Physician Burnout, Depression, and Suicide

Physicians have higher rates of burnout, depressive symptoms, and suicide risk than the general population.



of physicians surveyed report **feeling** the effects of burnout daily.¹



2 out of 3 physicians who are **experiencing depression** say it affects their work.²



of residents surveyed report **experiencing a major depressive episode** during training.³



Medical students have rates of depression 15-30% higher than the general population.⁴



300 to 400 physicians die by suicide each year.⁴



The suicide rate among male physicians is **1.41x higher** than the general male population.⁴



The suicide rate among female physicians is **2.27x higher** than the general female population.⁴

Drivers of Burnout



- Workload
- Work inefficiency
- Lack of autonomy and meaning in work
- Work-home conflict.

Suicide Warning Signs

Talk

- · Killing themselves
- · Having no reason to live
- Being a burden to others
- · Feeling hopeless
- · Feeling trapped
- Unbearable pain

Behavior

- Increased use of alcohol or drugs
- · Withdrawing from activities
- Isolating from family and friends
- · Sleeping too much or too little

Mood

- Depression
- Anxiety
- · Loss or interest
- Irritability
- · Humiliation/shame
- Anger/agitation

Prioritizing mental health enables physicians to provide better patient care and maintain resilience by combining self-care with effective mental health treatment. Learn more at afsp.org/physicians



^{1. &}quot;Physician burnout in 2019, charted." Advisory Board, January 18, 2019

^{2.} Leslie Kane, MA, "Medscape National Physician Burnout, Depression & Suicide Report 2019," Medscape, January 16, 2019.

^{3.} Mata, DA, et al. (2015). Prevalence of Depression and Depressive Symptoms among Resident Physicians. JAMA, 314(22), 2373.

^{4. &}quot;10 Facts About Physician Suicide and Mental Health," American Foundation for Suicide Prevention.