



Instant Insights

US Physician Feelings on Burnout 2022

Report by InCrowd, published December 15, 2022

PROJECT SPECIFICATIONS

RESEARCH OBJECTIVES

- Track how US physicians are managing work-related stress and burnout over time
- Explore physician feelings on their profession and their feelings of reward
- Better understand how medical facilities can address physician burnout

METHOD	2-minute microsurvey
CROWDS	US Physicians (Mix of specialties)
SAMPLE SIZE	2022 n=500 (2019 n=613, 2021 n=841)
FIELDING PERIOD	Nov 18, 2022 – Dec 7, 2022

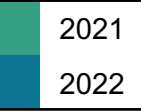
SCREENING CRITERIA

Qualified respondents are [US]-based physicians who work in clinical practice.

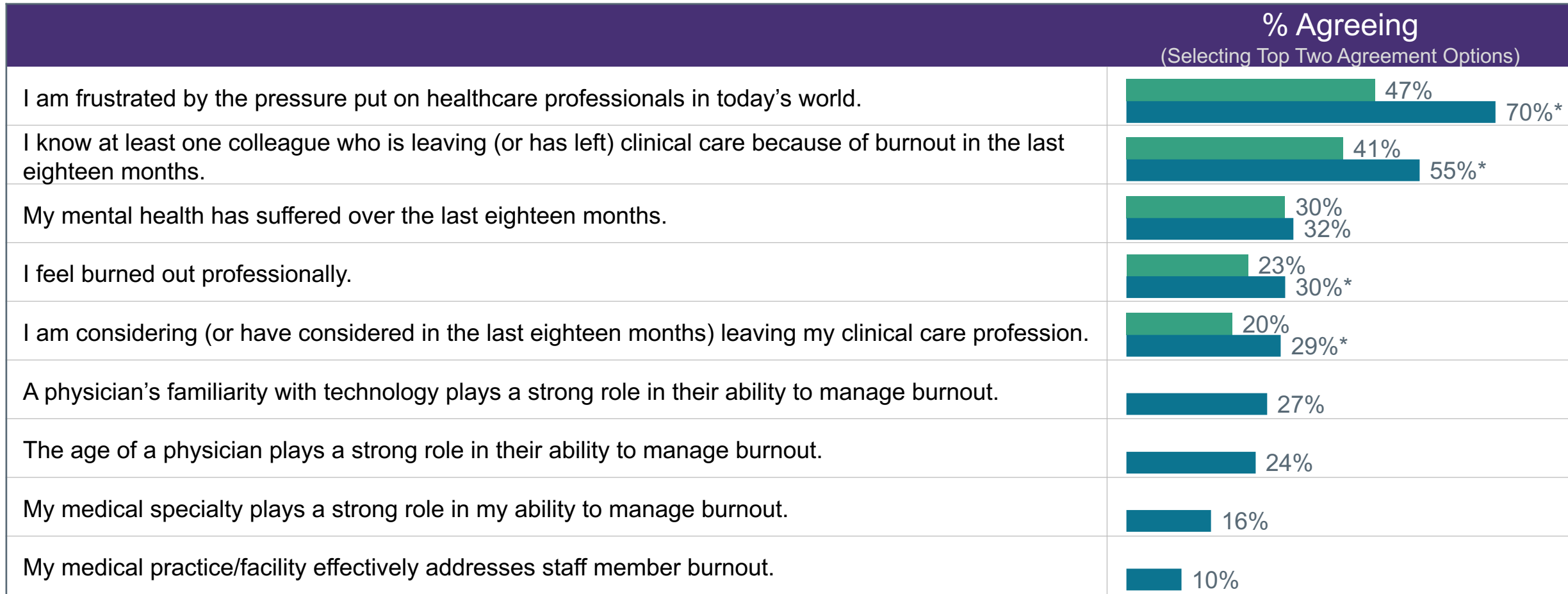
EXECUTIVE SUMMARY

- Overall, physicians report increases across the board in challenges managing work-related stress and burnout and a decrease in job satisfaction
 - Respondents are significantly more frustrated by the pressure put on healthcare professionals in today's world.
 - More respondents know colleagues leaving the profession than last year.
 - Down from 45% in 2021, only 30% of respondents in 2022 find their profession extremely rewarding.
- Physicians work to manage their own work stress through exercise, time with family and friends, and meditation, among other things.
- While only 10% of physicians feel that their medical practice/facility effectively addresses staff member burnout they recommend their employers:
 - Increase staffing for support staff (nurses, medical assistants, admins, etc.)
 - Reduce patient volume
 - Require vacation time
 - Increase physician staffing

In just one year, significantly more physicians are feeling frustrated by the pressures put on HCPs and significantly more know a colleague who has left the profession due to burnout. Almost a third feel burned out themselves.



