



Resources and References

Burnout, Depression & Substance Use Disorder

Berge KH, Seppala MD, Schipper AM. Chemical dependency and the physician. Mayo Clin Proc. 2009 July;84(7): 625-631.

This article presents a comprehensive overview of physician substance use disorder and the challenges inherent to recognizing it, intervening, and supporting the physician with return to the workplace after treatment.

Harvey SB, Epstein RM, Glozier N, Petrie K, Strudwick J, Gayed A, Dean K, Henderson M. Mental illness and suicide among physicians. Lancet. 2021 Sep 4;398(10303):920-930.

This review discusses the prevalence of mental illness and suicidality among physicians, particularly the high risk of suicide in female physicians. It also examines how changes in medical training, health systems, and the COVID-19 pandemic have negatively impacted mental health among physicians.

Afonso A, Cadwell J, Staffa S, et al. U.S. Attending Anesthesiologist Burnout in the Postpandemic Era. Anesthesiology. 2024; 140(1): 38-51.

National survey of ASA members, initially done in 2019-2020 and repeated in the postpandemic era, 2022-2023. Provides detailed insight to anesthesia-specific risk factors for burnout, including demographics, like female anesthesiologists, anesthesiologists who have caregiver roles outside of work, those with little support at work, and those with real or perceived staff shortages. By specialty, critical care, regional and neuroanesthesia had high rates of burnout; pediatric anesthesia had the least.

Mata DA, Ramos MA, Bansal N, Khan R, Guille C, Di Angelantonio E, Sen S. Prevalence of depression and depressive symptoms among resident physicians: A systematic review and meta-analysis. Jama. 2015; 314(22):2372-2383.

This systemic review of more than 17,000 resident physicians found that the prevalence of depression or depressive symptoms was 28.8%, with a range from 20.9% to 43.2 % depending on the instrument used, and increased with each calendar year of residency. This trend presents potentially actionable patterns.

Ryan E, Hore K, Power J, Jackson T. The relationship between physician burnout and depression, anxiety, suicidality and substance abuse: A mixed methods systematic review. Front Public Health. 2023 Mar 30;11:1133484.

This systematic review found a significant association between physician burnout, and depression, anxiety, and suicidality, although suicidality was difficult to measure. Association between substance use disorder and burnout was more variable. Chronic workplace stress including lack of time and work-life balance, professional relationships, and a culture of invulnerability had potential links with psychological morbidity.

[Wearing Masks](#)

Shared here by the University of Maryland Professional Assistance Committee, Wearing Masks provides education through personal stories and virtual education videos. They are designed to help get those with

substance use disorder into safe and confidential treatment and to help co-workers understand how substance addiction works, from the inside of an impaired practitioner's mind, and how to recognize the signs and patterns of addiction.

[AMA Steps Forward: Physician Burnout](#)

The expansive American Medical Association's Steps Forward resources offer a wide selection of topics for education around several key physician wellbeing topics. Steps Forward includes various toolkits and playbooks, as well as links to relevant podcasts and webinars. The learning modules can also be awarded CME credit.

[Stanford Model of Professional Fulfillment](#)

From the thought leaders in physician well-being, Stanford WellMD reminds us that well-being is driven not only by individual Personal Resilience but also through an organization's dedication to fostering a Culture of Wellness and Efficiency of Practice. This site outlines key features of each domain and provides useful content around successful practices of well-being efforts.

[Measuring and Addressing Physician Burnout](#)

AMA website outlining national, systematic plan to combat physician burnout, including recent passage of the Dr. Lorna Breen Health Care Provider Protection Act, which provides federal funding to prevent physician suicide and improved physician wellbeing.