicians were 26.1 %. Emotional exhaustion was noted by 63 % of physicians. Burnout was strongly linked to a lack of family support, supervisor support, and recreational activities (AL-Saiari A. et al.).

The second research, which had a sample size of 373 physicians, was conducted in 2008 with the main goal of determining the prevalence of burnout syndrome among Saudi female physicians solely working at ministry of health facilities in Jeddah city. Burnout occurred 7.3 %. About 66.7 % physicians experienced significant emotional exhaustion, 47.8% had depersonalization, and 33.3 % had a low feeling of personal accomplishment, according to the study. (J. AL-Ahmadi et al.)

Another study done in Riyadh showed 53.5% of respondents scored high for emotional exhaustion, 38.9% for depersonalization, and 28.5% for personal accomplishment, with 2.78% scoring high Burnout in all three dimensions. (Selaihem A. et al.)

Although Burnout has been described in health professionals and has been reported to be common in primary health care doctors, there are few published studies internationally and locally addressing it. Information about the current level of Burnout in PHC doctors working here in Riyadh city is lacking.

This study was conducted to address this crucial topic in regard to PHC physicians in Riyadh, Saudi Arabia's cluster one area. Its aim is to determine the prevalence rate of Burnout, and its associated factors, among health care workers (PHC) in Riyadh health cluster one.

Aim of work

To determine the prevalence rate of burnout, and its associated factors, among primary health care (PHC) staff in Riyadh, Saudi Arabia

Methods:-

This is a cross-sectional study which is conducted in primary health care centers in Riyadh, Saudi Arabia. There are specialized centers distributed in Riyadh under the care of the ministry of health, which are governmental centers and accept everyone.

The specialized centers offer a variety of specialties; family medicine, internist, dermatologist, general surgeons, ob/gyne, and others.

All the PHC staff who give the consent are included in the study, and no sampling method is applied. It is distributed to all available GP, residents, registrars, senior registrars, consultants, nurses. Two forms of a standardized questionnaire Maslach Burnout Inventory—Human Services Survey (MBIHSS) is distributed; one translated Arabic form and an English form. The data is analyzed by using SPSS.

Results:-

The present study concludes a total of 336 PHC staff who responded to the standardized Maslach Burnout Inventory—Human Services Survey (MBIHSS) questionnaire; 222 translated Arabic questionnaires and 114 English questionnaires. The majority of participants were Saudi (89%), and about half of them were residents (46.1%). Table 1 shows the demographic characteristics of the respondents. The description of burnout questionnaire responses of the study participants was summarized in table 2. A high burnout level was found among primary care doctors in cluster one region, Riyadh, Saudi Arabia

The factors significantly affecting the Emotional exhaustion (EE) of the PHC staff are; the position ($P = 0.019$), gender ($P = 0.008$), working hours per week ($P = 0.0$), the degree of job satisfaction ($P = 0.0$), changing the job ($P = 0.0$), planning to leave the job ($P = 0.0$), the salary ($P = 0.005$), having any health problems ($P = 0.008$), mood changes ($P = 0.00$), Depersonalization ($P = 0.0$) and Personal accomplishment (PA) ($P = 0.048$), as shown in table 3.

Table 4 shows the factors affecting Depersonalization (DP) among PHC staff. Working night shifts ($p = 0.028$), the degree of job satisfaction ($P = 0.004$), changing the job ($P = 0.004$), planning to leave the job ($P = 0.006$), mood changes ($p = 0.002$), Personal accomplishment ($P = 0.000$), and Emotional Exhausting ($p = 0.00$) are the factors affecting the DP of PHC staff participants.

Table 5 shows the factors affecting PA among PHC staff. Changing the job ($P = 0.018$), health problems ($p = 0.042$), mood changes ($P = 0.026$), EE ($p = 0.048$), and DP ($P = 0.00$) are the significant factors affecting the personal accomplishment of the study participants.

Discussion:-

Based on the results of this study, a high level of burnout among primary care doctors in Riyadh, Saudi Arabia, was found. Emotional Exhaustion (EE), Depersonalization (DP), and Personal Accomplishment (PA) were the dimensions used to estimate burnout (Maslach and Jackson, 1981).

The current study goal was to investigate the prevalence of burnout and its associated factors among primary care doctors in cluster one region, Riyadh, Saudi Arabia.

The present study included a total of 336 PHC staff who responded to the standardized Maslach Burnout Inventory—Human Services Survey (MBIHSS) questionnaire. The majority of participants were Saudi (89%), and about half of them were residents (46.1%).

