

# Learning environment issues tied to medical school burnout

August 27 2021

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(HealthDay)—Medical students who experience mistreatment and

perceive a less favorable learning environment are more likely to develop higher levels of exhaustion and disengagement, lower levels of empathy, and career regret, according to a study published online Aug. 9 in *JAMA Network Open*.

Liselotte N. Dyrbye, M.D., M.H.P.E., from the Mayo Clinic in Rochester, Minnesota, and colleagues examined the association between [mistreatment](#) and perceptions of the [learning environment](#) with subsequent burnout, empathy, and career regret among U.S. [medical students](#). Data were used from 14,126 respondents to the 2014 to 2016 Association of American Medical Colleges (AAMC) Medical School Year 2 Questionnaire (Y2Q) and 2016 to 2018 AAMC Graduation Questionnaire (GQ).

The researchers found that 22.9 percent of respondents on the Y2Q reported mistreatment, which was significantly associated with a higher exhaustion score, a higher disengagement score, and a higher likelihood of career regret on the GQ. In contrast, a more positive emotional climate reported on the Y2Q was significantly associated with a lower exhaustion score and lower disengagement score on the GQ. There was an association noted between more positive faculty interactions on the Y2Q and a higher empathy score on the GQ. There were lower odds of career regret during year 4 of [medical school](#) among those reporting better student-student interactions (odds ratio, 0.97).

"Strategies to improve student well-being, empathy, and experience should include approaches to eliminate mistreatment and improve the learning environment," the authors write.

One author disclosed receiving royalties from CWS Inc.

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Citation: Learning environment issues tied to medical school burnout (2021, August 27) retrieved 7 May 2024 from

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