## BURNOUT, PSYCHOSOCIAL FACTORS AND HEALTH CONDITIONS IN MEXICAN LAWYERS

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## Introduction

- The presence of the Burnout syndrome (BO) is more frequent in workers who are located in the human services field or in the so-called, caring professions (Grau, et al, 2008),
- In this syndrome, the worker are affected physically and emotionally, so that the objective conditions of work and workers contribute to the onset of this pathological condition.

## OBJECTIVE

 To identify the relationship among the BO syndrome and some occupational psychosocial factors and health complaints in a group of lawyers from a government agency in Mexico City.

## METHOD

- Method: A cross-comparative exposfacto study was made with 238 lawyers from a government agency, who voluntarily were willing to participate in the study.
- During a weekday the JCQ, ISTAS short version (2003), SBI (Gil-monte, 2006) and a Health conditions questionnaires were applied to the workers.

## RESULTS

 To asses the association among the BO, psychosocial factor and health conditions the Spearman (Rho) correlation, Mann-Whitney U test, Chi2, Odd Ratio were used.

### Results

#### Table. 1 GENERAL CHARACTERISTICS OF THE POPULATION

SEX	JOB CONDITION	MAIN HEALTH PROBLEMS	ADVERSE PSYCHOSOCI AL FACTORS	BO PREVALENCE
64% Woman	66% temporary employer	Neck and back pain: 50% and 60%.	low use of skills: 100%	1.4% had a severe level of BO
36% men	34% definitive employer	felling stressed: 50%	stressful conditions of their work: 87%.	4% have 2 or more of pathological symptoms.

# Results (2)

 To analice the effects of BO on job psichosocial factors, the Mann-Whitney U test were applied showing to workers who have 2 or more pathological symptoms of burnout had this adverse conditions:

 $\label{eq:condition} \mbox{Table. 2 Job Adverse condition in workers with 2 o more pathological symptoms}$ 

ADVERSE CONDITION AT JOB	STATISTICAL SIGNIFICANCE LEVEL
Job security	p = 0.19
Coworker's support	p = 0.19
Recognition at work	p = 0.036

т	able 3.	Correla	tion of th	e SBI com facto		and job p	sychoso	ocial
Spearman's rho		Skills	Decision	Freedom	Tension	Superv	Cowork	Recognit
Illusion	Correlation Coefficient	.29**	.24**	.27**			.24**	.34**
	Sig. (2- tailed)	.000	.000	.000			.000	.000
Exhaustion	Correlation Coefficient				.27**	29**		34**
	Sig. (2- tailed)				.000	.000	.001	.000
Disenchantment	Correlation Coefficient	24**						38**
	Sig. (2- tailed)	.000						.000
	N	237	237	237	237	237	237	237

Results (3)

### Results (4)

### Table 4. SBI components and health complaints

SBI COMPONENTS	HEALTH COMPLAITN
Exhaustion	Neck pain Back pain Feeling stressed Difficulty sleeping Low enthusiasm toward job
Disenchantment	Anxiety Neck pain Difficulty sleeping

## Results (5)

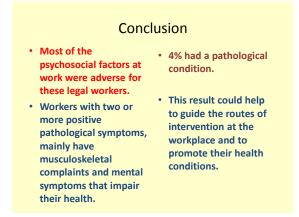
#### Table 5. Risk of health complaints in workers whit 2 or more pathological symptoms

COMPLAINTS	RISK
Neck pain	(OR=11, p = 0,005)
Leg pain	(OR=11, p = 0.02)
Anxiety	(OR=10, p = 0.01)
Back pain	(OR=7 p = 0.05)
Sleeping problems	(OR=7, p = 0.003)
Feeling stressed	(OR=4, p=0.03)
Gastritis	(OR=4, p = 0.05)

### Results (6)

Table 6. Effect of sex, age, shift, BO and psychosocial factors

Controlled factor	Effects
There was no effect of sex	
or age	
Job stressful	Feeling stressed (RR = 1.5)
	Difficulty sleeping
	(RR=121)
Old in Job	Feeling stressed (RR = 1.5)
во	Neck pain Back pain Peeling stressed and Difficulty sleeping Low enthuisaen toward job Anxiety Neck pain and Difficulty sleeping



## Otros autores

- Natália da Rosa Fonseca y Rita de Cassia Pereira Fernandes. Brasil. 2010
- Juan Jiménez García y Leticia Betancor España. 2010
- Gregorio Gómez y Sara Olavarrieta. 2009