



Tıp öğrencilerinde tükenmişlik ve depresyon

Burnout and depression in medical students

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Özet

Tıp öğrencileri, eğitimleri ve hastalara yaklaşım süreçleri boyunca akademik baskı, ağır çalışma programı, uykusuzluk ve kaygı gibi çeşitli stres faktörlerine maruz kalmaktadır. Bu stres, öğrencilerin odaklanma becerilerini bozabilir veya çalışma etkinliklerini ve üretkenliklerini azaltabilir. Pek çok ülkede yapılan araştırmalar, tıp öğrencilerinin stresle kötü başa çıkma yöntemleri ve uygunsuz danışmanlık nedeniyle yüksek oranda depresyon ve kötü ruh sağlığı koşullarına sahip olduğunu göstermektedir. Bir anket sonucu 12.000'den fazla tıp öğrencisinin %80'i tükenmişlik, alkol kötüye kullanımı/bağımlılığı veya depresif belirtiler gösterdiği bildirilmiştir. Başka bir çalışma, tıp öğrencilerinin, asistanların/öğrencilerin ve kariyerinin başındaki doktorların genel nüfusa göre tükenmişlik ve depresyona girme olasılıklarının daha yüksek olduğunu ortaya koymuştur.

Anahtar kelimeler: Tükenmişlik, depresyon, tıp öğrencileri

Summary

During their training and patient care process, medical students are exposed to a variety of stressors such as academic pressure, study schedule, sleeplessness, and anxiety. This stress may impair students' ability to focus or reduce their working efficacy and productivity. Surveys in many countries show that medical students have a high prevalence of depression and poor mental health conditions due to stress, poor coping strategies, and inappropriate counseling. 80% of over 12,000 medical students reported burnout, alcohol abuse/dependence, or depressive symptoms in a survey. Another study discovered that medical students, residents/fellows, and early-career physicians were more likely to be burned out and depressed than the general population.

Keywords: Burnout, depression, medical students

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Dear editor,

Medical students come across to many stress factors such as pressure of studies, study schedule, sleeplessness⁽¹⁾ and anxiety during their training and patient care process. This stress may cause inability to focus or may decrease students' working efficiency and productivity. Surveys in many countries shows that high frequency of depression and poor mental health conditions amongst medical students due to stress, poor coping strategies and inappropriate counselling.⁽¹⁾ Over 12,000 medical students participated in a survey, and 80% of them reported burnout, alcohol abuse/dependence, or depressive symptoms.⁽²⁾ A different findings revealed that early career physicians, residents, and medical students had higher rates of depression and burnout when compared to general population controls.^(3,4)

As shown in table⁽⁵⁾ medical students are more prone to emotional exhaustion, depression and burnout than the rest of the population.

This is a fact that pressures and workload mostly lead to poor mental health and these stress factors are irreducible.⁽⁶⁾ So preventive measures must be student-based. Some interventions for medical students and educators for coping stress and burning out;

- Expectation of achieving perfection can drive burnout. Trying to do more and more studying is only manageable with eating right, exercising and enough sleep.⁽⁷⁾
- Meditation is a simple and effective solution.⁽⁶⁾
- Peer discussion and network is very important. Trusting peers also supporting them may be helpful.
- Time management is also another important factor in medical school because excessive workload and de-

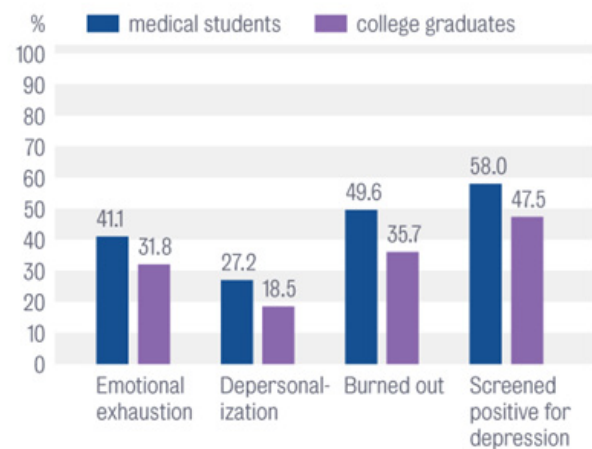
adlines are not be manageable all the time. Time management lessons may be added to curriculum.⁽⁶⁾

- Learning and using support systems in school may be helpful for learning how to deal with the stress. Also medical schools may assess and make sure that medical students are taking care of themselves.

A survey could be created and applied to the medical students before and after using these interventions to assess their effectiveness. For example Gilbey et al. reported that 966 (44.7%) of the 2160 students at the participating medical schools completed their questionnaires. The burnout rate was 50.6%. "Female gender, age under 25, advanced year of study, attending a specific medical school, and not being a parent were all found to be significantly correlated with higher levels of burnout in a multivariate logistic regression analysis"⁽⁸⁾

ARE MEDICAL STUDENTS MORE BURNED OUT THAN THE REST OF THE POPULATION?

In a 2014 study by the journal Academic Medicine, around 4,000 medical students aged 22 to 32 years old reported symptoms of burnout, exhaustion and depression. Their results were compared to over 700 responses by age-matched U.S. college graduates.



SOURCE: Burnout Among U.S. Medical Students, Residents, and Early Career Physicians Relative to the General U.S. Population. Academic Medicine, March 2014. Graphic reporting by Shreya Atyar, Daily Bruin senior staff. Graphic by Jason Farwell, Daily Bruin contributor.



Between the first and second years of medical school, 532 students (76% response rate) confirmed the expected inverse relationship between burnout and intention to drop out as well as the latent moderator burnout x engagement. The protective effect of academic engagement reduces the effect of burnout on dropout intention. Increased levels of academic engagement are correlated with social support satisfaction and adaptive coping, whereas burnout is correlated with general distress and maladaptive coping. Medical Schools should create interventions to deal with student stress and academic difficulties as well as increase their academic engagement levels.⁽⁹⁾

Evidence-based data could be reached by a survey that may applied to medical students each year/term for assessing their behaviors and mental health and so appropriate interventions could be structured. These support systems (which should include not only peer support but also counseling, mentoring, follow-up, and, if necessary, medication) should be both sustainable and accountable. The question is could we structure such well-defined systems without stigmatization and mobbing.

Kind regards.

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