

## BURNOUT AND RISK FACTORS IN A COHORT OF NEONATOLOGISTS

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One-hundred and ten neonatologists filled in a 42-item questionnaire composed of three parts:

A) Biographic data ,

B) Personal beliefs,

C) Clinical decisions,

D) Burnout. Burnout was categorized into four subscales: psycho-physical exhaustion (PPExhaus), relationship deterioration (RelDeter), sense of professional failure (ProfFail) and Disillusion (Disill). Scores of each subscale ranged from 6 (minimum) to 36 (maximum). Burnout scales values were statistically correlated with data in points A), B), and C).

**Results:** Mean burnout scores are: 16.6 (SD=5.7), 15,3 (SD=4.8), 12.8 (SD=4.5), 12.6 (SD=6.7) for PPExhaus, RelDeter, ProfFail, and Disill respectively.

A) Biographic data: Doctors who are not parents have lower levels of RelDeter (B= 0.750; p=0.025). Doctors with less work experience have higher levels of PPExhaus (B= -0.623; p=0.030) ProfFail (B= -0.624; p=0.02) and of RelDeter (B=0.477; p=0.022).

B) Personal beliefs. Doctors who believe that living with a physical disability is unworthy have higher levels of RelDeter (B= -0.472; p=0.004). Having recurrent death ideation is more present in those who have higher levels of PPExhaus (B=1.018; p=0.016), RelDeter (B=0.782; p=0.019) and ProfFail (B=0.830; p=0.029). Those doctors who declare to be atheist or agnostic have higher levels of ProfFail (B= -0.792; p=0.012) and Disill (B=-0.785; p=0.033) with respect to believers. A significantly higher number of doctors would resuscitate a 24W rather than a 23W (p< 0.001). 23W resuscitation is positively influenced by working in a 3rd level hospital, (p=0.001), considering religion as important in life (p=0.028).

**Conclusion:** Burnout is at alarming levels among neonatologists; some factors we highlighted should be monitored to prevent it.