

# Resident thriving model defined in new study

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A concept of Aristotle, eudaimonia is when a "flourishing life incorporates both a subjective feeling of satisfaction as well as a value-oriented purpose," says authors of the recent paper, "Thriving in Residency: a Qualitative Study."

Yale Medicine/Pediatrics Resident Joshua H. Hyman, MD, and Benjamin Doolittle, MD, MDiv, professor of medicine (general medicine), pediatrics, and divinity, sought to further understand the concept of eudaimonia, or thriving, in [resident](#) physicians.

The duo designed a [qualitative study](#) in which they interviewed 37 residents across three residency programs to determine what factors contributed to their thriving, both at work and in their [personal lives](#). For the study population, Hyman and Doolittle sought residents with high life, career, and [residency](#) satisfaction who did not meet burnout criteria, a group they defined as thriving residents. Thirteen interviewees did not meet the thriving criteria.

They categorized answers by thematic content using a grounded theory-based approach. The following six themes emerged from these interviews: program leadership, learning climate, connectedness, joy in medicine, life balance, and intrinsic factors.

"Through this study, we gained insights into what gives resident physicians a sense of thriving in their work and personal lives," said Hyman. "We conducted these interviews during the height of the COVID-19 pandemic, when residents were under immense personal and professional strain. Given that we were still able to find so many thriving [residents](#), we feel that this strengthens our belief that the themes identified are strongly linked to a sense of thriving."

**More information:** Joshua H. Hyman et al, Thriving in Residency: a Qualitative Study, *Journal of General Internal Medicine* (2022). [DOI: 10.1007/s11606-022-07504-6](https://doi.org/10.1007/s11606-022-07504-6)

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