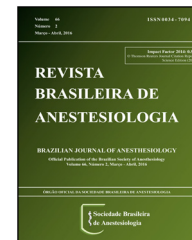




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## SCIENTIFIC ARTICLE

# Association between burnout syndrome and anxiety in residents and anesthesiologists of the Federal District

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### KEYWORDS

Burnout syndrome;  
Anxiety;  
Anesthesia;  
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### Abstract

**Background and objective:** There is a shortage of studies addressing the association between burnout syndrome and anxiety among anesthesiologists. Identifying the relationship between these two conditions is of fundamental importance for the prevention, follow-up, and treatment of the professionals. Thus, we evaluated the association between burnout syndrome and anxiety in anesthesiologists and residents of anesthesiology in the Federal District.

**Method:** A cross-sectional study using a convenience sample of residents and anesthesiologists from the Federal District. The correlation between State Trait Anxiety Inventory and Burnout Syndrome (Maslach Burnout Inventory) was tested using multiple linear regression analysis, considering a significance level of 5%.

**Results:** Of the 78 completed forms, there were predominance of males (57.69%), mean age of  $42 \pm 9.7$  years for anesthesiologists and  $30 \pm 2.9$  years for residents. Burnout syndrome had a prevalence of 2.43% among anesthesiologists and 2.70% among resident physicians, while a high risk for its manifestation was 21.95% in anesthesiologists and 29.72% in resident physicians. There was a correlation between state-anxiety and the variables burnout emotional exhaustion, burnout depersonalization, and trait-anxiety. Regarding trait-anxiety, there was no statistically significant correlation with other variables.

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## PALAVRAS-CHAVE

Síndrome de *burnout*;  
Ansiedade;  
Anestesia;  
Anestesiologia

**Conclusions:** There is association between state-anxiety and the emotional exhaustion dimensions of burnout, burnout depersonalization, and trait-anxiety. The occurrence of anxiety can negatively influence the way the individual faces daily stressors, which may be related to the use of ineffective strategies to cope with stress.

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## Associação entre síndrome de *burnout* e ansiedade em residentes e anestesiólogos do Distrito Federal

### Resumo

**Justificativa e objetivo:** Existe escassez de estudos sobre a associação entre a síndrome de *burnout* e ansiedade entre anestesiólogos. A identificação da relação entre as duas condições é de fundamental importância para a prevenção, o acompanhamento e tratamento dos profissionais. Assim, foi avaliada a associação entre síndrome de *burnout* e ansiedade nos anestesiólogos e residentes em anestesiologia do Distrito Federal.

**Método:** Estudo de corte transversal que usou amostra por conveniência composta por residentes e anestesiólogos do Distrito Federal. Correlação entre ansiedade (*State Trait Anxiety Inventory*) e síndrome de *burnout* (*Maslach burnout Inventory*) foi testada a partir da análise de regressão linear múltipla, considerou-se nível de significância de 5%.

**Resultados:** Dos 78 formulários respondidos, houve predominância de indivíduos do sexo masculino (57,69%), com média de  $42 \pm 9,7$  anos para os anestesiólogos e de  $30 \pm 2,9$  anos para os residentes. A síndrome de *burnout* apresentou prevalência de 2,43% entre os anestesiólogos e 2,70% entre médicos residentes, enquanto alto risco para sua manifestação nos anestesiólogos foi de 21,95% e para médicos residentes, de 29,72%. Observou-se correlação entre ansiedade-estado e as variáveis exaustão emocional de *burnout*, despersonalização de *burnout* e ansiedade-traço. Em relação à ansiedade-traço não houve correlação estatisticamente significativa com as demais variáveis.

**Conclusão:** Existe associação entre ansiedade-estado e as dimensões exaustão emocional de *burnout*, despersonalização de *burnout* e ansiedade-traço. A ocorrência de ansiedade pode influenciar negativamente a maneira como o indivíduo enfrenta os fatores estressores cotidianos, o que pode estar relacionado ao uso de ineficazes estratégias de enfrentamento diante do estresse.

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## Introduction

Work-related emotional exhaustion, also known as burnout syndrome, is characterized by emotional exhaustion, depersonalization, and decreased professional achievement, more common among individuals who deal with people at work.<sup>1</sup>

Emotional exhaustion is related to reduction of internal emotional resources, caused by interpersonal demands. Depersonalization reflects the development of cold, negative and insensitive attitudes toward the recipients of a service rendered. The sense of decreased professional achievement shows that people suffering from burnout syndrome tend to believe that their professional goals have not been met and experience a sense of inadequacy and low professional self-esteem.<sup>1,2</sup>

In the medical field, including anesthesiology, burnout syndrome is related to physical and mental exhaustion, lack

of energy, cold and impersonal contact with patients, attitudes of cynicism, irony and indifference, dissatisfaction with work, low self-esteem, lack of motivation, and desire to leave the job. It is due to work shifts, sleep deprivation, long working hours, incomplete or impaired staff, constant exposure to risk, time pressure and urgency, and dealing with suffering and death.<sup>3,4</sup> The syndrome is considered an occupational disease that affects the professional performance of anesthesiologists.<sup>4</sup>

Symptoms of anxiety often occur in chronic occupational diseases, causing a high degree of personal, social, and occupational dysfunction. The prevalence of anxiety among physicians ranges from 18% to 35%.<sup>5</sup>

Current models of anxiety have as their starting point the dichotomy: stimulus-oriented anxiety versus anxiety as a response. In the first hypothesis, anxiety is seen as a response to a specific stimulus (situations, thoughts, and emotions), while in the second, anxiety is explored as

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