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SCIENCES

MASTER'S DEGREE DISSERTATION

Burnout in Psychiatry Residents

Gabriela Massaro Carneiro Monteiro

Advisor: Professor Simone Hauck

Co-advisor: Professor Fernanda Lucia Capitanio Baeza

Porto Alegre, January 2020.

Gabriela Massaro Carneiro Monteiro

Burnout in Psychiatry Residents

Dissertation Published as a partial requirement to obtain a master's degree in Psychiatry from the Universidade Federal do Rio Grande do Sul, Graduate Program in Psychiatry and Behavioral Sciences.

Advisor: Professor Simone Hauck

Co-advisor: Professor Fernanda
Lucia Capitanio Baeza

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The undersigned Examining Committee approves the Dissertation "Burnout in Psychiatry Residents", written by Gabriela Massaro Carneiro Monteiro as a partial requirement for a master's degree in Psychiatry and Behavioral Sciences.

Relator: Prof. Giovanni Salum (UFRGS), MD. PhD.

Aline André Rodrigues Wageck (SPPA), PhD

Prof. Cláudio Eizirik (UFRGS), MD PhD

Prof. Glen Gabbard (Baylor), MD

Advisor Prof. Simone Hauck (UFRGS), MD PhD

Co-advisor Prof. Fernanda Lucia Capitanio Baeza (UFRGS), MD PhD

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ABBREVIATIONS

EE: Emotional exhaustion

DP: Depersonalization

PA: Low sense of personal accomplishment

HCPA: Hospital de Clínicas de Porto Alegre

AUDIT-C: Alcohol Use Disorders Identification Test - Concise

PHQ: Patient Health Questionnaire

WHO: World Health Organization

ICD-11: International Classification of Diseases 11

MBI: Maslach Burnout Inventory

WEEI: Work Environment Evaluation Instrument

ABSTRACT

Introduction: Many authors consider physician burnout an epidemic phenomenon. Studies have shown a prevalence of burnout in residents of 25-75%. In psychiatry residents, available studies have shown prevalence rates of 23-36%. The aim of this dissertation was to investigate the prevalence of the three burnout dimensions (i.e., Emotional Exhaustion, Depersonalization and Personal Accomplishment) in psychiatry residents; to develop an instrument to evaluate the work environment (i.e., the nature of the relationships with preceptors and colleagues and the nature of the relation to the institutions); and to evaluate the association between burnout and potential risk factors. **Method:** The dissertation comprised two cross-sectional studies and three papers. The pilot study was conducted in 2017, and the main study in the end of 2018 and beginning of 2019. All psychiatry residents from a city in the South of Brazil, were invited for the pilot study (n= 87), and 66 (76%) participated, resulting in the first paper of the dissertation. Then, all psychiatry residents of the Brazilian State Rio Grande do Sul (n=185) were invited through e-mail to answer an electronic questionnaire, and 115 (62%) participated in the main study. The online questionnaire included questions regarding sociodemographic data, personal information, work environment factors and mental health. The main outcomes were the three dimensions of burnout measured by the Portuguese version of the Maslach Burnout Inventory – Human Services Survey (MBI-HSS): Emotional Exhaustion (EE), Depersonalization (DP) and Personal Accomplishment (PA). The second and the third papers of the dissertation are related to this latter sample. **Result:** The first paper showed a high prevalence of burnout symptoms and a consistent association with environmental factors as measured by the instrument developed with this purpose: the Work Environment Evaluation Instrument (WEEI). The aim of the second study was to test WEEI's reliability. The WEEI final version included 11 items and showed high internal consistency (Cronbach's alpha=0.898). The WEEI results in a total score that measures the nature of the environment as whole, as well as in a specific score for each of the three dimensions. The Cronbach's Alpha coefficient (α) for each of the dimensions was 0.79 for "preceptors", 0.78 for "colleagues", and 0.87 for

“institutions” .The third paper focused on the prevalence of burnout and associated factors in Rio Grande do Sul psychiatry residents. Sixty-nine individuals (60%) met criteria for EE, 32 (27.8%) for DP and 23 (20%) for low sense of personal accomplishment (PA). Several factors were associated with burnout symptoms and entered the linear regression model. Institutional factors (i.e., the nature of the relationships with superiors and the nature of the relation to the institutions), the quality of the relationship with family, and age were among the most significant. **Conclusion:** Mental health in the medical population, especially in training periods, remains a challenging issue. This study showed a close connection between characteristics of the workplace environment and burnout in psychiatry residents. If these factors are addressed, there might be a potential reduction in the increasing burnout rates.

