

The Effects of Balint Training on Physician Burnout

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Introduction

Few studies have assessed the association between Balint training and physician outcomes. In a previous study, it was found that Balint-trained physicians were more satisfied with their choice of family medicine as a specialty. The purpose of this project is to evaluate the relationship between physician burnout and participation in Balint training during family practice residency training.

Methods

Graduates of the MUSC family medicine residency program who have been in practice for at least five years were identified. Only residents who trained when Balint was optional were surveyed. The Maslach Burnout Inventory was the survey tool, which was conducted using the Dillman method of survey design.

Results

179 graduates were identified that met the specified criteria. **There was a 51% response rate from graduates.** Results will be analyzed to determine if there is a correlation between Balint participation and age, gender, years in practice, hours worked/week, and burnout.

Conclusions

This study will further evaluate Balint training with respect to burnout in residents with at least five years in practice.