

# Switzerland - Harmonized definition of occupational burnout. A systematic review, semantic analysis, and Delphi consensus in 29 countries

**Guseva-Canu, Irina**

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## Overview

### Identification

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### Version

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#### VERSION DESCRIPTION

Version 1.0

#### PRODUCTION DATE

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### Overview

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#### ABSTRACT

**Background:** A consensual definition of occupational burnout is currently lacking. We aimed to harmonize the definition of occupational burnout as a health outcome in medical research and to reach a consensus on this definition within the Network on the Coordination and Harmonisation of European Occupational Cohorts (OMEGA-NET).

**Methods:** First, we performed a systematic review in MEDLINE, PsycINFO and EMBASE (January 1990 to August 2018) and a semantic analysis of the available definitions. We used the definitions of burnout and burnout-related concepts from the Systematized Nomenclature of Medicine Clinical Terms (SNOMED-CT) to formulate a consistent harmonized definition of the concept. Second, we sought to obtain consensus on the proposed definition using the Delphi technique.

**Results:** We identified 88 unique definitions of burnout and assigned each of them to one of the 11 original definitions. The semantic analysis yielded a semantic proposal, formulated in accordance with SNOMED-CT as follows: "In a worker, occupational burnout or occupational physical AND emotional exhaustion state is an exhaustion due to prolonged exposure to work-related problems". A panel of 50 experts (researchers and healthcare professionals with an interest for occupational burnout) reached consensus on this proposal at the second round of the Delphi, with 82% of experts agreeing on it.

**Conclusion:** This study resulted in a harmonized definition of occupational burnout approved by experts from 29 countries within the OMEGA-NET. Future research should address the reproducibility of the Delphi consensus in a larger panel of experts, representing more countries, and examine the practicability of the definition.

#### KIND OF DATA

Three csv files. The first one (ResearchStrings.csv) presents the literature research strings applied to MEDLINE, EMBASE, and PsychINFO, respectively.

The second file (DefinitionsIndexation&Citation\_OriginaVsUniqueDef.csv) presents the statements of different definitions of occupational burnout identified within the systematic review, their references and the references of studies citing them.

Finally the third file (DefinitionsIndexation&Citation\_UniqueDefinitionSummary.csv) presents the correspondence between these "unique" definitions and their "original" definitions.

#### UNITS OF ANALYSIS

Number of citations per original and secondary definition of occupational burnout among studies included in the systematic review

#### KEYWORDS

epidemiology, occupational health, job stress, burnout, exhaustion

### Coverage

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GEOGRAPHIC COVERAGE

International

## Producers and Sponsors

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PRIMARY INVESTIGATOR(S)

Name	Affiliation
Guseva-Canu, Irina	Center for Primary Care and Public Health (Unisanté), Department of occupational and environmental health (DSTE)

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## Sampling

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## Data Collection

### Data Collection Dates

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