

UNIVERSITI TEKNOLOGI MARA

**FACTORS CONTRIBUTING TO BURNOUT
AMONGST MEDICAL OFFICERS IN
HOSPITAL SELAYANG**

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Dissertation submitted in partial fulfilment
of the requirements for the degree of
**Master of Medicine
(Psychiatry)**

Faculty of Medicine

October 2017

AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Background: Burnout among doctors is hazardous. Doctors experiencing burnout may make poor decision; expose to medical errors, demonstrate inappropriate attitude toward patients and caregivers; and have difficult relationships with other health professionals. Hence, identifying factors contributing to burnout is crucial so that safe and effective services can be delivered to the patients.

Objective: To determine the level of burnout and its associated factors including socio-demographic factors, coping skills and psychological distress among medical officers in Hospital Selayang

Methodology: This is a cross-sectional study involving 250 medical officers working in Hospital Selayang, recruited through universal sampling. Those who fulfilled the selection criteria and gave informed consent were selected. Presence of burnout, type of coping skills and level of psychological disturbances (depression, anxiety and stress) were measured using Maslach Burnout Inventory (MBI-HSS), Brief COPE and Depression, Anxiety and Stress Scale 21 (DASS-21) respectively. Descriptive analysis was performed, followed by univariate analysis and multiple logistic regression analysis.

Results: Of the total 250 participants, 63 (25.2%) medical officers in Hospital Selayang had burnout. About 34.4% of the medical officers had clinically significant anxiety while 25.2% had clinically significant depression and 17.6% had clinically significant stress. The presence of burnout was significantly associated with being single ($X^2 = 4.96$; $p=0.026$), dysfunctional coping skills ($t=-4.96$; $p <0.001$) and clinically significant depression ($X^2=37.90$; $p<0.001$), clinically significant anxiety ($X^2=22.50$; $p<0.001$) and clinically significant stress ($X^2=43.79$; $p<0.001$). Medical officers who adopted the dysfunctional coping skills had 1.1. times odds of having burnout than those who did not. Having no depression and no stress were protective factors for burnout

Conclusion: Burnout is prevalent among medical officers in Hospital Selayang. Being single, having dysfunctional coping skills and experiencing psychological distress such as depression, anxiety and stress contribute to burnout among doctors. Hence, medical professionals need to actively manage their problems or stress through healthy ways of coping.

ACKNOWLEDGEMENT

Alhamdulillah, all praises to All Mighty Allah S.W.T who have bestowed His Mercy and succour upon me to complete this research.

I would like to express my deepest gratitude to my main thesis supervisor, Dr. Salmi Razali and my co-supervisor, Dr. Nor Jannah Nasution Raduan for their meticulous supervision, support and advise. Special thanks to Dr. Zaliha Ismail, my statistician, for guiding me patiently throughout my data analysis. All three of them consistently allowed this thesis to be my own work, but steered me in the right direction whenever they thought I needed it. From them I learned not only the technicalities of thesis production but also about trust, tolerance and perseverance. May Allah grant them health and happiness.

I would also like to thank the medical officers in Hospital Selayang and UiTM for their support in participating in this study for their time and willingness to answer the questionnaires despite the busy work schedule. May our effort to fight for the betterment of our practice be fruitful.

To my previous and current academic supervisors, Prof Dr. Syed Hassan Ahmad and Prof Dr. Osman Che Bakar, your wisdom and guidance will continue to inspire me, not only throughout my journey to be a psychiatrist but also as a servant to Allah. Special thanks also to all the lecturers in Psychological and Behavioural Medicine Unit UiTM and psychiatrists in Hospital Selayang.

To my beloved Mama and Ayah, Abang Long, Nana, Soliha and Sarip, thank you for your everlasting love, understanding and prayers. To Kak Zeenat and Bangchik who had been supportive all the way, thank you. To my beloved nephews – Haziq, Irfan, Luqman, Darwisy and Qiqi - no words can describe how thankful I am having all of you in my life, making the process of completing this thesis bearable.

I want to express my greatest appreciations to all my friends especially the few that I have to mention here – The Krabi Gang, Yann, Zau, Ikin, UiTM Support Group and the two-not-to-be-named. Thank you for the cheers of encouragement and lending me the shoulders whenever I needed it.

Last but not least, my dear husband and Alia, thank you for being there for me and believing in me. No word can describe my love for you two.

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