Key-words: burnout; psychiatry residents; work environment; medical training

RESUMO

Introdução: Diversos autores estão considerando burnout um fenômeno epidêmico. Estudos mostram que a prevalência em médicos residentes é de cerca de 25 a 75%. Em residentes de psiquiatria, os estudos mostram 23-36% de prevalência. O objetivo desta dissertação foi investigar a prevalência das três dimensões do burnout (ou seja, esgotamento emocional, despersonalização e realização pessoal) em residentes de psiquiatria; desenvolver um instrumento para avaliar o ambiente de trabalho (isto é, a natureza das relações com superiores, pares e com as instituições); e avaliar a associação entre burnout e potenciais fatores de risco. **Métodos:** A dissertação compreendeu dois estudos transversais e três artigos. O estudo piloto foi realizado em 2017 e o estudo principal no final de 2018 e início de 2019. Todos os residentes de psiquiatria de uma cidade do sul do Brasil, foram convidados para o estudo piloto (n = 87) e 66 (76%) participaram, resultando no primeiro artigo da dissertação. Após, todos os residentes de psiquiatria do estado do Rio Grande do Sul (n=185) foram convidados por e-mail para responder ao questionário eletrônico do estudo principal e 115 (62%) participaram. O questionário online incluiu perguntas sobre dados sociodemográficos, informações pessoais, fatores do ambiente de trabalho e saúde mental. Os principais desfechos foram as três dimensões do burnout medidas pela versão em português do Maslach Burnout Inventory - Human Services Survey (MBI-HSS): esgotamento emocional (EE), despersonalização (DP) e realização pessoal (PA). O segundo e o terceiro artigo estão relacionados a esta amostra. **Resultados:** O primeiro artigo mostrou alta prevalência de sintomas de burnout na amostra e associação consistente com fatores ambientais, medidos pelo instrumento desenvolvido com esse objetivo: Instrumento para Avaliação do Ambiente de Trabalho (WEEI). O objetivo do segundo estudo foi testar a confiabilidade do WEEI. A versão final do WEEI incluiu 11 itens e mostrou alta consistência interna (alfa de Cronbach = 0,898). O WEEI resulta em uma pontuação total que mede a natureza do ambiente como um todo, bem como em uma pontuação específica para cada uma das três dimensões. O coeficiente Alfa de Cronbach (α) para cada uma das dimensões foi de 0.79 para "preceptores", 0.78 para "colegas" e 0.87 para "instituições". O terceiro

artigo focou na prevalência de burnout e fatores associados nos residentes de psiquiatria do Rio Grande do Sul. Sessenta e nove indivíduos (60%) preencheram os critérios para EE, trinta e dois (27,8%) para DP e vinte e três (20%) para baixa realização pessoal (PA). Vários fatores foram associados aos sintomas de burnout e entraram no modelo de regressão linear. Fatores institucionais (isto é, a natureza das relações com os superiores e com as instituições), a qualidade da relação com a família e a idade estavam entre os mais significativos. **Conclusão:** A saúde mental na população médica, especialmente nos períodos de treinamento, continua sendo uma questão desafiadora. Este estudo mostrou uma estreita ligação entre características do ambiente de trabalho e burnout em residentes de psiquiatria. Se esses fatores forem abordados, existe o potencial de reduzir as taxas crescentes de burnout.

Palavras-chave: burnout; residentes de psiquiatria; ambiente de trabalho; treinamento médico

1. PRESENTATION

This work is entitled "Burnout in Psychiatry Residents" and it's a master's degree dissertation presented to the Graduate Program of the Federal University of Rio Grande do Sul. The work has three parts in the following order:

- Introduction, Objectives and Ethical Considerations;
- Articles;
- Conclusion.

