

Síndrome De Burnout Test

Macarena Gálvez Herrer, Bernardo Moreno Jiménez, José Carlos Mingote Adán

Síndrome De Burnout Francisco Sánchez- Narváez, 2020-11-18 El síndrome de burnout es un trastorno que se presenta como consecuencia del estrés crónico, se caracteriza por tres aspectos principales como: el agotamiento físico y mental (la persona siente no poder dar más de sí emocionalmente y se percibe sobrepasado por las circunstancias laborales), la falta de motivación por las tareas (percibe que su ámbito laboral no es lo suficientemente gratificante) y los cambios de comportamiento que pueden traducirse en malos modales o maltrato hacia los demás (puede presentar conductas irresponsables o negativas hacia el trabajo). Este trastorno se presenta principalmente en aquellas profesiones que tiene un trato directo con personas como medicina, docencia, enfermería, psicología, entre otros. Sin embargo, es posible que el estrés crónico no solo cause este padecimiento, también puede producir otros problemas emocionales como la depresión y la ansiedad dando como resultado que algunos individuos presenten otras alteraciones emocionales, además del burnout. En este libro se analiza la relación que existe entre el síndrome de burnout, la depresión y la ansiedad que son padecimientos que tienen muchos síntomas en común pero son diferentes y suelen confundirse habitualmente en la práctica profesional o en la mayoría de los casos pasan inadvertidos o mal diagnosticados. También ofrece al lector un modelo para abordar el estudio y la investigación de los trastornos emocionales desde una perspectiva multirreferencial y multidimensional. Finalmente, integra los resultados de una investigación cuantitativa en la que participaron más de 500 docentes de educación básica en la que se aborda la relación entre estos padecimientos: el burnout, la depresión y la ansiedad.

Maslach Burnout Inventory Christina Maslach, Susan E. Jackson, Michael P. Leiter, 2009

The public health problem of burnout in health professionals Oriol Yuguero, Alexander Hodkinson, Maria Panagioti, Josep Pifarre, David Peters, 2023-04-14

Psychiatry and Neuroscience Update Pascual Ángel Gargiulo, Humberto Luis Mesones Arroyo, 2021-01-23 This broad and thought-provoking volume provides an overview of recent intellectual and scientific advances that intersect psychiatry and neuroscience, offering a wide range of penetrating insights in both disciplines. The fourth volume on the topic in the last several years from a varying panel of international experts identifies the borders, trends and implications in both fields today and goes beyond that into related disciplines to seek out connections and influences. Similar to its three Update book predecessors, Psychiatry and Neuroscience - Volume IV presents a range of interesting topics in the main disciplines -

psychiatry and neuroscience - and attempts to provide deeper comprehension or explication of the normal and diseased human mind, its biological correlates and its biographical and existential implications. This engaging volume continues the previous style of exploring different disciplines and trying to integrate disciplinary evidence from varying points of view in an organic manner. The first section is about epistemological considerations regarding the study of normal and abnormal human behaviors, including, for example, the topic of phenomenological psychopathology and phenomenological psychiatry in relation to schizophrenia and substance misuse, among other topics. Section 2 addresses issues around the translation of basic neuroscience to expression in the human brain and behavioral implications. Section 3 discusses the issues of learning, teaching and the role of social environment in the field of neuroscience. Finally section 4 reviews various perspectives on explaining human pathological behaviors -- from brain disorders to psychopathology.

El síndrome de Burnout: desde las teorías motivacionales en deportistas de alto rendimiento Maicon Carlin, 2014-11-30
Se ha planteado la hipótesis de que los deportistas requieren 10 años o 10.000 horas de práctica para alcanzar la condición de expertos en cualquier práctica deportiva. En el deporte orientado al rendimiento, las exigencias físicas y psicológicas de horas de entrenamientos pueden cobrar su precio. De hecho, el riesgo inherente de burnout en deportistas que entrenan a tiempo completo ha sido previamente observado. En el deporte, el burnout se ha definido como un síndrome psicosocial que incluye el agotamiento físico y emocional, la reducida sensación de logro y la devaluación de la práctica deportiva, y que está relacionado con la práctica en cuestión. La investigación reciente, ha señalado que el burnout es desencadenado a través de las exigencias físicas y psicológicas del deporte de alto rendimiento. Sin embargo, el burnout no es una consecuencia inevitable del alto rendimiento. Por lo tanto, la identificación de las condiciones psicosociales que pueden prevenir el burnout es un tema digno de investigación.