Emotional exhaustion (EE) is characterized as a loss of emotional resources (Halbesleben & Buckley, 2004). They further explained that emotionally exhausted workers might experience a lack of adaptive resources and contribute less to the workplace. EE is defined by (Yavas & Babakus, 2011) as feelings of energy depletion as a result of excessive workloads. (Halbesleben JR 2004. Yavas U,2011)

Our results revealed that the factors significantly affecting the Emotional exhaustion (EE) of the PHC staff who participated in our study are; the job position ($P = 0.019$), gender ($P = 0.008$), working hours per week ($P = 0.0$), the degree of job satisfaction ($P = 0.0$), changing the job ($P = 0.0$), planning to leave the job ($P = 0.0$), the salary ($P = 0.005$), having any health problems ($P = 0.008$), mood changes ($P = 0.00$), Depersonalization ($P = 0.0$) and Personal Accomplishment (PA) ($P = 0.048$). In agreement with our results, working hours, a lack of facilities for nurses, a lack of professional development opportunities, and inadequate salaries were all related to job burnout, according to (Almalki et al., 2010). In a study conducted in Arab countries, (Monsalve-Reyes et al., 2018) found that gender, nationality, service duration, working hours, and shift patterns were all strongly related to burnout, which agrees with the findings of our study. Another study by (KILIÇ et al., 2021) supports our findings, stating that the participants directly delivering medical treatment to COVID-19 patients had substantially higher Personal Accomplishment (PA), Emotional Exhaustion (EE), and Depersonalization (D) scores. In contrast to our findings, (Lrago et al., 2018) found that age, hospital management recognition, and monthly salary; were all negatively associated with emotional exhaustion. (Almalki MJ 2012, Monsalve-Reyes C2018, KILIÇ OH2021, Lrago T2018)

Depersonalization (a fall in one's feeling of competence and successful performance), according to Shirom A, is a coping mechanism for tiredness, not the same concept or idea as emotional exhaustion. Our results show that the factors affecting Depersonalization (DP) among PHC staff are; Work night shifts ($p = 0.028$), the degree of job satisfaction ($P = 0.004$), changing the job ($P = 0.004$), planning to leave the job ($P = 0.006$), mood changes ($p = 0.002$), Personal Accomplishment ($P = 0.000$) and Emotional Exhausting ($p = 0.00$). A previous study Depersonalization (a fall in one's feeling of competence and successful performance), according to Shirom (Shirom A, 1989), is a coping mechanism for tiredness, not the same concept or idea as emotional exhaustion. Our results show that the factors affecting Depersonalization (DP) among PHC staff are; Work night shifts ($p = 0.028$), the degree of job satisfaction ($P = 0.004$), changing the job ($P = 0.004$), planning to leave the job ($P = 0.006$), mood changes ($p = 0.002$), Personal Accomplishment ($P = 0.000$) and Emotional Exhausting ($p = 0.00$). A previous study by Bazmi et al. (2019) agrees with our findings that depersonalization was associated with duty shift workers. [Bazmi E,2019]

Personal accomplishment represents the employees' personal qualities rather than their reactions to difficult events; (Koeske et al., 1993, Schaufeli et al., 2004) stated that it may be regarded an individual resource that develops essentially independently of emotional exhaustion and depersonalization. (Koeske1993, Schaufeli2004)

Our study shows that the factors; changing the job ($P = 0.018$), health problems ($p = 0.042$), mood changes ($P = 0.026$), EE ($p = 0.048$), and DP ($P = 0.00$) are the significant factors affecting the personal accomplishment (PA) of the PHC staff. Another study by Ahmed et al. (2020) supports our findings, as it stated that low PA was seen in doctors who were not satisfied with their job, rotating or covering physicians.

Conclusion:-

According to the results of this study, there is a high level of burnout among primary care doctors in Riyadh, Saudi Arabia. Emotional Exhaustion (EE), Depersonalization (DP), and Personal Accomplishment (PA) were the dimensions used to estimate burnout. Our study found that job position, gender, working hours per week, job satisfaction, changing jobs, planning to leave jobs, salary, health issues, mood swings, DP, and PA were all linked to EE among PHC staff members. While, working night shifts, job satisfaction, planning to quit the job, PA, and EE are all elements impacting the DP of PHC staff members. Changing jobs, health problems, mood swings, EE, and DP are all important factors influencing research participants' PA. Additional research is needed to investigate this issue in-depth, determine the reasons, and develop a strategy to prevent, diagnose, and cure burnout among PHC physicians.

Tables:-

Table (1):- Description of all studied variables.

