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

Submission date	Recruitment status	Prospectively registered
21/05/2025	No longer recruiting	∐ Protocol
Registration date	Overall study status	Statistical analysis plan
22/05/2025	Completed	☐ Results
Last Edited	Condition category	Individual participant data
22/05/2025	Mental and Behavioural Disorders	[X] 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

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

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; cmoffice@alepuniv.edu.sy), ref: 2527

Study design

Single-centre observational cross-sectional study

Primary study design

Observational

Study type(s)

Quality of life, Screening

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(s)

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

Key secondary outcome(s))

- 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

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

21 years

Upper age limit

40 years

Sex

All

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

ROR

https://ror.org/03mzvxz96

Funder(s)

Funder type

Other

Funder Name

Investigator initiated and funded

Results and Publications

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

Study outputs

Output type Details Date created Date added Peer reviewed? Patient-facing?

Participant information sheet Participant information sheet 11/11/2025 11/11/2025 No Yes