PHYSICIAN HEALTH QUICK FACTS
Key factors affecting health and wellness for residents

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 were dissatisfied with their career in medicine had 985% higher odds of engaging in suicidal ideation than those who did not use any substances.

**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.