	Description (n=226)
Group	

English	114 (33.9)
Arabic	222 (66.1)
What is your Position?	
GP	15 (4.5)
Resident	155 (46.1)
registrar	33 (9.8)
senior registrar	10 (3)
consultant	15 (4.5)
nurse	67 (19.9)
pharmacist	25 (7.4)
administrative work	8 (2.4)
Others	8 (2.4)
gender	
Male	156 (46.4)
Female	180 (53.6)
Marital state:	
Single	160 (47.6)
Married	168 (50)
Divorced	7 (2.1)
Widow	1 (0.3)
Nationality	
Saudi	299 (89)
Non-Saudi	37 (11)
Age	
20-30	184 (54.8)
31-40	104 (31)
41-50	35 (10.4)
51-60	10 (3)
60+	3 (0.9)
How many years you have been worked?	
1-5	198 (58.9)
6-10	57 (17)
11-15	42 (12.5)
16-20	17 (5.1)
20+	22 (6.5)
How many working hours you work per a week?	
<30 hrs	59 (17.6)
30-40	166 (49.4)
41-50	83 (24.7)
51-60	13 (3.9)
60+	15 (4.5)
How many patients you have per a week?	
<20	53 (15.8)
21-40	69 (20.5)
41-60	62 (18.5)
61-80	38 (11.3)
>80	103 (30.7)
I don't see patient	11 (3.3)
Do you work night shifts?	
Yes	106 (31.5)
No	230 (68.5)
Are you work at weekend's days?	
Yes	112 (33.3)

No	224 (66.7)
How many days were you off work on sick leave last year?	
0-7 days	291 (86.6)
8-14 days	32 (9.5)
15-30 days	13 (3.9)
How satisfied are you with your current job?	
extremely satisfied	47 (14)
satisfied	102 (30.4)
somewhat satisfied	101 (30.1)
somewhat dissatisfied	53 (15.8)
dissatisfied	20 (6)
extremely dissatisfied	13 (3.9)
Have you seriously considered changing your job at least once over?	
Yes	199 (59.2)
No	137 (40.8)
Do you plan to leave your job?	
Yes	111 (33)
No	225 (67)
Are you Smoking?	
Yes	53 (15.8)
No	283 (84.2)
Do you smoke tobacco or shisha?	
tobacco	24 (45.3)
shisha	29 (54.7)
Has your consumption of tobacco increased last year?	
Yes	33 (62.3)
No	20 (37.7)
Are you Exercising?	
Yes	161 (47.9)
No	175 (52.1)
How much Salary you gain?	
5-7 KSR	16 (4.8)
8-10 KSR	40 (11.9)
11-13 KSR	52 (15.5)
14-16 KSR	97 (28.9)
17 KSR+	131 (39)
What is your living House type?	
rental	182 (54.2)
owned	154 (45.8)
Do you have any health problem?	
Yes	81 (24.1)
No	255 (75.9)
Are you suffering from different mood changes?	
Yes	206 (61.3)
No	130 (38.7)
Did you visit psychiatrist?	
Yes	34 (16.5)
No	172 (83.5)
Did you diagnosed of depression?	
Yes	37 (18)
No	169 (82)
Are you taking any psychoactive medication in the last year?	
Yes	33 (16)

No	173 (84)
Emotional exhaustion (EE)	
Low degree	83 (28.3)
Moderate degree	94 (32.1)
High degree	116 (39.6)
Depersonalization (DP)	
Low degree	107 (36.5)
Moderate degree	118 (40.3)
High degree	68 (23.2)
Physical activity (PA)	
Low degree	102 (34.8)
Moderate degree	109 (37.2)
High degree	82 (28)

Table 2:- Description of burn out questionnaire.

	Never	A few times a year or less.	Once a month or less.	A few times a month.	Once a week.	A few times a week.	Every day.
1- I feel emotionally drained from hospital work.	33 (11.3)	64 (21.8)	31 (10.6)	55 (18.8)	31 (10.6)	46 (15.7)	33 (11.3)
2- I feel used up at the end of the workday.	18 (6.1)	49 (16.7)	36 (12.3)	47 (16)	23 (7.8)	61 (20.8)	59 (20.1)
3- I feel fatigued when I get up in the morning and have to face another day on the hospital.	24 (8.2)	41 (14)	29 (9.9)	41 (14)	31 (10.6)	67 (22.9)	60 (20.5)
4- I can easily understand how many patients feel about things.	11 (3.8)	12 (4.1)	13 (4.4)	21 (7.2)	18 (6.1)	82 (28)	136 (46.4)
5- I feel I treat some patients as if they were impersonal objects.	169 (57.7)	39 (13.3)	20 (6.8)	26 (8.9)	8 (2.7)	14 (4.8)	17 (5.8)
6- Working with people all day is really a strain for me.	79 (27)	39 (13.3)	29 (9.9)	49 (16.7)	28 (9.6)	36 (12.3)	33 (11.3)
7- I deal very effectively with the problems of my patients.	15 (5.1)	10 (3.4)	15 (5.1)	16 (5.5)	18 (6.1)	61 (20.8)	158 (53.9)
8- I feel burned out from my work.	21 (7.2)	46 (15.7)	31 (10.6)	49 (16.7)	25 (8.5)	77 (26.3)	44 (15)
9- I feel I am positively influencing other people's lives through my work.	13 (4.4)	20 (6.8)	15 (5.1)	32 (10.9)	27 (9.2)	65 (22.2)	121 (41.3)
10- I have become more callous towards people since I took job.	118 (40.3)	40 (13.7)	31 (10.6)	45 (15.4)	25 (8.5)	22 (7.5)	12 (4.1)
11- I worry that this job is hardening me emotionally.	106 (36.2)	47 (16)	24 (8.2)	49 (16.7)	18 (6.1)	21 (7.2)	28 (9.6)
12- I feel energetic.	24 (8.2)	23 (7.8)	35 (11.9)	53 (18.1)	36 (12.3)	84 (28.7)	38 (13)
13- I feel frustrated by my job.	79 (27)	52 (17.7)	31 (10.6)	49 (16.7)	28 (9.6)	32 (10.9)	22 (7.5)

