

WORKSHOP BIOLOGICAL MECHANISMS IN SEVERE DEPRESSION

BURNOUT SYNDROME – PSYCHIATRIC DIAGNOSIS OR (MERELY) A SOCIETAL PROBLEM?

Wolfgang P. Kaschka, Jürgen Steyer, Martin Jandl

University of Ulm, Department of Psychiatry I, Zentrum für Psychiatrie Südwürttemberg, Weingartshofer Strasse 2, D-88214 Ravensburg

A recent representative survey in Germany (performed by TNS Emnid) showed that more than 12% of all employees felt they could not keep up with their job demands. The present contribution provides an overview of burnout syndrome with special regard to history of the term ‘burnout’, symptomatology, attempts at definition, staging, and available rating instruments. Psychological models for the aetiology and pathogenesis of burnout, such as the demand-control model (Karasek, 1979) and the effort-reward imbalance model (Siegrist and Peter, 2000) will be discussed. A proposal of our group for the medical and psychiatric conceptualization of burnout syndrome will be presented. Finally, therapeutic options and challenges for further research will be mentioned.

Literature

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E-Mail: wolfgang.kaschka@zfp-zentrum.de