Stress, Compassion Fatigue and Burnout Handling in Veterinary Practice Inmaculada Pérez Madrigal, Patricia Smith, 2021-07-08T00:00:00+02:00
There is a need to publicize the syndromes occurring in veterinary personnel due to work-related stress. Vets are apathetic or leaving the profession. It is vital for their emotional health that they know about these syndromes and the importance of seeking help early on. The up-to-date compilation of studies gives a clinical and human vision of these challenges based on the authors' experience.

El Síndrome de Agotamiento Profesional en Oncología Manuel González Barón, 2008-08-04

El síndrome de Burnout: comprensión del pasado, análisis del presente y perspectivas de futuro Maicon Carlin, 2014-11-30
Originalmente explorado en ayudar a profesionales, el burnout no es un fenómeno novedoso en el estudio del comportamiento humano. Sin embargo, sólo ha sido durante las últimas dos décadas que los profesionales de la psicología del deporte han llevado a cabo un aumento en el número de investigaciones en esta área. Algunos investigadores han llegado a sugerir que el burnout se ha convertido en sinónimo de deportes. A través de estos nuevos estudios, los

esfuerzos de investigación acerca del burnout deportivo se han dirigido a una variedad de poblaciones, incluyendo entrenadores deportivos, funcionarios deportivos, consejeros deportivos y deportistas. Además, la investigación ha identificado los correlatos de burnout en deportistas que incluye una pérdida de motivación y disfrute, las fuentes internas y externas de presión, agotamiento físico y emocional, cambios de humor, aumento de la ansiedad, sentimientos de bajos logros deportivos, y la apatía hacia la participación deportiva.

Aprende a prevenir el burnout 50Minutos,2016-04-26 Los mejores consejos para que el burnout no llame a tu puerta Este libro es una guía práctica y accesible para aprender a prevenir el burnout, que te aportará la información esencial y te permitirá ganar tiempo. En tan solo 50 minutos podrás: • Entender el concepto de burnout y sus tres dimensiones: el desgaste emocional, la despersonalización y la falta de realización personal • Identificar las fases del burnout para aprender a identificar sus señales, tanto en los que te rodean como en ti mismo • Descubrir los mejores consejos y técnicas para evitar llegar a una situación de burnout SOBRE en50MINUTOS.ES | Coaching en50MINUTOS.ES te ofrece las claves para sacar el máximo partido a tus capacidades y lograr la plenitud profesional y personal para conseguir todas tus metas. Nuestras obras combinan teoría, estudios de caso y múltiples ejemplos prácticos para que puedas alcanzar el éxito y la satisfacción en tu vida laboral y privada sin perder el tiempo. ¡Descubre en un tiempo récord las claves para triunfar en la vida y ser más feliz!

Métodos en Psicología: Casos prácticos para un aprendizaje integrado (contiene CD-ROM),2002-09-09 La obra contiene una serie de casos prácticos concretados en el formato característico de los artículos técnicos y científicos, cuyo objetivo es favorecer el aprendizaje de los contenidos propios de la Estadística, los Diseños experimentales, la Metodología Observacional y la Psicometría. Estos contenidos aparecen de manera imbricada en los artículos lo que dirige a realizar un aprendizaje integrado en el marco de la Psicología. En el CD-ROM se encuentran los archivos con los datos para replicar los resultados que se muestran en los artículos. Para facilitar la operación con esos archivos de datos, se proporcionan los mismos en distintos formatos (ASCII, EXCEL, SPSS, etc.).

The Burnout Companion To Study And Practice Wilmar Schaufeli,D. Enzmann,1998-11-17 Burnout is a common metaphor for a state of extreme psychophysical exhaustion, usually work-related. This book provides an overview of the burnout syndrome from its earliest recorded occurrences to current empirical studies. It reviews perceptions that burnout is particularly prevalent among certain professional groups - police officers, social workers, teachers, financial traders - and introduces individual inter- personal, workload, occupational, organizational, social and cultural factors. Burnout deals with occurrence, measurement, assessment as well as intervention and treatment programmes.; This textbook should prove useful to occupational and organizational health and safety researchers and practitioners around the world. It should also be a valuable resource for human resources professional and related management professionals.

