

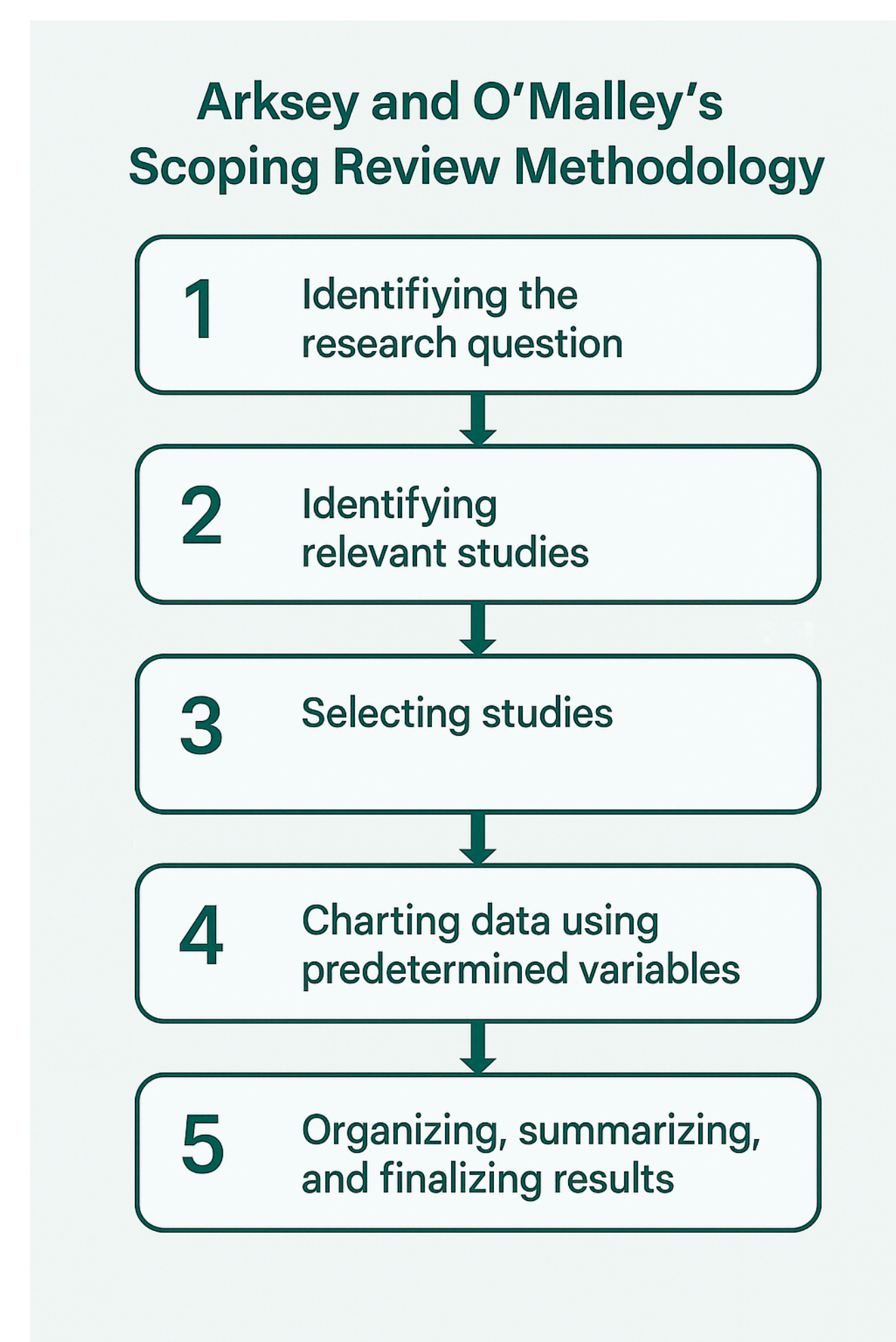
## BACKGROUND

- Burnout, defined by exhaustion, cynicism, and reduced efficacy, affects 20-80% of medical trainees and physicians, leading to higher medical errors, depression, and attrition.
- COVID-19 disrupted medical education, altering burnout dynamics in undergraduate medical education (UME).
- Unlike physicians, medical students saw stabilized or decreased burnout rates, suggesting unique protective or risk factors.

## METHODS

### Study Design

Scoping review following Arksey & O'Malley's framework.



### Search Strategy

- **Databases:** Ovid MEDLINE, Embase, PsycInfo, Cochrane Library, ProQuest Dissertations & Theses, Web of Science.

- **Inclusion Criteria:** Post-2019 English studies on U.S. medical students, measuring burnout with validated tools.
- **Exclusion Criteria:** Non-U.S. studies, non-original research, lack of burnout measures.

