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

Submission date
21/05/2025

Recruitment status
No longer recruiting

Registration date
22/05/2025

Overall study status
Completed

Last Edited
22/05/2025

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] 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

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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

Primary study design
Observational

Study design
Single-centre observational cross-sectional study

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