Oral presentations and posters related to this work were presented in several congresses (Supplemental Materials). Besides that, during the master's degree I co-authored the article "Who attempts suicide among medical students?", now published in the journal *Acta Psychiatrica Scandinavica* (2019) and winner of the World Congress on Brain, Behavior and Emotions 2019 Award.

2. INTRODUCTION

The term burnout appeared in the literature for the first time in 1974, in a paper by the psychologist Herbert Freudenberger.¹ It was characterized as a set of symptoms that includes exhaustion resulting from work's excessive demands as well as physical symptoms, "quickness to anger," and closed thinking. He observed that the burned-out worker "looks, acts, and seems depressed". A few years later, Christina Maslach defined burnout as it is generally known today, i.e., a syndrome that includes emotional exhaustion, depersonalization, and reduced professional achievement.² Emotional exhaustion (EE) is described as lack of enthusiasm and energy, leading to a feeling of resource depletion. Depersonalization (DP) is defined as emotional insensitivity, characterized by a disillusionment with the service provided, culminating in dehumanization and impersonal treatment of patients and colleagues. Low sense of personal accomplishment (PA) at work refers to a sense of inadequacy and low self-esteem connected to a belief that professional goals have not been met. In 2018, the World Health Organization (WHO) recognized Burnout as an occupational phenomenon and included it in the 11th Revision of the International Classification of Diseases (ICD-11). Burnout was characterized by three dimensions: feelings of energy depletion or exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy.³

Some authors are referring to burnout as an epidemic phenomenon.^{4,5} Mental health in medical career, particularly in training years, is a growing issue. In 2019, 44-47% of US physicians described themselves as feeling burned out or at least reported symptoms of burnout.^{6,7} Studies have shown a prevalence of burnout in residents between 25-75%, according to specialty, country, and methods of measurement.^{8,9} In psychiatry residents, the available studies show a 23-36% prevalence of burnout¹⁰⁻¹², and an association with various demographic, learner and workplace factors.^{9,11-17} Moreover, the medical training can be associated with uncertainties about the future, feelings of insecurity, high-levels of responsibilities and high workload that could lead to, aggravate or perpetuate the syndrome.

In the United States, burnout in physicians seems to be directly related to electronic medical record, instant messaging tools, and the raise demand of being always available.⁴ Physicians are expected to give high-quality care and also be updated with technology, economy, regulation and knowledge. They often show excessive devotion to work and perfectionism as well as dedication, responsibility, and motivation that may contribute to the problem.^{18,19,20} Besides, medical professionals tend to avoid asking for help, which can increase the impact of burnout on their health, their relationships, and their career.⁴

Among the consequences of burnout are the following: reduced empathy, suboptimal care of patients, increased reports of medical errors, as well as significant personal suffering, divorce, reduced quality of life, and the development of mental and physical disorders such as anxiety, substance abuse, depression, and even suicide.^{9,17,21–24} Moreover, some studies in psychiatry residents showed concerning levels of psychic distress among participants, namely symptoms of depression, anxiety, suicidal ideation and use of psychotropic medications.^{11,25} Currently, an important debate about the etiology and even about the definition of burnout is going on in the literature. Some authors believe that burnout is associated with a continuum related to stress, representing a pathologic response to the stressors in one's work environment that can progress to depression, and even suicide.¹⁹ Others, however, defend that burnout can be part of a depressive disorder, pointing the individual vulnerability as even more important than work related stress.^{26–28} Some of the latter even argue that the term "burnout" may be preferred by physicians because it is less stigmatizing and is regarded as an understandable reaction to phenomena outside oneself.²⁶ These are important aspects that need to be clarified, and studies evaluating the actual role of work environment in burnout are essential.

Nevertheless, although there is some evidence, the relation between work environment and burnout is yet poorly understood.^{4,29} Residents are in close contact with colleagues, assistants, professors, and the institutional culture, and, these factors may be of great importance. Indeed, problematic interpersonal relations can be highly harmful, such as, excess of competition, power abuse, lack of empathy and support. A systematic review showed some

work environment features as related to burnout; e.g., reduced help-seeking from supervisors, increased workload, reduced satisfaction with clinical faculty, insufficient rest, poorer perceived quality of supervision and lack of clinical supervision.¹¹ Moreover, one study showed a higher risk of developing burnout in residents without clinical supervision (63% higher than those with supervision).¹²

Although burnout remains a little-known phenomenon, especially regarding psychiatry residents and the role of the work environment, there is an increased interest in it. This dissertation aims to investigate the prevalence of burnout and other psychiatry symptoms in psychiatry residents, as well as potential risk factors for burnout dimensions. Moreover, an instrument to evaluate work environmental factors (i.e., relationship with superiors/supervisors, peers and the relation to the institutions themselves) was developed and tested in the studies that are part of this dissertation.