14- I feel I am working too hard on my job.	29 (9.9)	35 (11.9)	31 (10.6)	52 (17.7)	26 (8.9)	54 (18.4)	66 (22.5)
15- I do not really care what happens to some patients.	190 (64.8)	45 (15.4)	9 (3.1)	27 (9.2)	7 (2.4)	9 (3.1)	6 (2)
16- Working with people directly puts too much stress on me.	67 (22.9)	48 (16.4)	37 (12.6)	39 (13.3)	28 (9.6)	35 (11.9)	39 (13.3)
17- I can easily create a relaxed atmosphere with my patients.	14 (4.8)	16 (5.5)	19 (6.5)	33 (11.3)	29 (9.9)	84 (28.7)	98 (33.4)
18- I feel exhilarated after working closely with my patients.	26 (8.9)	21 (7.2)	17 (5.8)	35 (11.9)	29 (9.9)	61 (20.8)	104 (35.5)
19- I have accomplished many worthwhile things in this job.	17 (5.8)	26 (8.9)	23 (7.8)	37 (12.6)	37 (12.6)	68 (23.2)	85 (29)
20- I feel like I am at the end of my rope.	102 (34.8)	51 (17.4)	17 (5.8)	44 (15)	21 (7.2)	30 (10.2)	28 (9.6)
21- In my work, I deal with emotional problems very calmly.	18 (6.1)	20 (6.8)	25 (8.5)	59 (20.1)	22 (7.5)	65 (22.2)	84 (28.7)
22- I feel patients blame me for some of their health problems.	105 (35.8)	62 (21.2)	31 (10.6)	40 (13.7)	17 (5.8)	22 (7.5)	16 (5.5)

Table 3:- Factors affecting EE.

	EE			P value
	Low degree	Moderate degree	High degree	
Group				
English	34 (41)	32 (34)	32 (27.6)	0.141
Arabic	49 (59)	62 (66)	84 (72.4)	
What is your Position?				
GP	1 (1.2)	8 (8.5)	5 (4.3)	0.019
Resident	55 (66.3)	43 (45.7)	44 (37.9)	
registrar	7 (8.4)	8 (8.5)	11 (9.5)	
senior registrar	1 (1.2)	3 (3.2)	4 (3.4)	
consultant	3 (3.6)	5 (5.3)	5 (4.3)	
nurse	7 (8.4)	18 (19.1)	31 (26.7)	
pharmacist	3 (3.6)	8 (8.5)	10 (8.6)	
administrative work	4 (4.8)	1 (1.1)	3 (2.6)	
Others	2 (2.4)	0 (0)	3 (2.6)	
gender				
Male	50 (60.2)	45 (47.9)	44 (37.9)	0.008
Female	33 (39.8)	49 (52.1)	72 (62.1)	
Marital state:				
Single	39 (47)	46 (48.9)	58 (50)	0.885
Married	43 (51.8)	46 (48.9)	54 (46.6)	
Divorced	1 (1.2)	2 (2.1)	3 (2.6)	
Widow	0 (0)	0 (0)	1 (0.9)	
Nationality				
Saudi	74 (89.2)	86 (91.5)	106 (91.4)	0.832
Non-Saudi	9 (10.8)	8 (8.5)	10 (8.6)	
Age				
20-30	47 (56.6)	57 (60.6)	60 (51.7)	0.591
31-40	24 (28.9)	27 (28.7)	42 (36.2)	
41-50	7 (8.4)	8 (8.5)	12 (10.3)	
51-60	4 (4.8)	1 (1.1)	2 (1.7)	
60+	1 (1.2)	1 (1.1)	0 (0)	
How many years you have been worked?				