Enfermería=Burnout Alejandro Miguel Pereira,2021-06-11 Enfermería=Burnout Síndrome de desgaste profesional.

Sentirse bien para uno mismo y para poder ayudar a los demás. ¿Quieres poner el estrés y el burnout bajo control? Con estas técnicas aumentarás la posibilidad de retomar el control de como te sientes y volver a disfrutar de la carrera que elegiste con tanto cariño. Vale la pena esforzarse para estar en condiciones de seguir ayudando. La depresión reactiva es esperable frente algo tan traumático como la pandemia. Dentro de las cosas a mejorar, debemos concentrarnos en aquellas que podemos controlar. Respecto a nuestra salud mental, la mejoría se hará notable si le dedicamos el tiempo y el esfuerzo que merece. Con este libro aprenderás a distinguir que los pensamientos negativos que te asaltan, son el origen de tus conductas autodestructivas. Aprenderás a cuidarte de las distorsiones cognitivas, las cuales cuando aumentan en frecuencia e intensidad crean patologías severas, como la ansiedad y la depresión. A poco de comenzar la pandemia COVID-19 y viendo el rápido desgaste del personal de salud, el Director de salud del Patronato de Manta, Ecuador, me convocó para dar una charla de burnout al personal sanitario. Soy consultor psicológico y la idea de cuidar a los que nos cuidan, me gusto mucho y dio origen a este libro.

El modelo «burnout»- engagement en enfermeros FARIAS, Jamilton Alves, 2016-12-01 RESUMEN: Actualmente, el Síndrome de Burnout (SB), se ha convertido en un problema de gran relevancia social. Tanto es así, que estudiosos en materia laboral y en el campo de la salud han reclamado el reconocimiento de este síndrome como una enfermedad profesional, o de riesgo laboral. Mientras que el engagement se considera como el comprometimiento o entusiasmo con el trabajo, y por lo tanto lo contrario. La resiliencia permite a los trabajadores, adaptarse o recuperarse de las adversidades de la labor cotidiana. El primer objetivo de este trabajo fue investigar la incidencia del SB y sus consecuencias en profesionales de enfermería, en el ámbito público, que realizan la atención básica, media y de alta complejidad, en el estado de Paraíba-Brasil, analizando, además, la relación entre el SB, Engagement, y el papel de la resiliencia como factor de protección del SB en este grupo de profesionales. Se trata de un estudio, de tipo transversal que describe las características de los profesionales de enfermería analizando el fenómeno de las relaciones entre las variables. Fue realizado en quince municipios del estado de Paraíba-Brasil, contingente poblacional de trabajadores que atienden a clientes de clase económica con escasos recursos, cuya muestra fue de 320 enfermeros. Los resultados dejaron en evidencia que, 41,2% (132) de los enfermeros entrevistados presentan SB, es decir, en las tres dimensiones (+ CE+DP y -RP). Además, observamos que, 58,8% (188) de los entrevistados no presentan el SB. Con respecto a los factores VI, DE y AB del Engagement, observamos significativas correlaciones negativas de los tres componentes con el Corazón de Burnout (CB): CBxVI ($r=-0,406$, $**p<0,01$), CBxDE ($r=-0,397$, $**p<0,01$) y CBxAB ($r=-0,257$, $**p<0,01$). De los factores RAV, IND y ACCA de la escala de resiliencia, observamos correlación negativa significativa del CB solo con los dos primeros componentes: CBxRAV ($r=-0,152$, $**p<0,01$) y CBxIND ($r=-0,117$, $*p<0,05$). El tercer componente ACCA presentó muy poca correlación no significativa con el CB, siendo CBxACCA ($r=0,043$, $p>0,05$). El tercer componente del SB, RP (Realización Profesional), presentó correlación positiva y

