

## Burnout prevalence among pediatric dentists

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### Abstract

Occupation of a dentist is accompanied with professional stress that can lead to burnout syndrome (BS). The aim of this study was to evaluate the prevalence of BS in pediatric dentists working in state dental polyclinics. Burnout was assessed with Maslach Burnout Inventory (MBI). Data were analyzed using ANOVA and chi-squared test. In total, 71 pediatric dentists working in five state dental polyclinics of St. Petersburg were included in the study (79% females, mean age 51.8 years $\pm$ 11.34, the mean work experience – 16 years). According to specialization the distribution was as follows: pediatric dentists (therapists), n=46; orthodontists, n=15; dental surgeons, n=10. The above subgroups did not differ by age and gender ( $p>0.05$ ). The majority of subjects (97.2%) had high level of depersonalization and emotional exhaustion. The level of reduction of personal accomplishment was moderate in 62%, low – in 28%, and high – in 10% of dentists. BS was pronounced in 7% subjects; 90% exhibited scores related to BS, and only 3% had no signs of BS. The level of depersonalization and emotional exhaustion was higher in orthodontists and dental surgeons than in pediatric dentists ( $p<0.05$ ); the level of reduction of personal accomplishment was similar in the subgroups. The majority of pediatric dentists working in state dental polyclinics reported symptoms related to BS. The level of depersonalization and emotional exhaustion was higher in orthodontists and surgeons than in pediatric dentists. The data obtained emphasize the necessity for prophylactic measures of BS among pediatric dentists.

**Keywords:** Burnout syndrome, Pediatric dentists, Maslach Burnout Inventory (MBI), ANOVA, chi-squared test.



### Biography:

Paul B Ionov has Graduated from the Academician I.P. Pavlov First Saint-Petersburg State Medical University of the Ministry of Healthcare of Russian Federation, the Faculty of Dentistry in 2014. Currently, he is pursuing his Post-graduate from the Department of General Hygiene with Ecology of the same university. He has five publications from the reputed journals.

### Speaker Publications:

1. "Awake video-assisted thoracic surgery in acute infectious pulmonary destruction"; Annals of Translational Medicine / 2015 / 3(8):100; DOI: 10.3978/j.issn.2305-5839.2015.04.16.

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