

P-1386 - OVER-INVOLVEMENT AND BURNOUT AMONG PSYCHIATRY RESIDENTS IN HUNGARY

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Introduction: Several studies have shown that excessive emotional involvement leads to burnout (Zapf et al 2001; Brotheridge&Grandey 2002).

Objective: The study of the causal factors of empathy and burnout and the effect of emotional involvement on the medical doctors.

Methods: Descriptive study at the 4 Hungarian medical faculties with 67 psychiatry residents. Maslach Burnout Inventory, (Maslach and Jackson, 1986), Interpersonal Reactivity Index (Davis, 1980), Patient-Practitioner Orientation Scale (Krupat, E. et al. 2000) and Secondary Traumatic Stress Scale (Bride 2003). Standardised film scenes of doctor patient interactions. (Csabai et al 2009).

Results: High emotional exhaustion among 32,8% of residents, high level of depersonalisation of 29,9%, decrease of personal effectivity of 52,2%. Significantly higher depersonalisation for men ($p \leq 0,05$). Marriage or partnership meant significantly lower likelihood of depersonalization.. Empathetic concern (IRI) showed significant correlation with the number of children. Factor analysis of the questionnaires revealed two main factors: the first factor we named "reactive empathy" or "mentalization". The second factor included components related to emotional contagion and its consequences: burnout.

Responses to the film, correlate with the questionnaire's PPOS caring scale, IRI perspective change, IRI empathic concern. These factors are protective in nature.

Conclusion: The film test is suitable to measure and teach skills that protect against burnout. Experience of emotional contagion may predict the manifestation of burnout. Regulation of the intensity of emotional states, perspective change and empathic concern determine that form of empathy which has a positive effect on both the patient and the therapist.