significante con todos los factores o componentes del Engagement y de la escala de resiliencia, confirmando la ocurrencia de las mayores media de scores para cada una de las variables consideradas a partir de los instrumentos MBI, Engagement y Resiliencia. A partir del análisis realizado, concluimos que: fue posible determinar la presencia de SB, bien como conocer la existencia de la diferencia en la incidencia del referido síndrome en función del tipo de actividad que los enfermeros investigados realizan, a nivel de atención básica, media y de alta complejidad; fueron constatadas las consecuencias de la salud mental relacionadas con el SB de los enfermeros; fue posible conocer las consecuencias psicosomáticas y conductuales, y evidenciar la vulnerabilidad al SB de los enfermeros en los diferentes factores de resiliencia y Engagement;; también fue constatada la existencia de la relación entre las dimensiones de SB, las consecuencias psicológicas y los factores de resiliencia, manifestados por los trabajadores de enfermería. Por tanto, sugerimos que se desarrollen estrategias de enfrentamiento para disminuir o amenizar la baja satisfacción laboral, el absentismo y finalmente la disminución de la calidad de vida en el trabajo.

RESUMO: Atualmente, a Síndrome de Burnout (SB), se converteu num problema de grande relevância social. Tanto é assim, que estudiosos em matéria laboral e no campo da saúde têm reclamado o reconhecimento desta síndrome como uma enfermidade profissional, ou de risco laboral. Enquanto que o engagement se considera como o comprometimento ou entusiasmo com o trabalho, e, portanto, o contrário. A resiliência permite aos trabalhadores, adaptar-se ou recuperar-se das adversidades do labor cotidiano. O primeiro objetivo deste trabalho foi investigar a incidência da SB e suas consequências em profissionais de enfermagem, no âmbito público, que realizam a atenção básica, de média e de alta complexidade, no estado de Paraíba-Brasil, analisando, ademais, a relação entre a SB, Engagement, e o papel da resiliência como fator de proteção da SB neste grupo de profissionais. Se trata de um estudo, de tipo transversal que descreve as características dos profissionais de enfermagem analisando o fenômeno das relações entre as variáveis. Foi realizado em quinze municípios do estado de Paraíba-Brasil, contingente populacional de trabalhadores que atendem a clientes de classe econômica com escassos recursos, cuja amostra foi de 320 enfermeiros. Os resultados deixaram em evidência que, 41,2% (132) dos enfermeiros entrevistados apresentam SB, ou seja, nas três dimensões (+ CE+DP y -RP). Ademais observamos que, 58,8% (188) dos entrevistados não apresentam a SB. Com respeito aos fatores VI, DE e AB do Engagement, observamos significativas correlaciones negativas dos três componentes com o Coração de Burnout (CB): CBxVI ($r=-0,406$, $**p<0,01$), CBxDE ($r=-0,397$, $**p<0,01$) y CBxAB ($r=-0,257$, $**p<0,01$). De los factores RAV, IND y ACCA da escala de resiliência, observamos correlação negativa significativa do CB somente com os dois primeiros componentes: CBxRAV ($r=-0,152$, $**p<0,01$) y CBxIND ($r=-0,117$, $*p<0,05$). O terceiro componente ACCA apresentou muito pouca correlação não significativa com o CB, sendo CBxACCA ($r=0,043$, $p>0,05$). O terceiro componente da SB, RP (Realização Profissional), apresentou correlação positiva e significativa com todos os factores ou componentes do Engagement e da escala de resiliência, confirmando a ocorrência das maiores médias de scores para cada uma das variáveis consideradas a partir dos instrumentos

MBI, Engagement e Resiliência. A partir da análise realizada, concluímos que: foi possível determinar a presença de SB, bem como conhecer a existência da diferença na incidência da referida síndrome em função do tipo de atividade que os enfermeiros investigados realizam, a nível de atenção básica, média e de alta complexidade; foram constatadas as consequências da saúde mental relacionadas com a SB dos enfermeiros; foi possível conhecer as consequências psicossomáticas e de conduta, e evidenciar a vulnerabilidade à SB dos enfermeiros nos diferentes fatores de resiliência e Engagement; também foi constatada a existência da relação entre as dimensões de SB, as consequências psicológicas e os fatores de resiliência, manifestados pelos trabalhadores de enfermagem. Portanto, sugerimos que se desenvolvam estratégias de enfrentamento para diminuir ou amenizar a baixa satisfação laboral, o absentismo e finalmente a diminuição da qualidade de vida no trabalho.

