





# Burnout Syndrome in medical internship students and its prevention with Balint Group

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<http://dx.doi.org/10.1590/1806-9282.65.11.1362>

## SUMMARY

**BACKGROUND:** We intend to estimate the Burnout Syndrome prevalence and its associated factors among medical internship students at a public university in northeastern Brazil, besides investigating the Balint Group (BG) contribution in its prevention.

**METHODS:** We conducted a cross-sectional study in February/2018 with Medical Internship Students at the University researched. We applied a structured questionnaire developed by the authors about socio-demographic data, educational process with BG participation, and current psycho-emotional experiences, in addition to the Maslach Burnout Inventory – Student Survey (MBI-SS), for Burnout Syndrome screening. We performed descriptive data analysis, logistic regression, and cluster analysis.

**RESULTS:** A total of 184 students (98%) participated in the study, with a mean age of 25.9±3.9 years, of which 54.9% were men. The prevalence of Burnout Syndrome was 70.3% based on the three-dimensional criterion and 35.9% on two-dimensional criterion (Exhaustion and Cynicism); it was higher in those who thought about quitting the program (OR=2.34), were dissatisfied with the teaching strategies (OR=2.67) and their performance (OR=2.64) and made use of licit drugs (OR=2.37). The variables associated with Burnout Syndrome allowed individuals to be discriminated, classifying them into three subgroups. Burnout Syndrome prevalence decreased, and vulnerability factors were attenuated when there was a higher frequency of students participating in BG.

**CONCLUSIONS:** The prevalence of two-dimensional Burnout Syndrome was high, with factors associated with the educational process. Participation in BG was associated with a lower Burnout rate prevalence. Longitudinal studies should be conducted.

**KEYWORDS:** Students, Medical, Burnout, Psychological, Mental health, Education, Medical.

## INTRODUCTION

Medical training is quite complex, because important stressors, such as daily dealing with pain and death, associated with factors related to the personality of students, can contribute to mental health aggravations that are not always investigated during

the program, such as Burnout Syndrome. This psychic manifestation of occupational stress is defined as a response, even though inadequate, to chronic stressors of the work/study environment<sup>1</sup>.

Burnout may be described in students based on

DATE OF SUBMISSION: 04-Apr-2019

DATE OF ACCEPTANCE: 11-Jun-2019

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# Balint Method As A Way To Prevent Burnout Syndrome In

**Andrew Molodynski, Sarah Marie  
Farrell, Dinesh Bhugra**



## **Balint Method As A Way To Prevent Burnout Syndrome In:**

**Co-Teaching - Everyday Life or Terra Incognita of Contemporary Education?** Beata Piłula, Mirosław Kowalski, 2022-11-14 Following Dawid Juraszek's statement that education is in a way a conversation face to face in the ether in black and white the contributors representing various scientific disciplines and various scientific centers in Poland and the Czech Republic have started a discussion on co-teaching as a proposal for the school university work in the next decade of the 21st century hoping that the thoughts contained herein will prove helpful to all critically thinking and continuously improving teachers academic staff and candidates for the profession The publication consists of four interrelated parts 1 teacher creator and implementer 2 co-teaching in the educational practice of schools consists of reflections on the possibilities and real use of co-teaching in teachers everyday work 3 examples of co-teaching in academic education and 4 reflection on co-teaching They all add up to a holistic picture of co-teaching as it is implemented in current educational practice and can provide a basis for further research and discussion on this teaching strategy *The Mental Health of Medical Students* Andrew Molodynski, Sarah Marie Farrell, Dinesh Bhugra, 2024-01-04 Medical students are the medical workforce of the future responsible for both individual and population health With an ageing global population changes brought about by the COVID 19 pandemic and the increased computerisation and roboticization of medicine doctors will require ever more flexibility foresight and courage going forward It is crucial that their training equips them for the challenges ahead However recent research has found worryingly high levels of stress and burnout amongst these individuals leading to more students dropping out or leaving the profession early This volume presents research findings on the rates of burnout in medical students from around the world and provides ideas for a model of care to help educators and individuals take steps towards better student wellbeing The first section covers the development of medical teaching likely future directions of healthcare and the role of doctors the current global situation in high middle and low income countries and how we measure and define burnout The second section analyses case studies from countries across the globe reviewing regional themes of burnout mental health symptoms and stressors The third section hears from the medical students themselves considers circumstances such as studying abroad or studying with health conditions and looks at potential interventions and good practice for the future including the role of the universities and institutions and advice to medical students on how to look after themselves A truly international collaboration with a focus on medical student mental health and wellbeing this book will be of interest to medical education professionals occupational health physicians and medical practitioners as well as researchers medical students and trainees [Oxford Textbook of Palliative Medicine](#) Nathan I. Cherny, Marie T. Fallon, Stein Kaasa, Russell K. Portenoy, David C. Currow, 2021 Written by an established comprehensive multidisciplinary focused internationally recognized team the sixth edition has been fully revised and brought up to date with the inclusion of recent developments in the speciality to ensure that it retains its reputation as the definitive reference on palliative care