Managing Clinical Work-Related Stress and Burnout



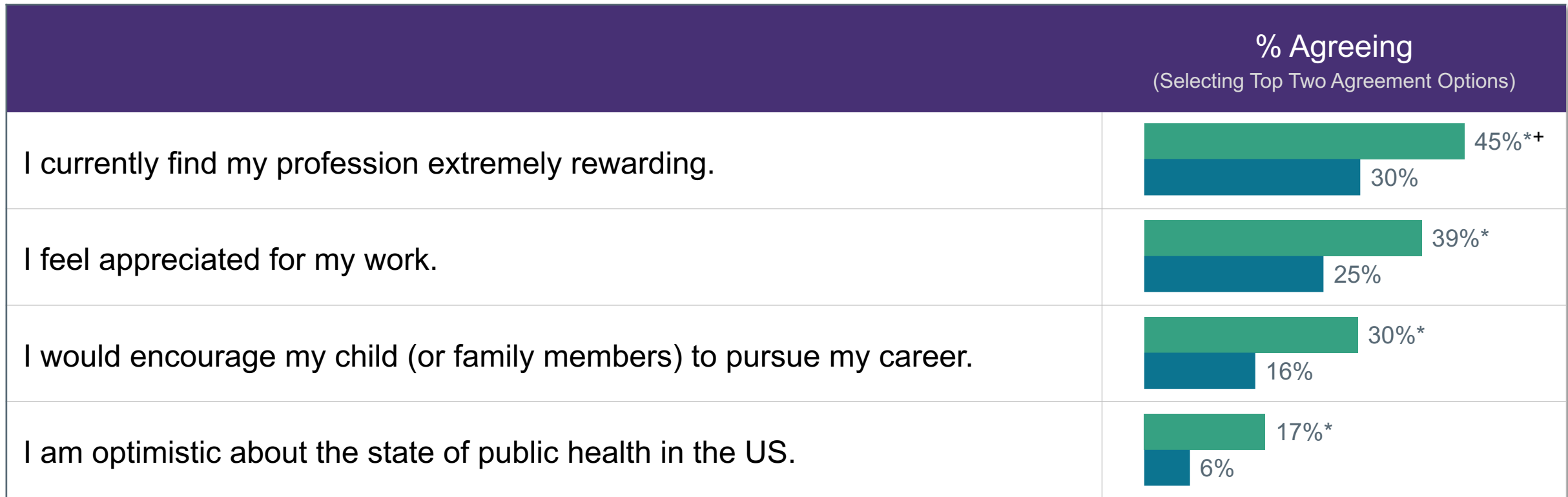
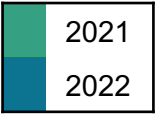
*Statistically significant at the 95% confidence level

Please rate your level of agreement with the following statements, 1 being strongly disagree and 7 being strongly agree

2021 n=841
2022 n=500

Far fewer physicians are finding their profession rewarding, feel appreciated at work, would encourage their children to pursue their career, and almost none of them feel optimistic about the state of public health in the US.

Optimism about Clinical Practice Work



*Statistically significant at the 95% confidence level

*Wording of statement in 2021: I find my profession extremely rewarding despite the challenges of the pandemic.

Please rate your level of agreement with the following statements, 1 being strongly disagree and 7 being strongly agree

2021 n=841
2022 n=500

Themes that arise from asking respondents how they manage work-related stress include exercise, spending time with family and friends, meditation, and focusing on hobbies among others.