ABSTRACT: Today, the Burnout Syndrome starts to become a really relevant social problem. So much so that researchers on labor matter and health field have claimed the recognition of this syndrome as a professional illness, or as a labor risk. The first aim of this study was to investigate the SB incidence and its consequences in nursing professionals from the public field, who implement the primary care, from high and medium complexity in the state of Paraíba - Brazil, by analysing the relationship between Burnout and Engagement, as well as the role of resilience as a factor of SB protection among such professionals. It is a transversal type study that describes the characteristics of nursing professionals by analysis of the relationship phenomenon among variables. It has taken place in 15 municipalities in the state of Paraíba - Brazil, involving a working population that assist patients from low income classes, sampling 320 nurses. As an ethical procedure we adopted Resolution no. 466/2012 principles from the National Health Council, which presents the ruling guidelines on research involving human beings in Brazil, including the Free and Clear Consent Term. It was a quantitative research and the instruments used for data collection were: Socio-demographic, Laboral Questionnaire, Maslach Burnout Inventory Questionnaire (MBI), Prediction Factors and Symptoms of Burnout Syndrome in Nursing workers, Self-Report Questionnaire - SRQ- 20, the Resilience Scale (Wagnild and Young, 1993) and Work & Well-being Survey (UWES). To achieve results we proceeded with an statistical analysis by using the software statistics package for the Social Sciences - SPSS - 13.0 version. From the analysis accomplished, we concluded that: it was possible to determine the SB presence, as well as to know the existence of the difference in the incidence of the syndrome studied, according to the kind of activity the researched nurses carry out, that is, in the high and medium complexity level of primary care; the consequences of mental health related to SB in the nurses studied were confirmed; it was possible to know its behavioral and psychosomatic consequences, as well as to evidence their vulnerability to SB in the different factors of resilience and Engagement; it was also found out the existence of the relationship among SB dimensions, the psychological consequences and resilience factors shown by nursing professionals.

El desgaste profesional del médico Macarena Gálvez Herrero, Bernardo Moreno Jiménez, José Carlos Mingote

Adán,2011-04-19 El desgaste profesional P1 que sufren los médicos se está convirtiendo paulatinamente en un problema de salud pública. Si los cuidadores se sienten mal cuidados o están exhaustos, se debería considerar el bienestar de los médicos una prioridad social, aunque solamente sea por una cuestión de inteligencia. Desde el primer momento, los autores de esta obra tienen clara esta premisa, y por ello paramédicos u otros profesionales que quieran informarse del estado actual del problema. Para ello articulan el trabajo en dos partes: la primera parte introduce una revisión teórica sobre el burnout y sobre las formas particulares que el síndrome adquiere en la profesión médica; la Segunda parte lo que quiere es dar una respuesta práctica y aplicada a los interrogantes que la teoría plantea y a los retos que propone. El estudio se complementa con la exposición de casos prácticos, un cuestionario específico para la evaluación del desgaste profesional médico (CDPM), además de la novedosa aportación de una entrevista clínica semiestructurada para la evaluación del síndrome. Índice resumido: El desgaste profesional: concepto y evaluación. El desgaste profesional médico. Los recursos de la personalidad. Guía de buenas prácticas para la prevención e intervención sobre el desgaste profesional médico. Prevención primaria. Prevención secundaria. Intervención. Autores: Macarena Gálvez Herrer es Doctora en Psicología, Master en Psicología Clínica y de la Salud, y Técnico Superior de Prevención de Riesgos Laborales. Bernardo Moreno Jiménez es Doctor en Psicología y profesor titular de la Universidad Autónoma de Madrid (UAM), acreditado como Catedrático y Director de Departamento de Psicología Biológica de la Salud. José Carlos Mingote Adán es Doctor en Medicina, especialista en Psiquiatría y Psicoanálisis. Profesor colaborador de la Escuela Nacional de Medicina del Trabajo.

