**Prevalence and risk factors of burnout-related symptoms in medical interns
Abstract*****Background:*** The stressors that medical students are exposed to may increase the risk of stress-related symptoms. We aimed to investigate the prevalence and correlates of burnout-related symptoms among medical interns.
***Methods:*** An extensive questionnaire was sent to 709 medical interns to assess burnout-related symptoms, work engagement, work pace and quantity, need for recovery, and dispositional optimism, of whom 426 responded (60.1%). The groups with and without burnout-related symptoms were compared using multivariable logistic regression analysis, to yield independent correlates for burnout-related symptoms.
***Results:*** Of the interns 30.5% fulfilled criteria for moderate to severe symptoms indicative of burnout, and 16 (3.8%) of severe symptoms. This prevalence was higher than the Dutch reference group, mainly due to increases in emotional exhaustion (95% CI 17.1-17.9) and depersonalisation (95% CI 7.3-7.7), but not of personal accomplishment. Independent correlates for burnout-related symptoms were low levels of work dedication (95% CI 0.26-0.79), high work pace and quantity (95% CI 1.01-1.06), high need for recovery (95% CI 1.02-1.05) and low dispositional optimism (95% CI 0.78-0.95).
***Limitations***:The cross-sectional study design cannot disentangle cause from effect and comprises a snapshot of persons' feelings. Therefore, findings need to be confirmed in prospective studies with more recent data. ***Conclusions:*** The prevalence of burnout-related symptoms among medical interns was high and associated with workload- and personality-related risk factors. Future initiatives should aim at timely identifying risk factors in young doctors to prevent burnout symptoms through organisation-directed interventions.

**Keywords: medical intern, burnout, prevalence, correlate**