1-5	52 (62.7)	58 (61.7)	70 (60.3)	0.053
6-10	13 (15.7)	23 (24.5)	10 (8.6)	
11-15	9 (10.8)	6 (6.4)	19 (16.4)	
16-20	4 (4.8)	3 (3.2)	8 (6.9)	
20+	5 (6)	4 (4.3)	9 (7.8)	
How many working hours you work per a week?				
<30 hrs	20 (24.1)	22 (23.4)	12 (10.3)	0.000
30-40	46 (55.4)	52 (55.3)	49 (42.2)	
41-50	15 (18.1)	17 (18.1)	37 (31.9)	
51-60	2 (2.4)	1 (1.1)	6 (5.2)	
60+	0 (0)	2 (2.1)	12 (10.3)	
How many patients you have per a week?				
<20	16 (19.3)	17 (18.1)	16 (13.8)	0.080
21-40	22 (26.5)	25 (26.6)	18 (15.5)	
41-60	18 (21.7)	20 (21.3)	21 (18.1)	
61-80	10 (12)	9 (9.6)	12 (10.3)	
>80	14 (16.9)	20 (21.3)	46 (39.7)	
I don't see patient	3 (3.6)	3 (3.2)	3 (2.6)	
Do you work night shifts?				
Yes	20 (24.1)	27 (28.7)	44 (37.9)	0.096
No	63 (75.9)	67 (71.3)	72 (62.1)	
Are you work at weekend's days?				
Yes	23 (27.7)	25 (26.6)	47 (40.5)	0.056
No	60 (72.3)	69 (73.4)	69 (59.5)	
How many days were you off work on sick leave last year?				
0-7 days	75 (90.4)	77 (81.9)	104 (89.7)	0.422
8-14 days	6 (7.2)	12 (12.8)	8 (6.9)	
15-30 days	2 (2.4)	5 (5.3)	4 (3.4)	
How satisfied are you with your current job?				
extremely satisfied	22 (26.5)	10 (10.6)	4 (3.4)	0.000
satisfied	40 (48.2)	30 (31.9)	23 (19.8)	
somewhat satisfied	15 (18.1)	34 (36.2)	36 (31)	
somewhat dissatisfied	6 (7.2)	12 (12.8)	31 (26.7)	
dissatisfied	0 (0)	6 (6.4)	14 (12.1)	
extremely dissatisfied	0 (0)	2 (2.1)	8 (6.9)	
Have you seriously considered changing your job at least once over?				
Yes	28 (33.7)	52 (55.3)	94 (81)	0.000
No	55 (66.3)	42 (44.7)	22 (19)	
Do you plan to leave your job?				
Yes	10 (12)	29 (30.9)	55 (47.4)	0.000
No	73 (88)	65 (69.1)	61 (52.6)	
Are you Smoking?				
Yes	13 (15.7)	11 (11.7)	22 (19)	0.355
No	70 (84.3)	83 (88.3)	94 (81)	
Do you smoke tobacco or shisha?				
tobacco	3 (23.1)	6 (54.5)	13 (59.1)	0.105
shisha	10 (76.9)	5 (45.5)	9 (40.9)	
Has your consumption of tobacco increased last year?				
Yes	6 (46.2)	8 (72.7)	15 (68.2)	0.319
No	7 (53.8)	3 (27.3)	7 (31.8)	
Are you Exercising?				
Yes	42 (50.6)	52 (55.3)	53 (45.7)	0.380
No	41 (49.4)	42 (44.7)	63 (54.3)	

How much Salary you gain?				
5-7 KSR	1 (1.2)	4 (4.3)	8 (6.9)	0.005
8-10 KSR	2 (2.4)	14 (14.9)	17 (14.7)	
11-13 KSR	10 (12)	16 (17)	19 (16.4)	
14-16 KSR	35 (42.2)	18 (19.1)	31 (26.7)	
17 KSR+	35 (42.2)	42 (44.7)	41 (35.3)	
What is your living House type?				
rental	40 (48.2)	58 (61.7)	57 (49.1)	0.115
owned	43 (51.8)	36 (38.3)	59 (50.9)	
Do you have any health problem?				
Yes	13 (15.7)	21 (22.3)	40 (34.5)	0.008
No	70 (84.3)	73 (77.7)	76 (65.5)	
Are you suffering from different mood changes?				
Yes	38 (45.8)	58 (61.7)	93 (80.2)	0.000
No	45 (54.2)	36 (38.3)	23 (19.8)	
Did you visit psychiatrist?				
Yes	3 (7.9)	11 (19)	18 (19.4)	0.251
No	35 (92.1)	47 (81)	75 (80.6)	
Did you diagnosed of depression?				
Yes	4 (10.5)	8 (13.8)	22 (23.7)	0.125
No	34 (89.5)	50 (86.2)	71 (76.3)	
Are you taking any psychoactive medication in the last year?				
Yes	6 (15.8)	8 (13.8)	17 (18.3)	0.764
No	32 (84.2)	50 (86.2)	76 (81.7)	
DP				
Low degree	51 (61.4)	29 (30.9)	27 (23.3)	0.000
Moderate degree	31 (37.3)	44 (46.8)	43 (37.1)	
High degree	1 (1.2)	21 (22.3)	46 (39.7)	
PA				
Low degree	35 (42.2)	36 (38.3)	31 (26.7)	0.048
Moderate degree	24 (28.9)	30 (31.9)	55 (47.4)	
High degree	24 (28.9)	28 (29.8)	30 (25.9)	

Table 4:- Factors affecting DP.