Burnout hoje Ana Cláudia Souza Vazquez, Clarissa Pinto Pizarro de Freitas, Claudio Simon Hutz, 2024-04-04 Após vastas evidências e muitos anos de estudos científicos, o Burnout foi reconhecido pela Organização Mundial da Saúde como uma doença laboral, entendida enquanto um fenômeno psicossocial relacionado ao contexto do trabalho. Sua inclusão no sistema de Classificação Internacional de Doenças (CID) abre caminho para a sistematização de critérios diagnósticos válidos o Burnout. Diversos estudos estabelecem que a teoria clássica do burnout não tem as respostas necessárias sobre este fenômeno, criando lacunas importantes sobre suas características, dimensões, estratégias de avaliação psicossocial e intervenções. Desta forma, este livro apresenta informações e avanços científicos sobre o burnout para além da teoria clássica, comparando dados internacionais e validar o conhecimento testado empiricamente, ao longo do tempo. Além disso, apresenta-se os possíveis desdobramentos para a saúde e o bem-estar no trabalho.

Good Practices and New Perspectives in Information Systems and Technologies Álvaro Rocha,

Systematic Observation: Engaging Researchers in the Study of Daily Life as It Is Lived M. Teresa Anguera, Angel Blanco-Villaseñor, Gudberg K. Jonsson, José Luis Losada, Mariona Portell, 2019-10-04 Assessment in natural contexts through observation is unquestionably complex. Systematic observation grounded in observational methodology offers a wide range of possibilities to the rigorous study of everyday behavior in their natural context. These possibilities have been enriched in

recent decades with the explosion of information and communication technologies. In this eBook we assemble 23 articles from several researchers who have made important contributions to this evolving field. The articles included in this eBook has been organized with a first part on general methodological developments and a second part with methodological contributions that emphasize different application areas. Considering the enormous possibilities of the systematic observation in the study of daily life, we hope this eBook will be useful to understand innovative applications in different fields.

From Consumer Experience to Affective Loyalty: Challenges and Prospects in the Psychology of Consumer Behavior 3.0 María Pilar Martínez-Ruiz, Mónica Gómez-Suárez, Ana Isabel Jiménez-Zarco, Alicia Izquierdo-Yusta, 2018-02-19 This research topic for *Frontiers in Psychology* highlights some of the more relevant changes that have conditioned consumer behavior in recent years—among these, the paradigm shift in marketing is worth emphasizing. Today, the market and the companies are implementing Marketing 4.0; This new marketing approach modifies both the business rules and the channels by changing the way to dialogue, interact and relation with consumers. The present Research Topic brings together 30 studies by 76 authors who analyzed the relevance of consumer behavior changes under this new paradigm, using different theoretical and methodological frameworks. These different papers, mainly constituting original research, examine a variety of sub-topics, including online and mobile environments, value co-creation, internal marketing strategies, and diverse industries and product markets. Given this broad selection of papers, we encourage readers to draw their own conclusions about the complex phenomena of consumer behavior. Our hope is that these different perspectives will cover various gaps in the field and prompt discussion among the audience of *Frontiers in Psychology*.

Soft Computing in Management and Business Economics Anna M. Gil-Lafuente, Jaime Gil-Lafuente, José M. Merigó-Lindahl, 2012-06-23 This book is a collection of selected papers presented at the Annual Meeting of the European Academy of Management and Business Economics (AEDEM), held at the Faculty of Economics and Business of the University of Barcelona, 05 - 07 June, 2012. This edition of the conference has been presented with the slogan “Creating new opportunities in an uncertain environment”. There are different ways for assessing uncertainty in management but this book mainly focused on soft computing theories and their role in assessing uncertainty in a complex world. The present book gives a comprehensive overview of general management topics and discusses some of the most recent developments in all the areas of business and management including management, marketing, business statistics, innovation and technology, finance, sports and tourism. This book might be of great interest for anyone working in the area of management and business economics and might be especially useful for scientists and graduate students doing research in these fields.

Estudo sobre a prevalência da Síndrome de Burnout - geradora de incapacidade para o trabalho e suas consequências VALMIR MARTINS LUCIANO, 2012-09-14 O SQR 20 (Self Report Questionnaire) avaliou o sofrimento mental

dos indivíduos da pesquisa. As questões levadas ao conhecimento das pessoas entrevistadas foram questões relacionadas a problemas de saúde que os incomodaram nos últimos trinta dias. Dentre os aspectos que mais comprometeram a saúde dos indivíduos envolvidos com as atividades da Secretaria de Educação está o estresse proveniente de sua dinâmica laboral, ...

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