

*A Koustelios. Psychological Reports. June (2001) Part 1 p 627.*

It has long been held that some professions are more inherently stressful than others. Even while the strength of this assertion is still debated, individual studies, like this one, seek to identify exactly why this occurs.

This is a cross-sectional study of risk factors for self-reported burnout among teachers.

100 teachers (out of 125 who were eligible) took part. Their ages ranged from 29 to 59 yrs old. Mean age 37.9, mean tenure 12.6 years.

Outcomes were measured using the Maslach Burnout inventory, (emotional exhaustion, depersonalisation and personal accomplishment). Exposures of interest were; job satisfaction, role conflict and role ambiguity, measured by standard questionnaires.

This study found that none of the exposures measured here in any way correlated with burnout. That is there was no exposure response relationship.

Correlations were found between burnout and shortcomings (as perceived) in pay and, promotion.

### **Comment**

Measurement of exposure factors continues to prove difficult even for professional researchers. More definitive studies have tended to include personality assessments of their subjects, but even so, there continues to be doubt over the validity of the measurement tools being employed and their relevance to the outcome in question.

