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Burnout and engagement among physiotherapists

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Title:	Burnout and engagement among physiotherapists
Year:	2011
Author:	SofMartinussen, Monica, Borgen, Per-Christian, Richardsen, Astrid Marie, Mandy, Anne, Pavlakis, Andreas, Raftopoulos, Vasilios, Cossman, Lynne
Abstract:	<p>Aims: This article describes a study examining predictors of burnout and engagement, including job demands, job resources and Type A behaviour, in a sample of Norwegian physiotherapists (N = 244). Methods: This study measured demographic and work characteristics, job demands, job resources, burnout, work engagement and type A behaviour for all members of the sample. Findings: Both job demands and resources predicted burnout and engagement, and after controlling for these factors, Type A behaviour patterns accounted for additional variance in both burnout and engagement. Finally, Type A behaviour (Achievement Strivings and Impatience-Irritability) moderated several of the predictor-burnout relationships. Conclusions: These findings support the need for studying personality traits in addition to work related factors when predicting both positive and negative work related emotions such as burnout and engagement.</p>