Comparative Assessment of Grit in the Allopathic versus Osteopathic Physician

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Background

- Matriculating into medical school is a strenuous process, including numerous roadblocks unique to both allopathic and osteopathic schools, with osteopathic applicants often jumping more hurdles in the journey

- Grit: passion and perseverance towards long term goals, especially in the setting of failure/adversity

- High levels of grit correlate with low levels of burnout

- Purpose: examine grit in allopathic versus osteopathic physician to help identify resources to prevent physician burnout
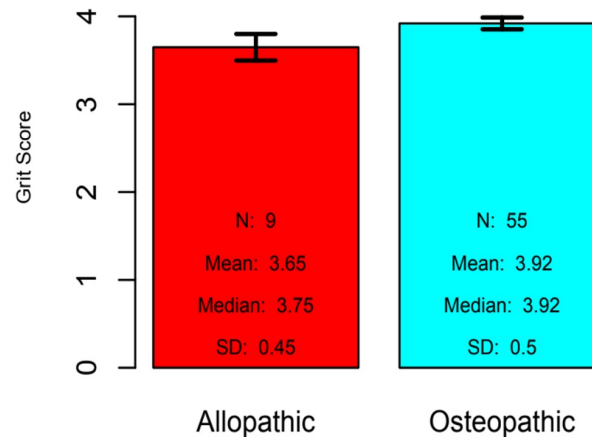
Hypothesis

- Osteopathic physicians have higher grit scores compared to their allopathic counterparts because they had to overcome more adversity to matriculate into medical school

Methods

- Survey based study distributed electronically to residents, fellows, and attending physician via social media, professional network platforms, and program directors

- Surveys assessed grit via a validated grit questionnaire

- Comparison testing performed via independent samples t-test. Significance level $p < 0.05$.

Grit Scores Amongst Allopathic & Osteopathic Physicians

Allopathic — N: 9, Mean: 3.65, Median: 3.75, SD: 0.45
Osteopathic — N: 55, Mean: 3.92, Median: 3.92, SD: 0.5

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Results

- 64 participants
  - 9 allopathic physicians
  - 55 osteopathic physicians

- Average allopathic grit score: 3.65

- Average osteopathic grit score: 3.92

- No statistically significant difference ($p = 0.1349$)

Conclusion

- No difference in grit scores amongst allopathic and osteopathic physicians

- Further studies examining lack of responsiveness of allopathic physicians encouraged
  - Assess for possible lower grit scores amongst allopaths
  - Lower grit as a contributing factor for disinterest and burnout

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