

Prevalence of burnout syndrome among resident physicians in Syria: a cross-sectional study

Submission date 21/05/2025	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 22/05/2025	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 22/05/2025	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Burnout among Syrian resident physicians is understudied. This study measures its prevalence and identifies contributing factors (e.g., workload, resources).

Who can participate?

Licensed doctors in Syria with ≥ 1 year of experience. Excludes non-doctors or those on recent leave.

What does the study involve?

A 15-minute anonymous survey about work conditions and burnout symptoms.

What are the possible benefits and risks of participating?

Benefits: May inform future support programs.

Risks: Minimal (no physical harm).

Where is the study run from?

University of Aleppo (Syria)

When is the study starting and how long is it expected to run for?

February 2025 to May 2025

Who is funding the study?

Investigator initiated and funded

Who is the main contact?

Dr Mohammad Al-Jawad, mhammadjawad877@gmail.com

Contact information

Type(s)

Public, Scientific, Principal Investigator

Contact name

Dr Mohammad Al-Jawad

Contact details

New Aleppo

Aleppo

Syria

963

+963 (0)946148173

mhammadjawad877@gmail.com

Additional identifiers

EudraCT/CTIS number

Nil known

IRAS number

ClinicalTrials.gov number

Nil known

Secondary identifying numbers

2527

Study information

Scientific Title

Burnout syndrome among resident physicians in Syria

Acronym

BSARPIS

Study objectives

Determine the prevalence of burnout among resident physicians

Ethics approval required

Ethics approval required

Ethics approval(s)

Approved 27/02/2025, University of Aleppo, Faculty of Medicine (Aleppo, Aleppo, 963, Syria; +963 (0)21 2229184; cmooffice@alepuniv.edu.sy), ref: 2527

Study design

Single-centre observational cross-sectional study

Primary study design

Observational

Secondary study design

Cross sectional study

Study setting(s)

Hospital

Study type(s)

Quality of life, Screening

Participant information sheet

Not available in web format, please use the contact details to request a participant information sheet

Health condition(s) or problem(s) studied

Burnout syndrome

Interventions

This is an observational cross-sectional study with no interventions. Participants complete a one-time electronic questionnaire (15–20 minutes). Total duration: 1 month (single assessment; no follow-up).

Intervention Type

Other

Primary outcome measure

The prevalence of burnout among resident physicians measured via the Burnout Assessment Tool (BAT) (27-item Likert scale). Timepoint: Single assessment.

Secondary outcome measures

1. The factors influencing the occurrence of burnout among resident physicians, analyzed from demographic/work-related questions (e.g., specialty, night shifts).
 2. Job satisfaction rated on a 10-point scale (question 14)
- Timepoint: Single assessment

Overall study start date

27/02/2025

Completion date

05/05/2025

Eligibility

Key inclusion criteria

1. Professional status: licensed medical doctors currently practising in Syria
2. Work experience: minimum of 1 year of clinical experience in their respective fields
3. Willingness to participate: must provide informed consent to participate in the study

Participant type(s)

Health professional, Resident

Age group

Adult

Lower age limit

21 Years

Upper age limit

40 Years

Sex

Both

Target number of participants

600

Total final enrolment

530

Key exclusion criteria

1. Non-medical staff: individuals who are not licensed medical doctors (e.g., nurses, administrative staff)
2. Less than 1 year of experience: doctors with less than 1 year of clinical experience
3. Recent leave of absence: doctors who have taken a leave of absence (e.g., maternity leave, medical leave) in the past 6 months

Date of first enrolment

28/02/2025

Date of final enrolment

01/05/2025

Locations**Countries of recruitment**

Syria

Study participating centre

Not provided at time of registration

Syria

-

Sponsor information**Organisation**

University of Aleppo

Sponsor details

Aleppo

Aleppo

Syria

963

+963 (0)212229184

cmoffice@alepuniv.edu.sy

Sponsor type

University/education

Website

<https://www.alepuniv.edu.sy>

ROR

<https://ror.org/03mzvzx96>

Funder(s)**Funder type**

Other

Funder Name

Investigator initiated and funded

Results and Publications**Publication and dissemination plan**

Planned publication in a peer-reviewed journal

Intention to publish date

01/07/2025

Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study will be published as a supplement to the results publication

IPD sharing plan summary

Published as a supplement to the results publication