Introduction:
Today, one of the major factors in decreased efficiency and loss of human resources, staff burnout. This problem, in addition to physical adverse effects, adverse effects also carry numerous psychological and especially helpful in professions including health personnel due to the stressful nature of the jobs created are more burnout.
This study to determine the prevalence of burnout syndrome in three dimensions emotional exhaustion - the adequacy of depersonalization and reduced personal staff health centers in Mashhad have been done.
Methods:
In this descriptive - analytical study using census workers 30 health centers of Mashhad, the research instrument that includes demographic information and questionnaire Mazlak burnout (MBI) was completed. Data analysis by SPSS computer software was done.
Results:
The results showed in relation to the frequency of the three dimensions of burnout: 50.2 percent of employees low frequency levels of emotional exhaustion, 97.2 percent of low levels of depersonalization and frequency of high frequency of 0.379 percent reported personal adequacy.
Results also showed a significant correlation between emotional fatigue with work area, job status, offline and having leisure time was available so that workers in marginal areas of the city staff involved in planning the family doctor and staff who have the least leisure have experienced more emotional exhaustion (p <0.05) findings also showed a significant relationship between personal variables and adequacy of local service unit, education and smoking was available so that employees working in the laboratory and pharmacy personnel and doctoral education The staff of the school education and cigarette smoking have lower personal adequacy have reported more (p <0.05) showed between smoking and depersonalization also a significant relationship exists so that personnel have been smoking less depersonalization less well reported. (p <0.05)
Conclusion:
Overall the staff burnout in emotional exhaustion and depersonalization after low and high personal adequacy is later. In other words, the health staff burnout in the extent that it leads to a decrease in servicing their clients will have not experienced.
Keywords: Burnout - Health workers - personal adequacy - depersonalization - emotional exhaustion
Presentation: Poster