According to the CMA’s National Physician Health Survey, rates of burnout, depression and lifetime suicidal ideation were higher among residents than among other physicians (38% vs. 29%; 48% vs. 32%; 27% vs. 18%; p < 0.05).

**IN FACT, RESIDENTS HAD:**

- 48% higher odds of experiencing burnout;
- 95% increased odds of screening positive for depression; and
- 72% higher odds of engaging in suicidal ideation at some point during their life than other physicians.

Here are the top behavioural and occupational factors affecting residents’ health and wellness:

**BURNOUT**

- Not eating well and poor collegiality — significant indicators of burnout
  - Residents who rarely or never ate healthily had 249% higher odds of experiencing burnout than those who did.
  - Residents who experienced poor collegiality in their work environment had 796% higher odds of experiencing burnout than those who had a positive work environment.
  - Residents who were dissatisfied with their work–life integration had 383% higher odds of experiencing burnout than those who were satisfied.
  - Residents who were dissatisfied with the efficiency and resources in their workplace had 247% higher odds of experiencing burnout than those who were satisfied.

**DEPRESSION**

- Coming to work when ill or distressed — “presenteeism” — a key factor in depression
  - Residents who reported coming to work five times or more while ill or distressed had 1086% higher odds of screening positive for depression than those who did not report this.
  - Residents who reported being dissatisfied with their career in medicine had 985% higher odds of engaging in suicidal ideation than those who were satisfied with their career.

**SUICIDAL IDEATION**

- Career dissatisfaction and substance use — key contributors to suicidal thoughts
  - Residents who reported using substances (i.e., tobacco marijuana or stimulants) in a 12-month period had 457% higher odds of engaging in suicidal ideation than those who did not use any substances.
  - Residents who were dissatisfied with their career in medicine had 607% higher odds of having suicidal thoughts than those who were satisfied with their career.

For methodological details, please see: CMA National Physician Health Survey: A National Snapshot.