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Burnout among Clinical and Non-clinical Academics during the Implementation of Remote Teaching and Learning due to COVID-19 Pandemic

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[Ayub, Izzudeen](#)^a; [Helmi, Muhd Alwi Muhd](#)^b; [Azhar, Nur Syuhada Mohd](#)^c; [Fauzi, Nurul Fauwiza Mohd](#)^d; [Taib, Mai Nurul Ashikin](#)^a; [+1 author](#)

^a Faculty of Medicine, Universiti Sultan Zainal Abidin, Jalan Sultan Mahmud, Terengganu, Kuala Terengganu, 20400, Malaysia

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Abstract

Introduction: The extent of burnout among clinical and non-clinical academics during the COVID-19 pandemic is not well gauged and necessitates further attention. This study was designed to determine the prevalence of burnout among academics in the International Islamic University Malaysia (IIUM), Kuantan campus, and the associated sociodemographic and occupational-related factors. **Methods:** We conducted a cross-sectional study between March and May 2021 using questionnaires adapted from Copenhagen Burnout Inventory and General Stressor Questionnaire at the IIUM, Kuantan campus. **Results:** 57 clinical and 93 non-clinical academics responded to the survey. The prevalence of significant burnout was 49%. Compared to non-clinical academics, clinical academics had a significantly higher proportion of burnout with a p-value of <0.001, particularly in work-related, student-related, and superior-related burnout domains, with a p-value of 0.004, <0.001, and 0.006, respectively. Factors significantly associated with burnout among our cohort were clinical work, chronic illness, and gender, each with an odds ratio of 2.72 (95% CI = 1.01,7.34), 2.81 (95% CI = 1.14, 6.92), and 4.86 (95% CI = 2.15, 10.9). **Conclusion:** Burnout was highly prevalent among academics in the IIUM Kuantan campus, particularly among clinical academics during the COVID-19 pandemic and the implementation of remote teaching and learning policy. © 2022 UPM Press. All rights reserved.

Author keywords

Academic burnout; Clinical teaching; COVID-19; Emergency remote teaching and learning (ERTL); Medical education

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Corresponding authors

Corresponding author

M.A. Sharifudin

Affiliation

Faculty of Medicine, Universiti Sultan Zainal Abidin, Jalan Sultan Mahmud, Terengganu, Kuala Terengganu, 20400, Malaysia

Email address

ariffsharifudin@unisza.edu.my

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