3. JUSTIFICATION

This dissertation aims to evaluate burnout dimensions in a population of psychiatry residents, as well as potential associated factors such as sociodemographic, personal and work related aspects.

Due to the devastating consequences associated to burnout like reduced empathy, suboptimal care of patients, increased reports of medical errors, along with significant personal suffering. It is crucial to develop studies to identify possible modifiable factors, ultimately looking for methods to reduce the prevalence of burnout and/or the symptoms.

OBJECTIVES

GENERAL:

- To evaluate the prevalence of burnout dimensions in psychiatry residents.

SPECIFICS:

- To develop and validate an instrument to evaluate work environment, specifically the relationships with superiors and peers and the relation to the institution itself;
- To evaluate psychiatric symptoms in psychiatry residents;
- To evaluate the association between the work environment and burnout dimensions in psychiatry residents;
- To evaluate the association between sociodemographic, personal and work related factors and burnout dimensions in psychiatry residents;
- To support future interventions to lessen the impact of burnout among psychiatry residents.

4. Ethical Considerations

Data collection was initiated after the HCPA Ethics Committee approved the project in Plataforma Brasil (CAAE: 70231617.6.0000.5327). Due to the fact that the acceptance and completion of the questionnaire occurred entirely online, without the participant's contact with the research team, it was not possible to sign the formal informed consent form. However, in the introduction of the questionnaire, it was explained that the data would only be analyzed altogether and that by answering the questionnaire the individual would agree to participate in the study. Besides, the questionnaire did not contain questions that could identify a particular individual.

In addition, it was explained that the questionnaire did not present potential harm to individuals and there was no potential problem in not participating. Still, when answering questions related to mental health, the participant could perceive symptoms and/or suffering, allowing a reflection in order to seek help. In this sense, at the end of the questionnaire, a screen was presented with the telephone number and electronic contact of a suicide prevention center and other support centers located in Brazil.

The MBI copyrights were paid for each questionnaire answered (Supplemental material).

5. ARTICLE 1

Burnout in Psychiatry Residents: the Role of Relations with Peers, Preceptors and the Institution

Authors: Gabriela Massaro Carneiro Monteiro, Ives Cavalcante Passos, Fernanda Lucia Capitanio Baeza and Simone Hauck

Graduate Program in Psychiatry and Behavioral Sciences, Federal University of Rio Grande do Sul, Porto Alegre, Brazil

Corresponding author: Gabriela Massaro Carneiro Monteiro, Hospital de Clínicas de Porto Alegre, Serviço de Psiquiatria, Rua Ramiro Barcelos, 2350, Porto Alegre, RS, Brazil, CEP: 90035-903, E-mail: gabriela.mcmonteiro@gmail.com. Telephone: +55 54 991615465

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ARTICLE

Burnout in psychiatry residents: the role of relations with peers, preceptors, and the institution

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ARTICLE

Burnout in psychiatry residents: the role of relations with peers, preceptors, and the institution

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Physicians have a higher prevalence of mental health problems compared to the general population. The prevalence of burnout in residents has been reported to range between 25 and 75%, and burnout has been associated with increased medical errors, suboptimal care of patients, and reduced empathy.^{1,2} Despite current knowledge about the problem and several interventions implemented to date, rates are still rising, with some authors now talking of a burnout epidemic.³

The aim of this cross-sectional study was to evaluate the association between burnout and perceived relations with preceptors, peers, and the institution. Approval was obtained from the local ethics committee (protocol 70231 617.6.0000.5327). All psychiatry residents from a city in the South of Brazil were invited (n=87), and 66 (76%) agreed to participate. A sociodemographic questionnaire was administered, burnout symptoms were evaluated by means of the Maslach Burnout Inventory (MBI), and relations by means of the Work Environment Evaluation Instrument (WEEI).^{4,5}