	DP			
	Low degree	Moderate degree	High degree	P value
Group				
English	29 (27.1)	42 (35.6)	27 (39.7)	0.185
Arabic	78 (72.9)	76 (64.4)	41 (60.3)	
What is your Position?				
GP	5 (4.7)	7 (5.9)	2 (2.9)	0.388
Resident	57 (53.3)	50 (42.4)	35 (51.5)	
registrar	12 (11.2)	11 (9.3)	3 (4.4)	
senior registrar	4 (3.7)	1 (0.8)	3 (4.4)	
consultant	5 (4.7)	7 (5.9)	1 (1.5)	
nurse	14 (13.1)	29 (24.6)	13 (19.1)	
pharmacist	6 (5.6)	9 (7.6)	6 (8.8)	
administrative work	2 (1.9)	2 (1.7)	4 (5.9)	
Others	2 (1.9)	2 (1.7)	1 (1.5)	
gender				
Male	50 (46.7)	52 (44.1)	37 (54.4)	0.390
Female	57 (53.3)	66 (55.9)	31 (45.6)	

Marital state:				
Single	54 (50.5)	51 (43.2)	38 (55.9)	0.568
Married	50 (46.7)	64 (54.2)	29 (42.6)	
Divorced	3 (2.8)	2 (1.7)	1 (1.5)	
Widow	0 (0)	1 (0.8)	0 (0)	
Nationality				
Saudi	92 (86)	109 (92.4)	65 (95.6)	0.075
Non-Saudi	15 (14)	9 (7.6)	3 (4.4)	
Age				
20-30	60 (56.1)	58 (49.2)	46 (67.6)	0.094
31-40	34 (31.8)	41 (34.7)	18 (26.5)	
41-50	7 (6.5)	16 (13.6)	4 (5.9)	
51-60	4 (3.7)	3 (2.5)	0 (0)	
60+	2 (1.9)	0 (0)	0 (0)	
How many years you have been worked?				
1-5	66 (61.7)	63 (53.4)	51 (75)	0.101
6-10	18 (16.8)	22 (18.6)	6 (8.8)	
11-15	15 (14)	14 (11.9)	5 (7.4)	
16-20	2 (1.9)	10 (8.5)	3 (4.4)	
20+	6 (5.6)	9 (7.6)	3 (4.4)	
How many working hours you work per a week?				
<30 hrs	26 (24.3)	20 (16.9)	8 (11.8)	0.103
30-40	56 (52.3)	59 (50)	32 (47.1)	
41-50	17 (15.9)	33 (28)	19 (27.9)	
51-60	4 (3.7)	1 (0.8)	4 (5.9)	
60+	4 (3.7)	5 (4.2)	5 (7.4)	
How many patients you have per a week?				
<20	18 (16.8)	19 (16.1)	12 (17.6)	0.621
21-40	25 (23.4)	28 (23.7)	12 (17.6)	
41-60	26 (24.3)	20 (16.9)	13 (19.1)	
61-80	11 (10.3)	10 (8.5)	10 (14.7)	
>80	23 (21.5)	39 (33.1)	18 (26.5)	
I don't see patient	4 (3.7)	2 (1.7)	3 (4.4)	
Do you work night shifts?				
Yes	30 (28)	31 (26.3)	30 (44.1)	0.028
No	77 (72)	87 (73.7)	38 (55.9)	
Are you work at weekend's days?				
Yes	32 (29.9)	33 (28)	30 (44.1)	0.060
No	75 (70.1)	85 (72)	38 (55.9)	
How many days were you off work on sick leave last year?				
0-7 days	96 (89.7)	103 (87.3)	57 (83.8)	0.686
8-14 days	9 (8.4)	10 (8.5)	7 (10.3)	
15-30 days	2 (1.9)	5 (4.2)	4 (5.9)	
How satisfied are you with your current job?				
extremely satisfied	20 (18.7)	10 (8.5)	6 (8.8)	0.004
satisfied	43 (40.2)	34 (28.8)	16 (23.5)	
somewhat satisfied	27 (25.2)	38 (32.2)	20 (29.4)	
somewhat dissatisfied	13 (12.1)	24 (20.3)	12 (17.6)	
dissatisfied	3 (2.8)	9 (7.6)	8 (11.8)	
extremely dissatisfied	1 (0.9)	3 (2.5)	6 (8.8)	
Have you seriously considered changing your job at least once over?				
Yes	50 (46.7)	79 (66.9)	45 (66.2)	0.004
No	57 (53.3)	39 (33.1)	23 (33.8)	