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**BURNOUT SYNDROME AMONG BRAZILIAN MEDICAL INTERNSHIP STUDENTS AND THE CONTRIBUTION OF BALINT GROUP TO ITS PREVENTION** Enaldo Vieira Melo, 2017 **OBJECTIVES** To estimate the prevalence of Burnout Syndrome SB and associated factors among the medical interns of a public university **BACKGROUND AND AIMS** Medical training is quite complex since factors related to the students personality daily dealing with pain and death can contribute to mental health problems not always investigated during the programme such as defined SB **MATERIALS AND METHODS** A cross sectional study conducted with all students of the last 2 years of the medical course using a structured questionnaire elaborated by the authors in addition to the Maslach Burnout Inventory Student Survey MBI SS Descriptive data analysis and logistic regression were performed **RESULTS** A total of 184 students 98% aged 25 9u00b113 9 were enrolled of whom 101 students 54 9% were male 82 6% were single with a family income *Burnout for Experts* Sabine Bährer-Köhler, 2012-11-11 Wherever people are working there is some type of stress and where there is stress there is the risk of burnout It is widespread the subject of numerous studies in the U S and abroad It is also costly both to individuals in the form of sick days lost wages and emotional exhaustion and to the workplace in terms of the bottom line But as we are now beginning to understand burnout is also preventable *Burnout for Experts* brings multifaceted analysis to a multilayered problem offering comprehensive discussion of contributing factors classic and less widely perceived markers of burnout coping strategies and treatment methods International perspectives consider phase models of burnout and differentiate between burnout and related physical and mental health conditions By focusing on specific job and life variables including workplace culture and

gender aspects contributors give professionals ample means for recognizing burnout as well as its warning signs Chapters on prevention and intervention detail effective programs that can be implemented at the individual and organizational levels Included in the coverage History of burnout a phenomenon Personal and external factors contributing to burnout Depression and burnout Assessment tools and methods The role of communication in burnout prevention Active coping and other intervention strategies Skillfully balancing scholarship and accessibility Burnout for Experts is a go to resource for health psychologists social workers psychiatrists and organizational industrial and clinical psychologists Extinguish Burnout Terri Bogue,Rob Bogue,2019-06-01 Burnout can leave you feeling stuck exhausted and powerless but there is a path out Extinguish Burnout is a clear compassionate and research informed guide to understanding what drives burnout and how to overcome it Authors Rob and Terri Bogue offer readers practical tools and short actionable chapters that can be easily digested even in moments of overwhelm From improving self talk and building resilience to asking for support and setting realistic expectations this book transforms abstract well being concepts into daily habits that restore energy and hope What causes burnout and how to escape How to more realistically value the results you re getting When to ask for and receive more support What four simple physical self care activities reduce burnout How to change your self talk for the better What to do to manage your demands so you re not so exhausted How to better recognize your personal value How to integrate your self image and reduce your stress How to identify and eliminate barriers to your efficacy How to build resilience against setbacks Why hope is essential Why failure isn t final How to be detached without being disengaged Ideal for anyone feeling worn down by work or life it provides the insight and encouragement needed to move from surviving to thriving *The Idealist's Survival Kit* Alessandra Pigni,2016-12-27 75 brief self care reflections that will aid workers activists and volunteers prevent burnout renew their sense of purpose and achieve fulfillment Heal from over exhaustion prevent burnout and regain your motivation with these short readings from a psychologist who has spent many years in the field working in conflict and disaster areas Gathered from Alessandra Pigni s interaction with humanitarian professionals and backed up by cutting edge research these concrete tools offer new perspectives and inspiration to anyone whose work is focused on helping others

*Burnout Syndrome* Bendis A I Saage - English,2025-02-06 This comprehensive guide addresses the complex nature of burnout syndrome and provides practical solutions for prevention recovery and therapeutic approaches The book begins by examining the root causes of occupational burnout including workplace stress emotional exhaustion and nervous exhaustion It explores how mental fatigue develops and identifies key risk factors in both professional and personal contexts Readers will learn to recognize early warning signs of job burnout and understand the progression from initial stress to full blown burnout syndrome The text covers various manifestations of burnout syndromes including physical symptoms emotional challenges and cognitive impairments The guide offers concrete strategies for burnout prevention focusing on Workplace organization and boundary setting Stress management techniques Building resilience and coping mechanisms Developing

healthy work life balance A significant portion is dedicated to burnout recovery featuring Evidence based therapeutic approaches Relaxation and mindfulness practices Professional reorientation strategies Sustainable lifestyle modifications The book includes practical exercises self assessment tools and actionable steps for overcoming burnout It emphasizes long term solutions and maintenance strategies to prevent relapse Special attention is given to burnout therapy options including both traditional and innovative treatment approaches The guide helps readers develop personalized recovery plans while addressing both immediate symptoms and underlying causes of exhaustion Written for both individuals experiencing burnout and professionals supporting others this resource provides a structured approach to understanding treating and preventing burnout syndrome

**Women's Burnout** Herbert J. Freudenberger, Gail North, 1986 Demonstrates how women are particularly susceptible to burnout because of the extent of the demands placed upon them and provides authoritative advice on reversing and preventing burnout

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Balint Method As A Way To Prevent Burnout Syndrome In** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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