The mean age of the participants was 28.3±3.1 years, and 53% were male. According to the cutoff point most frequently used in the literature, 55 participants (83.3%) would be classified as meeting the burnout criteria: 47% were positive for emotional exhaustion (EE), 62.1% for depersonalization (DP), and 69.7% for personal accomplishment (PA). Relations with preceptors, the institution, and peers all correlated with EE and DP (Table 1). The items most correlated with EE were “I feel that I am always short of what the preceptors expect of me” ($r_s = 0.53$; $p < 0.001$), “I feel more pressured than helped by my preceptors” ($r_s = 0.43$; $p < 0.001$), and “I feel a collaborative climate in my institution” ($r_s = -0.39$; $p = 0.001$). DP correlated more with the items “I feel a collaborative

climate in my institution” ($r_s = -0.47$; $p < 0.001$), “I feel like I belong to my institution” ($r_s = -0.46$; $p < 0.001$), and “I feel more pressured than helped by my preceptors” ($r_s = 0.43$; $p < 0.001$). PA correlated with the relationship with peers and the institution (Table 1). The items most correlated with PA were “I feel like I belong to my institution” ($r_s = 0.33$; $p = 0.007$), “I feel a collaborative climate in my institution” ($r_s = 0.32$; $p = 0.008$), and “My colleagues are not my friends” ($r_s = -0.28$; $p = 0.024$).

These findings highlight potentially modifiable institutional factors as a way to face the rising rates of burnout among health professionals and emphasize the need for further investigations on the subject. Interventions aimed at improving the quality of relations within institutions may have great potential for reducing burnout rates and mental health problems in physicians and other health professionals, as well as improving their well-being.

Gabriela M. **Carneiro Monteiro**,^{id} Ives C. **Passos**,
 Fernanda L.C. **Baeza**,^{id} Simone **Hauck**^{id}
Programa de Pós-Graduação em Psiquiatria e Ciências do Comportamento, Universidade Federal do Rio Grande do Sul (UFRGS), Porto Alegre, RS, Brazil.

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Disclosure

The authors report no conflicts of interest.

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Table 1 Correlations (Spearman’s rho) between WEEI and burnout dimensions

	WEEI peers	WEEI preceptors	WEEI institution
Emotional exhaustion total	0.337*	0.558*	-0.428*
Depersonalization total	0.327*	0.481*	-0.457*
Personal accomplishment total	-0.280†	-0.180	0.351*

WEEI = Work Environment Evaluation Instrument.

* Significant at $p < 0.01$.

† Significant at $p < 0.05$.

ARTICLE 2

Brief Communication

Work Environment Evaluation Instrument (WEEI): development, validation and association with burnout.

Authors: Gabriela Massaro Carneiro Monteiro, Fernanda Lucia Capitanio Baeza and Simone Hauck

Graduate Program in Psychiatry and Behavioral Sciences, Federal University of Rio Grande do Sul, Porto Alegre, Brazil

Corresponding author:

Simone Hauck, Hospital de Clínicas de Porto Alegre, Serviço de Psiquiatria, Rua Ramiro Barcelos, 2350, Porto Alegre, RS, Brazil, CEP: 90035-903, E-mail: hauck.simone@gmail.com. Telephone: +55 51 997041413

Running title: Work Environment Evaluation Instrument (WEEI)

Accepted for publication in the journal Trends in Psychiatry and Psychotherapy

Decision Letter (TRENDS-2019-0048)

From: ivescp1@gmail.com

To: hauck.simone@gmail.com

CC:

Subject: Trends in Psychiatry and Psychotherapy - Decision on Manuscript ID TRENDS-2019-0048

Body: 06-Jul-2019

Dear Dr. Hauck:

It is a pleasure to accept your manuscript entitled "Work Environment Evaluation Instrument (WEEI): development, validation and association with burnout." in its current form for publication in the Trends in Psychiatry and Psychotherapy. The comments of the reviewer(s) who reviewed your manuscript are included at the foot of this letter.

