



[Burnout among Norwegian midwives and the contribution of personal and work-related factors: A cross-sectional study.](https://arctichealth.org/en/permalink/ahliterature281886)

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Abstract:

Burnout can be the result of long-term exposure to personal and/or work-related stressors and affect midwives performance of care.

To assess burnout levels among Norwegian midwives and identify personal and work-related factors associated with burnout.

A cross-sectional study. A total of 1500 Norwegian midwives were sent a questionnaire which included the Copenhagen Burnout Inventory (CBI) that measured personal, work- and client-related burnout. Of 1458 eligible midwives, 598 completed the CBI. Descriptive and comparative analyses were done in addition to logistic regression modelling.

Approximately 20% reported personal or work-related burnout. Less than 5% reported client-related burnout. Midwives with sick leave within the last three months reported higher levels of burnout. The prevalence of work-related burnout was higher among younger and single midwives. Working in outpatient care and experience of a recent reorganisation increased the likelihood of reporting personal and work-related burnout.

One in five midwives had high levels of personal and work-related burnout in this study and the different sub-groups of burnout were all associated with absence from work within the last three months. Work-related factors such as shift work and number of working hours did not seem to influence burnout in this population.

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