Medical training and surgery can be stressful

The Link Between Emotional Intelligence and Burnout in Plastic Surgery Residents

30-38% of surgeons experience burnout

Burnout components

- Emotional exhaustion (EE)
- Depersonalization (DP)
- Sense of personal accomplishment (PA)

This study investigates the relationship between emotional intelligence (EI) and the individual components of burnout

Overall rate of burnout: 37.9%

EI is negatively associated to EE, and positively correlated to PA

Plastic surgery residents satisfied with their salary had lower EE and DP, and those satisfied with their role in the operating room had a better sense of PA

29/37 plastic surgery residents in Riyadh, Saudi Arabia, completed the survey

EI

High level of EE: 72.4%
High level of DP: 41%
Low sense of PA: 41%

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Emotional Intelligence and Burnout in Plastic Surgery Residents: Is There a Relationship?
Bin Dahmash et al. (2019) | DOI: 10.1097/GOX.0000000000002057