

Physician Health Quick Facts:

Key factors affecting health and wellness for women in medicine

According to the 2017 National Physician Health Survey, women physicians reported higher rates of burnout (32%), depression screening (37%) and lifetime suicidal ideation (20%) than their male counterparts (29%, 31%, 17% respectively). The more we know about the factors affecting the health and wellness of women in medicine, the better we can support them. The CMA encourages relevant stakeholders to use these results to help prioritize and inform future initiatives.

Top 3 factors affecting burnout, depression screening and suicidal ideation



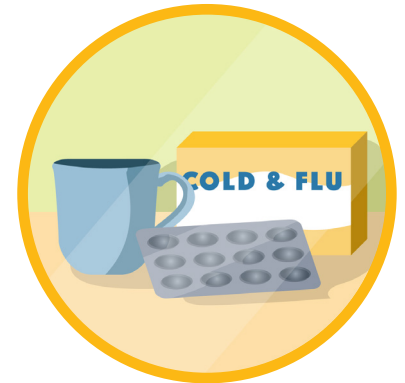
Career satisfaction

Women physicians who were dissatisfied with their career in medicine had 818% higher odds of experiencing burnout, 155% higher odds of screening positive for depression and 109% increased odds to have engaged in suicidal ideation.



Work-life integration

Women physicians who were dissatisfied with their work-life integration had 211% higher odds of experiencing burnout and 79% higher odds of screening positive for depression.



Presenteeism

Women physicians who reported coming to work when ill or distressed more than 5 times in a year had 109% higher odds to experience burnout, 172% higher risk of screening positive for depression and 108% higher odds to have engaged in suicidal ideation.

Other factors to watch



Efficiency and resources

Women physicians who were dissatisfied with the efficiency and resources at their workplace had 110% higher odds to experience burnout.



Alcohol bingeing

Women physicians who indicated consuming more than 5 drinks in one occasion had 85% more odds of experiencing burnout, 95% higher odds to screen positive for depression.



Collegiality

Women physicians who reported low work collegiality had 110% increased odds to experience burnout.