Unaided Responses for Managed Work-Related Stress

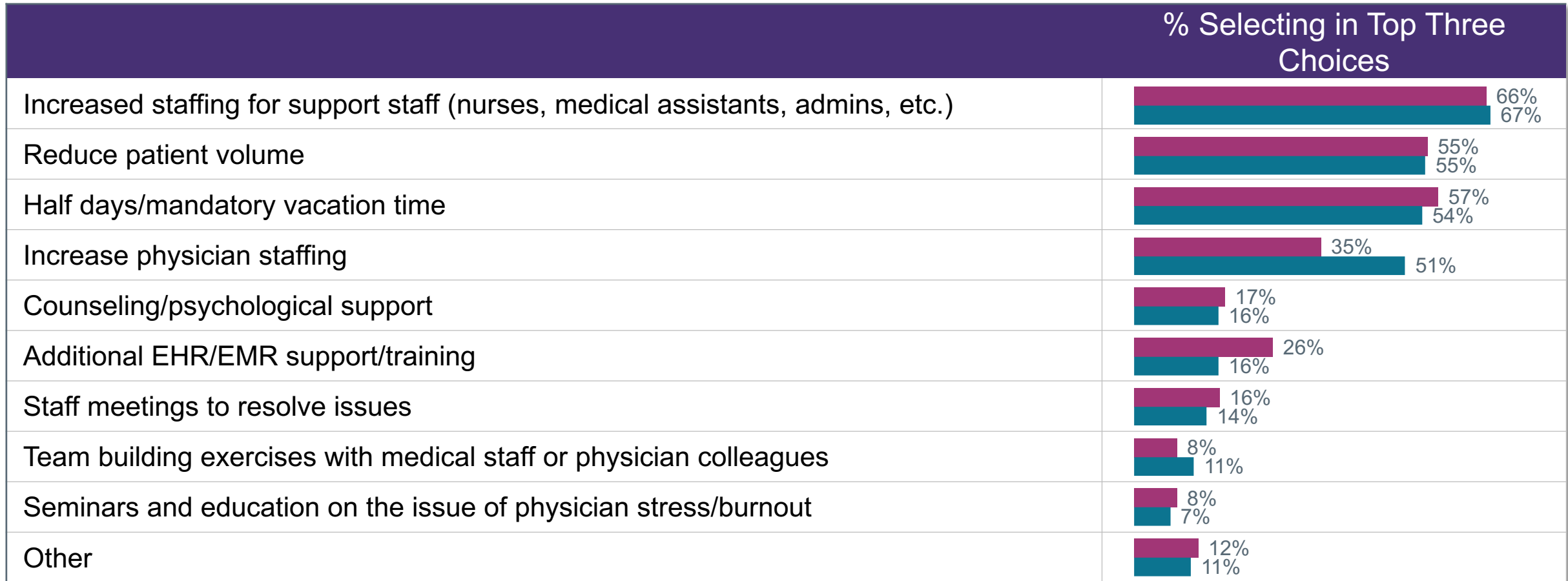
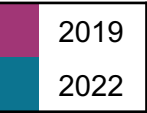


Please share how you manage your work-related stress.

2021 n=841
2022 n=500

Mostly physicians feel the same about ways to address burnout to when we asked this of them in 3 years ago. However, the need for increased staffing has jumped from a third to a half of respondents.

Ways Facilities Can Address Physician Burnout



In previous research we have conducted with physicians, there were many suggestions made about steps that could be taken to alleviate the issue of physician burnout. From the list below, please select the top three options which could be implemented by facilities to address burnout.

2019 n=613
2022 n=500

While only 10% of respondents feel their medical facility effectively manages burnout, physicians report varying ways their facilities are addressing burnout or lack thereof.

Comments on Medical Facilities Addressing Burnout

“

Organization claims to prioritize wellbeing however does not take actions to streamline administrative demands on time, does not arrange for appropriate staffing to prevent need for working overtime to cover clinical duties, and has been ineffective in staff retention which leads to further dissatisfaction.

Community-based
Surgeon, age 48

“

I do not think my employer or physicians' societies help burn out I think the whole system needs to be overhauled and that doctors only practice medicine and not worry about extensive documentations , pre-cert or admin

Community
Cardiologist, age 47

“

They have created events to help celebrate employees and also have made employees of aware of resources for mental health

Academic
Rheumatologist, age 39

“

Scheduled vacation blocks, blocks of 5 shifts that are the same time slot to avoid the ridiculous flipping experienced in shift work, a "Zen" den.

Academic
Emergency Medicine, age 34

Percent of physicians agreeing with the statement: “My medical practice/facility effectively addresses staff member burnout.” 10%

Please elaborate on how your medical practice/facility does or does not effectively address burnout.

2022 n=500



For more information, please contact:

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