Thank you for your fine contribution. On behalf of the Editors of the Trends in Psychiatry and Psychotherapy, we look forward to your continued contributions to the Journal.

Sincerely,
Dr. Ives Passos
Associate Editor, Trends in Psychiatry and Psychotherapy
ivescp1@gmail.com

6. ARTICLE 3

Burnout in Psychiatry Residents

Authors: Gabriela Massaro Carneiro Monteiro, Fernanda Lucia Capitanio Baeza and Simone Hauck

Graduate Program in Psychiatry and Behavioral Sciences, Federal University of Rio Grande do Sul, Porto Alegre, Brazil

Corresponding author:

Gabriela Massaro Carneiro Monteiro, Hospital de Clínicas de Porto Alegre, Serviço de Psiquiatria, Rua Ramiro Barcelos, 2350, Porto Alegre, RS, Brazil, CEP: 90035-903, E-mail: gabriela.mcmonteiro@gmail.com. Telephone: +55 54 991615465

Running title: Burnout in Psychiatry Residents

7. CONCLUSION

This dissertation has some strengths that are worth discussing. First, we can obtain information about more than a half of the two populations of psychiatry residents that constituted our samples. Second, we can show a high prevalence of positive screening for mental disorders and burnout symptoms, pointing to need of urgent actions to address this problem. Third, the anonymity related to the use of an online questionnaire reduced the chance of residents withholding their experiences. Fourth, we developed an instrument to evaluate work environment aspects yet poorly addressed in the literature: the Work Environment Evaluation Instrument (WEEI). This instrument and its dimensions presented high reliability, and should be tested in further studies to broaden our comprehension of the role of these institutional factors in burnout. Fifth, we can show an association between environmental factors as measured by the WEEI (i.e., relationships with superiors and relation to the institution) with burnout, presenting those factors as potential modifiable risk factors for burnout.

There are limitations as well. First, this is a transversal study and we cannot infer causality between factors and outcomes. Second, the reduced number of participants limits some analysis and it's possible that future researches with larger samples find other associations. Third, the studies were conducted in specific populations (psychiatry residents from Rio Grande do Sul). Therefore, studies with different populations and in different settings are needed to confirm our findings and the performance of our instrument. Fourth, we did not find factors significantly associated with PA in our sample.

In conclusion, our studies provided additional information about burnout in psychiatry residents, showing that it was related, in our sample, to sociodemographic factors, psychiatric symptoms and work environment aspects. Several authors have emphasized the importance of approaching institutional factors as an effective strategy for coping with the increased prevalence of burnout. The instrument we developed (WEEI) and the data showing an important association between environmental factors as measured by the WEEI (i.e., relationships with superiors and relation to the institution) with burnout symptoms may contribute in this matter. It is important to highlight that

the institutional factors are modifiable, and institutions should develop strategies to enhance the healthy aspects of the environment. Further studies are necessary to better understand all these processes and to evaluate interventions developed to modify them.

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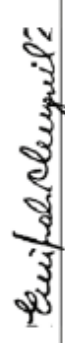


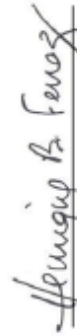
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**BURNOUT IN PSYCHIATRY RESIDENTS: THE ROLE OF PSYCHIATRIC SYMPTOMS,
INTERPERSONAL RELATIONS AND INSTITUTIONAL AMBIENCE**

foi apresentado na modalidade Apresentação Oral, por Gabriela Massaro Carneiro Monteiro, no evento Congress on Brain, Behavior and Emotions 2019 ocorrido de 05 a 08 de junho de 2019 no Centro Internacional de Convenções do Brasil - CICB em Brasília/DF.

Brasília, 08 de junho de 2019

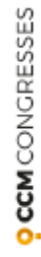

Dr. Euripedes Constantino Miguel
Presidente do Congresso


Dr. Henrique Ballalai Ferraz
Presidente do Congresso

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VENCEDORES PRÊMIO JOVEM PESQUISADOR 2019

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GIOVANNA VITÓRIA DO NASCIMENTO	RELAÇÃO ENTRE DIMENSÕES DE SINTOMAS DO TRANSTORNO OBSESSIVO-COMPULSIVO (TOC) E O DESEMPENHO EM TESTE DE ATENÇÃO VISUAL SUSTENTADA
GLÓRIA STEFANIA ALVES SIQUEIRA	FUNÇÕES MNEMÔNICAS E SINTOMAS DEPRESSIVOS PÓS-ACIDENTE VASOULAR ENCEFÁLICO ISQUÊMICO
GRASIELA MARCON	WHO ATTEMPTS SUICIDE AMONG MEDICAL STUDENTS?