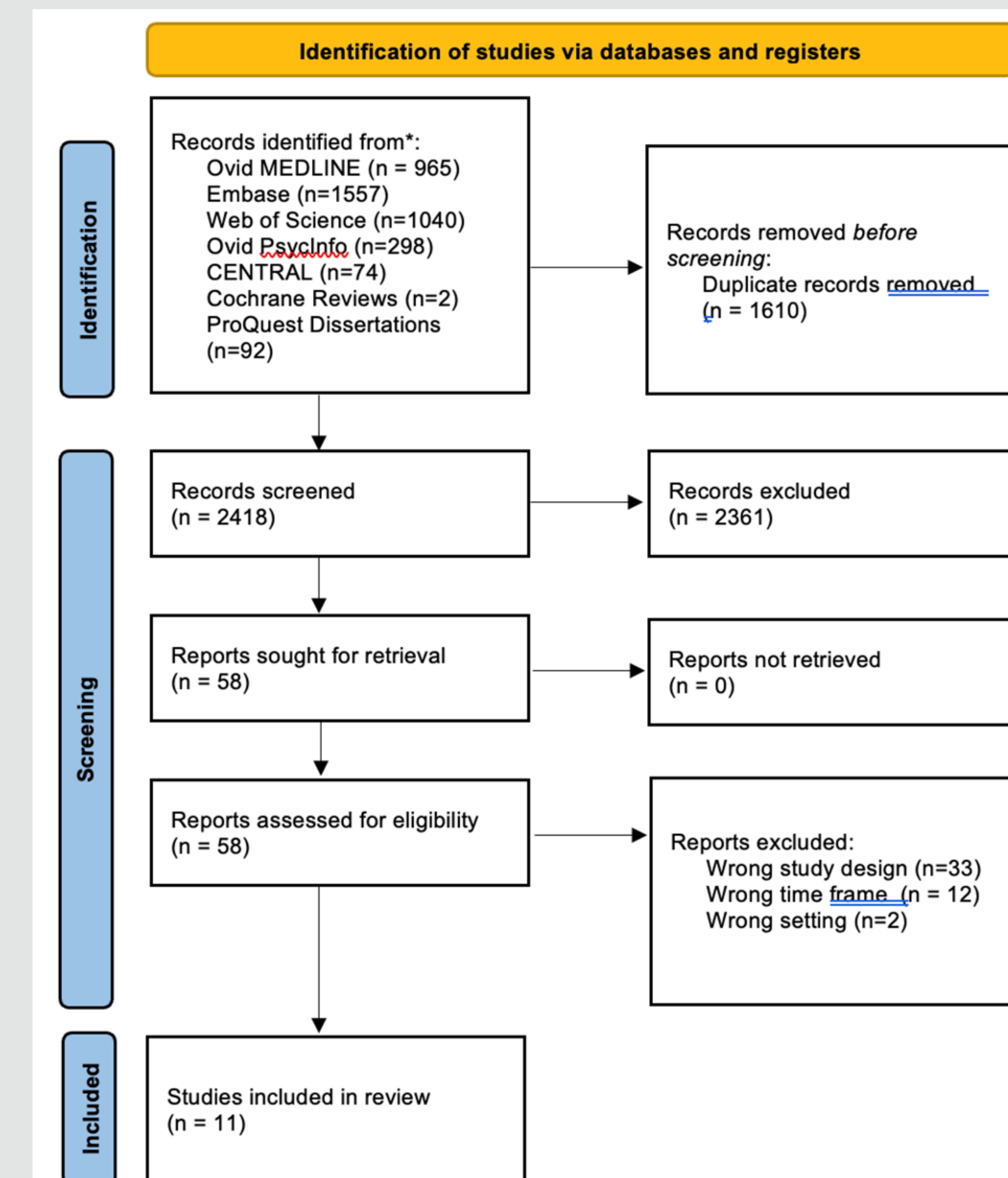
### Screening & Analysis

- 4,028 articles identified, 11 met final inclusion.
- Data extracted for demographics, burnout measures, and contributing factors.
- Qualitative thematic analysis identified patterns and associations.

## RESULTS

### Study Characteristics

- Most studies were cross-sectional, with a mix of study designs including interventional, longitudinal, and mixed-method approaches
- 10 were published in peer-reviewed journals, and one was a dissertation.
- Studies varied in setting, with some covering multiple institutions and others being single-site; most included students from all levels, though some focused on preclinical students or specific school types.



## CONCLUSIONS

### Self-Determination Theory Analysis

Burnout was associated with deficiencies in:

- Perceived Autonomy: Rigid academic structures, limited control.
- Perceived Competence: Reduced hands-on learning, doubts about clinical readiness.
- Perceived Relatedness: Peer isolation, faculty inaccessibility, and neglect from the learning environment.

Burnout stabilization or improvement does not imply well-being; stressors remain significant.

### Recommendations for Future Study:

- Expand flexible curricular policies to promote autonomy.
- Address gender and racial burnout disparities with targeted support.
- Strengthen mentorship and community-building for connectedness.
- Assess long-term post-pandemic burnout trends and interventions.

## KEY FACTORS ASSOCIATED WITH BURNOUT

