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

E. Fulop1, A. Devecsey2, T. Kurimay3, M. Csabai4

1 Department of Applied Psychology, Semmelweis University Faculty of Health Sciences, Budapest, 2 University of Pécs, Doctoral School of Psychology, Pécs, 3 Integrated Postgraduate Training Center of South-Pest County, Non-Profit Ltd., Cegléd, 4 Saint John Hospital, Department of Psychiatry, Budapest, 5 Institute of Psychology, University of Szeged, Szeged, Hungary

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.


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 < 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.