**12TH GENEVA CONFERENCE
ON PERSON CENTERED MEDICINE**

PROMOTING WELLBEING AND OVERCOMING BURN-OUT

**CORE CONFERENCE 25 – 27 MARCH 2019
PRE-CONFERENCE WORKMEETING 24 MARCH 2019**

Main Conference Hall, WCC-Council of International Organizations of Medical Science
1 route des Morillons, 1218 Grand-Saconnex, Geneva (near WHO)



✿ Organization

✿ Program

✿ Presenters

✿ Abstracts

✿ Continuing Professional
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- 15:30 - 16:15 • Social scientist's perspectives: *Ottomar Babbs (Göttingen, Germany)*
Arts and Person Centered Medicine Session
Chairs: *H.R. Pfejfer (Zurich), Helen Millar (Scotland)*
Dance (*Maria Ammon*); Music (*Paul Tournier Association Representative*)
- 16:15 - 16:45 **Coffee Break and Interactive Poster Session 2: Person-centered Education**
Chairs: *Robert Cloninger (St. Louis, USA) and Tesfa Ghebrehinnet (Alberta, Canada)*
 - The pathway from well-being to burnout and depression in college: a qualitative evaluation of medical students' perception - preliminary analysis: *Tamires Marins Bastos, Carolina Stopinsky Padoan, Cristina Pessi, Priscilla Braga Laskowski, Luciana Terra, Patricia Fabricio Lago, Ana Margareth Siqueira Bassoli, Simone Hauck (Porto Alegre, RS, Brazil)*
 - Coping with Disaster and Displacement: Medical Student Wellness in the Aftermath of a Category 5 Hurricane: *Kimberly Kirkland, Adrianna Gatt, Soubbi Alhozayek, Julie Taylor, (Pembroke Pines, FL, USA)*
 - Burnout in Psychiatry Residents: the role of psychiatric symptoms, interpersonal relations and institutional ambience: *Gabriela Carneiro Monteiro, Ives Cavalcante Passos, Fernanda Lucia Capikiano Baeza and Simone Hauck (Porto Alegre, RS, Brazil)*
- 16:45 - 18:00 **ICPCM General Assembly** (including 2019 Geneva Declaration discussion, report and development of PCM regional networks and national associations, and next steps)
- 18:00 - 19:00 **Cultural Group Walk around Geneva**
- 19:00 - 22:00 **Conference Dinner**



TUESDAY MARCH 26, 2019: CORE CONFERENCE SECOND DAY
Main Conference Hall, WCC-Council of International Organizations of Medical Science
1 route des Morillons, 1218 Grand-Saconnex, Geneva (near WHO)

- 8:30 - 9:15 **Paul Tournier Prize Session**
Chairs: *Jon Snædal (Reykjavik), Frederic Von Ormlé (Basel), Alain Tournier (Geneva), H.R. Pfejfer (Zurich)*
Laudatio: *Juan E. Mezzich (New York and Lima)*
2019 Paul Tournier Prize Lecture: *Alberto Perales (Lima)*
- 9:15 - 10:45 **Plenary Symposium 4: Major Contributors to Healthy Life Styles and Burn-out Management**
Chairs: *Norman Sartorius (Geneva), Imelda Medina (Miami)*
 - Nutrition: *Diana Estevez (WHO, Geneva)*
 - WHO perspectives on physical activity: *Temo Waqanivalu (WHO, Geneva)*
 - Coaching perspectives on physical activity: *Mike Gwörder (Zurich, Switzerland)*
 - Stress management: *Daniilo Garcia (Gothenburg, Sweden)*
 - Health promotion coaching: *Kevin Cloninger (Anthropedia, St. Louis)*
- 10:45 - 11:15 **Coffee Break and Interactive Poster Session 3: People-centered Public Health**
Chairs: *Jim Appleyard (London) and Salman Rawaf (London)*
 - Person-Centered Care and Human Trafficking Prevention – Training Healthcare Providers: *Imelda Medina, Abraham Salinas, Anthony J Mazys (Miami, USA)*
 - The global effort to eradicate polio – every child has a right to be protected: *Oliver Rosenbauer (WHO, Geneva)*
 - Interdisciplinary person centered assessment of refugee needs: *Thomas Wenzel, Raim Alkairi, Maria Klétscha-Pulker, Boris Droschek (Vienna, Austria)*
- 11:15 - 12:45 **Plenary Symposium 5: Health professionals Training in Health Promotion and Burn-out Prevention.**
Chairs: *Alberto Perales (Lima), Helen Millar (Dundee, Scotland)*

