

عنوان مقاله:

Prevalence of Burnout Syndrome and its Related Factors among Healthcare Staffs: A Systematic Review

محل انتشار:

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خلاصه مقاله:

Background: People working in health environments are exposed to many serious risks and injuries. This study aimed to determine the prevalence of burnout syndrome and its related factors among Iranian healthcare staff. **Materials and Methods** In this systematic review, a systemic search of online databases (Medline, EMBASE, Scopus, Web of Science, Cochrane Library, ProQuest, SID, CIVILICA, Magiran, and Google Scholar search engine) was conducted for relevant studies with no time limit up to February ۲۰۲۲. Two reviewers evaluated the quality of eligible studies and carried out the selection procedure. The quality of the information was evaluated using the STROBE positioning guidelines. **Results:** Finally, ۱۶ studies were included. ۸۵.۵% of the healthcare staff (ranged: ۳۲-۸۵.۵%) suffered moderate burnout. Also, ۵۵.۳% of staff had high emotional exhaustion (EE), ۹۰.۵% high depersonalization (DP), and ۹۸.۹% low personal achievement (PA) scores. High scores in EE and DP and low scores in PA are indicative of high burnout. There was a significant direct correlation between occupational burnout with age, gender, marital status, type of employment, financial problems, disease history, educational degree, place of work, and work experience ($P < 0.05$). Also, there was a significant reverse correlation between occupational burnout and income satisfaction ($P = 0.01$, $r = -0.19$), quality of life ($P = 0.001$), EE ($P = 0.001$), job satisfaction ($P < 0.001$, $r = -0.46$), and job performance ($P = 0.000$, $r = -0.249$). **Conclusion:** The high prevalence of burnout in the healthcare staff (۸۵.۵%) necessitates measures such as the implementation of leisure and educational programs and stress management workshops.

کلمات کلیدی:

burnout, depersonalization, emotional exhaustion, Personal achievement, Healthcare Staffs

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