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Letter to the Editor

Re: Jérôme Gas, Stéphane Bart, Philippe Michel, et al. Prevalence of and Predictive Factors for Burnout Among French Urologists in Training. Eur Urol 2019;75:702–3

I read with interest the paper by Gas et al. [1]. Many researchers have investigated burnout for a number of disciplines, but only a few studies have focused on the impact of burnout among urologists [2,3]. The authors highlighted burnout syndrome by investigating factors associated with this clinical entity among young urologists in France.

Burnout is mainly assessed using the Maslach Burnout Inventory in three dimensions: emotional exhaustion (EE), depersonalization (DP), and personal accomplishment (PA). Although the authors did not provide the mean age of respondents in their study, 55% reported EE, 75% DP, and 30% PA. We recently carried out a nationwide survey on burnout prevalence among Turkish urologists, including urologists in training, urologist specialists and academic urologists [4]. Our results show that respondents younger than 40 yr were prone to EE (60%) associated with a higher workload, more bureaucratic formalities, and longer working hours compared to participants older than 40 yr. Gas et al. also state that the EE subdimension was associated with illicit drug consumption and a regular pastime. From this point of view, cultural and social differences between countries can affect different dynamics and lead to burnout among urologists. However, in my opinion the authors could have investigated more predictive factors that might affect the rate of burnout, including heavy working conditions, monthly income status, and comorbidities.

The authors state that a feeling of being well trained was a strong protective factor against burnout, but it is reasonable to predict that the participants will face the risk of burnout in their future experiences.

Regardless of the reason, burnout syndrome will continue to be a global problem. Health care providers should be alert to possible burnout and take measures to prevent it to promote psychosocial wellbeing and improve the quality of health care.

Conflicts of interest: The author has nothing to disclose.

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April 23, 2019

