

# Physicians more likely to be burned out than non-doc peers

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(HealthDay)—Trainees and early-career physicians are more likely to be burned out than control population samples, according to research published online Jan. 20 in *Academic Medicine*.

Liselotte N. Dyrbye, M.D., M.H.P.E., from the Mayo Clinic in Rochester, Minn., and colleagues surveyed [medical students](#), residents/fellows, and early-career physicians (in practice for five years or less), as well as a probability-based sample of the general U.S. population. The authors sought to examine burnout, symptoms of depression and [suicidal ideation](#), quality of life, and fatigue.

The researchers found that being a resident/fellow correlated with elevated odds of burnout; being a medical student correlated with

increased odds of depressive symptoms; and early-career physicians had the lowest likelihood of high fatigue, after adjustment for relationship status, sex, age, and career stage. Medical students, resident/fellows, and early-career physicians were all more likely than population control samples to be burned out (all P < .05). "Training appears to be the peak time for distress among physicians, but differences in the prevalence of burnout, [depressive symptoms](#), and recent suicidal ideation are relatively small," the authors write. "At each stage, burnout is more prevalent among physicians than among their peers in the U.S. population."

**More information:** [Abstract](#)  
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