

Burnout in health professionals according to their self-esteem, social support and empathy profile

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Introduction: Professionals in the healthcare field are in situations that could be a source of stress and sometimes develop burnout syndrome. Self-esteem, social support, and empathy are variables which intervene and influence the appearance of this syndrome. Objective: Identify healthcare professional profiles based on self-esteem, empathy and perceived social support, and analyze the extent to which these profiles show differences in developing burnout. Method: The sample was made up of 719 healthcare professionals with a mean of 38.52 years of age. The Short Questionnaire of Burnout, the Rosenberg Self-Esteem Scale, the Perceived Social Support Questionnaire and the Basic Empathy Scale were used. Results: The results of a cluster analysis with self-esteem, empathy, and perceived social support showed four groups/profiles. Two of them, which included professionals with low self-esteem, differed in the rest of the characteristics. Furthermore, significant differences in burnout scores were found among the groups identified. Conclusion: The results show the need to study burnout with attention to individual and or social characteristics, where self-esteem is shown to be one of the explanatory variables making the main differences among the groups. © 2018 Molero Jurado, Pérez-Fuentes, Gázquez Linares and Barragán Martín.

Burnout

Empathy

Healthcare

Professional

Self-esteem

Social support