Do you plan to leave your job?				
Yes	22 (20.6)	45 (38.1)	27 (39.7)	0.006
No	85 (79.4)	73 (61.9)	41 (60.3)	
Are you Smoking?				
Yes	13 (12.1)	18 (15.3)	15 (22.1)	0.211
No	94 (87.9)	100 (84.7)	53 (77.9)	
Do you smoke tobacco or shisha?				
tobacco	6 (46.2)	7 (38.9)	9 (60)	0.477
shisha	7 (53.8)	11 (61.1)	6 (40)	
Has your consumption of tobacco increased last year?				
Yes	5 (38.5)	13 (72.2)	11 (73.3)	0.095
No	8 (61.5)	5 (27.8)	4 (26.7)	
Are you Exercising?				
Yes	53 (49.5)	60 (50.8)	34 (50)	0.980
No	54 (50.5)	58 (49.2)	34 (50)	
How much Salary you gain?				
5-7 KSR	4 (3.7)	6 (5.1)	3 (4.4)	0.227
8-10 KSR	8 (7.5)	15 (12.7)	10 (14.7)	
11-13 KSR	18 (16.8)	13 (11)	14 (20.6)	
14-16 KSR	38 (35.5)	34 (28.8)	12 (17.6)	
17 KSR+	39 (36.4)	50 (42.4)	29 (42.6)	
What is your living House type?				
rental	58 (54.2)	62 (52.5)	35 (51.5)	0.935
owned	49 (45.8)	56 (47.5)	33 (48.5)	
Do you have any health problem?				
Yes	26 (24.3)	32 (27.1)	16 (23.5)	0.829
No	81 (75.7)	86 (72.9)	52 (76.5)	
Are you suffering from different mood changes?				
Yes	59 (55.1)	75 (63.6)	55 (80.9)	0.002
No	48 (44.9)	43 (36.4)	13 (19.1)	
Did you visit psychiatrist?				
Yes	9 (15.3)	12 (16)	11 (20)	0.766
No	50 (84.7)	63 (84)	44 (80)	
Did you diagnosed of depression?				
Yes	9 (15.3)	12 (16)	13 (23.6)	0.430
No	50 (84.7)	63 (84)	42 (76.4)	
Are you taking any psychoactive medication in the last year?				
Yes	9 (15.3)	11 (14.7)	11 (20)	0.691
No	50 (84.7)	64 (85.3)	44 (80)	
EE				
Low degree	51 (47.7)	31 (26.3)	1 (1.5)	0.000
Moderate degree	29 (27.1)	44 (37.3)	21 (30.9)	
High degree	27 (25.2)	43 (36.4)	46 (67.6)	
PA				
Low degree	27 (25.2)	46 (39)	29 (42.6)	0.000
Moderate degree	32 (29.9)	47 (39.8)	30 (44.1)	
High degree	48 (44.9)	25 (21.2)	9 (13.2)	

Table 5:- Factors affecting PA.

	PA			
	Low degree	Moderate degree	High degree	P value
Group				

English	45 (44.1)	35 (32.1)	18 (22)	0.006
Arabic	57 (55.9)	74 (67.9)	64 (78)	
What is your Position?				
GP	7 (6.9)	4 (3.7)	3 (3.7)	0.174
Resident	59 (57.8)	49 (45)	34 (41.5)	
registrar	5 (4.9)	10 (9.2)	11 (13.4)	
senior registrar	3 (2.9)	4 (3.7)	1 (1.2)	
consultant	2 (2)	6 (5.5)	5 (6.1)	
nurse	14 (13.7)	25 (22.9)	17 (20.7)	
pharmacist	8 (7.8)	8 (7.3)	5 (6.1)	
administrative work	3 (2.9)	3 (2.8)	2 (2.4)	
Others	1 (1)	0 (0)	4 (4.9)	
gender				
Male	57 (55.9)	45 (41.3)	37 (45.1)	0.093
Female	45 (44.1)	64 (58.7)	45 (54.9)	
Marital state:				
Single	54 (52.9)	53 (48.6)	36 (43.9)	0.167
Married	48 (47.1)	50 (45.9)	45 (54.9)	
Divorced	0 (0)	5 (4.6)	1 (1.2)	
Widow	0 (0)	1 (0.9)	0 (0)	
Nationality				
Saudi	94 (92.2)	100 (91.7)	72 (87.8)	0.543
Non-Saudi	8 (7.8)	9 (8.3)	10 (12.2)	
Age				
20-30	62 (60.8)	65 (59.6)	37 (45.1)	0.557
31-40	30 (29.4)	30 (27.5)	33 (40.2)	
41-50	8 (7.8)	10 (9.2)	9 (11)	
51-60	2 (2)	3 (2.8)	2 (2.4)	
60+	0 (0)	1 (0.9)	1 (1.2)	
How many years you have been worked?				
1-5	67 (65.7)	70 (64.2)	43 (52.4)	0.081
6-10	19 (18.6)	15 (13.8)	12 (14.6)	
11-15	8 (7.8)	9 (8.3)	17 (20.7)	
16-20	5 (4.9)	7 (6.4)	3 (3.7)	
20+	3 (2.9)	8 (7.3)	7 (8.5)	
How many working hours you work per a week?				
<30 hrs	23 (22.5)	18 (16.5)	13 (15.9)	0.926
30-40	49 (48)	53 (48.6)	45 (54.9)	
41-50	23 (22.5)	29 (26.6)	17 (20.7)	
51-60	3 (2.9)	3 (2.8)	3 (3.7)	
60+	4 (3.9)	6 (5.5)	4 (4.9)	
How many patients you have per a week?				
<20	20 (19.6)	21 (19.3)	8 (9.8)	0.363
21-40	24 (23.5)	23 (21.1)	18 (22)	
41-60	25 (24.5)	18 (16.5)	16 (19.5)	
61-80	8 (7.8)	12 (11)	11 (13.4)	
>80	21 (20.6)	31 (28.4)	28 (34.1)	
I don't see patient	4 (3.9)	4 (3.7)	1 (1.2)	
Do you work night shifts?				
Yes	27 (26.5)	42 (38.5)	22 (26.8)	0.104
No	75 (73.5)	67 (61.5)	60 (73.2)	
Are you work at weekend's days?				
Yes	32 (31.4)	43 (39.4)	20 (24.4)	0.085

