

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

<b>Submission date</b> 21/05/2025	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/05/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 22/05/2025	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input 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  $\geq 1$  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

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**Additional identifiers**

**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

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## Sponsor information

**Organisation**

University of Aleppo

**ROR**

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

## 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