



# 2016 Medscape Lifestyle Report

Trends in Physician Happiness and Burnout

## Physician Burnout is on the Rise

Medscape defines burnout as “loss of enthusiasm for work, feelings of cynicism, and a low sense of personal accomplishment.”

These five specialties feel the burn more than others, each with burnout rates around 54%.



## Burnout Has Multiple Causes

The top three causes of burnout are:



Bureaucratic Tasks



Work Hours



Computerization

## More Women Suffer From Burnout than Men



55% of women report having burnout versus 46% of men  
60% of both women and men are happy at home

## Both are Unhappy at Work



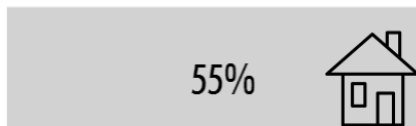
Only 33% of men and 26% of women are happy at work

## Happiness at Work Versus Happiness at Home

### Critical Care



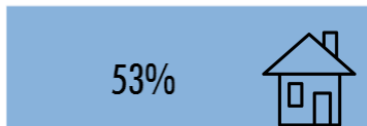
25%



### Internal Medicine



24%

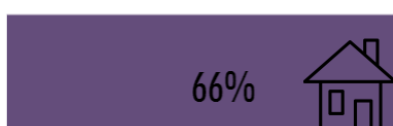


Not only were critical care and internal medicine physicians the least happy at work they were also the least happy at home

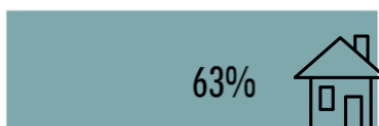
## The Happiest were Dermatologists and Ophthalmologists



39%



38%



The two happiest specialties, dermatology and ophthalmology, were still not happy at work but tend to have good work/life balance. They also reported exercising the most and being the least overweight.