No	70 (68.6)	66 (60.6)	62 (75.6)	
How many days were you off work on sick leave last year?				
0-7 days	85 (83.3)	95 (87.2)	76 (92.7)	0.082
8-14 days	14 (13.7)	7 (6.4)	5 (6.1)	
15-30 days	3 (2.9)	7 (6.4)	1 (1.2)	
How satisfied are you with your current job?				
extremely satisfied	9 (8.8)	12 (11)	15 (18.3)	0.186
satisfied	30 (29.4)	31 (28.4)	32 (39)	
somewhat satisfied	34 (33.3)	31 (28.4)	20 (24.4)	
somewhat dissatisfied	19 (18.6)	20 (18.3)	10 (12.2)	
dissatisfied	5 (4.9)	12 (11)	3 (3.7)	
extremely dissatisfied	5 (4.9)	3 (2.8)	2 (2.4)	
Have you seriously considered changing your job at least once over?				
Yes	65 (63.7)	71 (65.1)	38 (46.3)	0.018
No	37 (36.3)	38 (34.9)	44 (53.7)	
Do you plan to leave your job?				
Yes	39 (38.2)	36 (33)	19 (23.2)	0.090
No	63 (61.8)	73 (67)	63 (76.8)	
Are you Smoking?				
Yes	21 (20.6)	13 (11.9)	12 (14.6)	0.214
No	81 (79.4)	96 (88.1)	70 (85.4)	
Do you smoke tobacco or shisha?				
tobacco	7 (33.3)	9 (69.2)	6 (50)	0.124
shisha	14 (66.7)	4 (30.8)	6 (50)	
Has your consumption of tobacco increased last year?				
Yes	12 (57.1)	9 (69.2)	8 (66.7)	0.743
No	9 (42.9)	4 (30.8)	4 (33.3)	
Are you Exercising?				
Yes	47 (46.1)	57 (52.3)	43 (52.4)	0.592
No	55 (53.9)	52 (47.7)	39 (47.6)	
How much Salary you gain?				
5-7 KSR	7 (6.9)	4 (3.7)	2 (2.4)	0.279
8-10 KSR	11 (10.8)	14 (12.8)	8 (9.8)	
11-13 KSR	13 (12.7)	12 (11)	20 (24.4)	
14-16 KSR	28 (27.5)	35 (32.1)	21 (25.6)	
17 KSR+	43 (42.2)	44 (40.4)	31 (37.8)	
What is your living House type?				
rental	56 (54.9)	56 (51.4)	43 (52.4)	0.873
owned	46 (45.1)	53 (48.6)	39 (47.6)	
Do you have any health problem?				
Yes	17 (16.7)	34 (31.2)	23 (28)	0.042
No	85 (83.3)	75 (68.8)	59 (72)	
Are you suffering from different mood changes?				
Yes	70 (68.6)	76 (69.7)	43 (52.4)	0.026
No	32 (31.4)	33 (30.3)	39 (47.6)	
Did you visit psychiatrist?				
Yes	12 (17.1)	13 (17.1)	7 (16.3)	0.992
No	58 (82.9)	63 (82.9)	36 (83.7)	
Did you diagnosed of depression?				
Yes	13 (18.6)	13 (17.1)	8 (18.6)	0.967
No	57 (81.4)	63 (82.9)	35 (81.4)	
Are you taking any psychoactive medication in the last year?				

Yes	9 (12.9)	13 (17.1)	9 (20.9)	0.519
No	61 (87.1)	63 (82.9)	34 (79.1)	
EE				
Low degree	35 (34.3)	24 (22)	24 (29.3)	0.048
Moderate degree	36 (35.3)	30 (27.5)	28 (34.1)	
High degree	31 (30.4)	55 (50.5)	30 (36.6)	
DP				
Low degree	27 (26.5)	32 (29.4)	48 (58.5)	0.000
Moderate degree	46 (45.1)	47 (43.1)	25 (30.5)	
High degree	29 (28.4)	30 (27.5)	9 (11)	

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