JORNADA ∞
CELG

**Mente e Corpo:
diálogos contemporâneos**

30 de agosto a 1º de setembro de 2018 | Canela RS

CERTIFICADO

Certificamos que o trabalho: Burnout em Residentes de Psiquiatria: O papel dos sintomas psiquiátricos e das relações institucionais.

De autoria de: Gabriela Massaro Carneiro Monteiro, Ives Cavalcante Passos, Simone Hauck e Fernanda Lucia Capitaniao Baeza.

Foi apresentado na **Jornada CELG**, realizada no período de 30 de agosto a 01 de setembro de 2018, no Hotel Continental em Canela, RS, na forma de **PÓSTER**.




Dra. Simone Hauck
Presidente

Canela RS, 01 de setembro de 2018


Dra. Patricia Fabricio Lago
Diretora Científica



XIV Congresso
Gaúcho de Psiquiatria
Vínculos & Saúde Mental

CERTIFICADO

Conferimos o presente certificado a

**GABRIELA CARNEIRO MONTEIRO, IVES CAVALCANTI PASSOS, SIMONE HAUCK,
FERNANDA LUCIA CAPITANIO BAEZA**

pela sua participação na qualidade de autor(es) do trabalho “**BURNOUT EM RESIDENTES DE
PSIQUIATRIA: O PAPEL DOS SINTOMAS PSIQUIÁTRICOS E DAS RELAÇÕES
INSTITUCIONAIS E INTERPESSOAIS.**”, apresentado na modalidade **EXPOSIÇÃO DE PÔSTER**,
durante o **XIV Congresso Gaúcho de Psiquiatria**.

Bento Gonçalves, 24 de agosto de 2019.

Flavio Shansis
Presidente da Associação de
Psiquiatria do Rio Grande do Sul

Andrea Poyastro Pinheiro
Diretora Científica da Associação de
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SPRITZER, LUCIANA TERRA, SIMONE HAUCK**

pela sua participação na qualidade de autor(es) do trabalho “**INSTRUMENTO PARA
AVALIAÇÃO DO AMBIENTE DE TRABALHO**”, apresentado na modalidade **EXPOSIÇÃO DE
PÔSTER**, durante o **XIV Congresso Gaúcho de Psiquiatria**.

Bento Gonçalves, 24 de agosto de 2019.

Flavio Shansis
Presidente da Associação de
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Andrea Poyastro Pinheiro
Diretora Científica da Associação de
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WHO ATTEMPTS SUICIDE AMONG MEDICAL STUDENTS?

dos autores

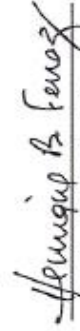
Grasiela Marcon, Gabriela Massaro Carneiro Monteiro, Pedro Ballester, Ryan M Cassidy, Aline Zimmerman, Lisia Von Diemen, Simone Hauck e Ives Cavalcante Passos,
o **Prêmio CCM de Incentivo à Pesquisa,**

pelo trabalho apresentado durante o

CONGRESS ON BRAIN, BEHAVIOR AND EMOTIONS 2019, ocorrido de 05 a 08 de junho,
no Centro Internacional de Convenções do Brasil, em Brasília/DF.

Brasília, 05 de junho de 2019.


Dr. Euripedes Constantino Miguel
Presidente do Congresso


Dr. Henrique Baltal Ferraz
Presidente do Congresso

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