

9th Asia Pacific Global Summit on

HEALTHCARE & IMMUNOLOGY

July 03-05, 2017 Kuala Lumpur, Malaysia

Burnout and related factors among professional staff engaged in community-based rehabilitation program in Iran

Mohammadreza Asadi¹, Mehran Emami Eskandar¹ and Vahid Rashedi²¹State Welfare Organization, Tehran, Iran²University of Social Welfare and Rehabilitation Sciences, Tehran, Iran

Professional burnout is a psychological syndrome arising in response to chronic interpersonal stressors of vocations. Due to the nature of their jobs and personalities, rehabilitation service providers are at high risk of burnout. This study aimed to investigate the prevalence of burnout and related factor among professional staff working in community-based rehabilitation program in Tehran Welfare Organization, Iran. It was a cross-sectional descriptive study. 105 professional staff from community-based rehabilitation program in Tehran Welfare Organization was recruited by convenient sampling method. Maslach Burnout Inventory (MBI) and a demographic variables questionnaire were used to gather data. Data analysis was done by SPSS and value of $P < 0.05$ was considered as significant level. The mean age of the participants was 35.66 ± 5.27 years and 80.9% of participants were female. The mean years of employment were 7.12 ± 3.63 , and 19.04% had finished high school, 37.14% were technician and 43.82% had academic degrees. Burnout in scales of emotional exhaustion and depersonalization was low, but was medium in personal accomplishment (frequency and intensity) scale. It was found that, factors such as age, gender, education level, and employment were of significant relationship with burnout. The findings showed of mild to moderate levels of burnout among professional staff in Tehran Welfare Organization. Continuous educational programs and workshops need to be conducted to prevent and lower the levels of burnout among these staff.

mohammadrezaasadi11@gmail.com