The Role of Cancer-Care Providers’ Empathy and Mindfulness in the Development of Burnout and Compassion Fatigue: An International Study

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A systematic review of burnout among oncology professionals reported 8-51% suffer burnout (Trufelli et al. 2008).

Emotional disturbances arise when health professionals are witness to the pain and suffering of their patients (Najjar et al., 2009).

Frequent exposure to such emotional disturbances can lead to an overall decrease in empathy, which may contribute to burnout and compassion fatigue (Gilmartin et al., 2017).

Mindfulness exercises, such as meditation, may foster empathy, and decrease effects of burnout and compassion fatigue (Ridderinkhof et al., 2017).
The aim of the current study is to determine the role of empathy and mindfulness in the development of burnout and compassion fatigue in cancer-care professionals internationally.
A cross-sectional, quantitative survey design.

Participants will be members of Multinational Association of Supportive Care in Cancer (MASCC).

The survey will be in English and will comprise demographic and professional data, and measures of:

- Empathy – Basic Empathy Scale (BES; Jolliffe & Farrington, 2006).
- Compassion Fatigue – The Professional Quality of Life Scale (PROQOL5; Stamm, 2010).
- Burnout – Oldenburg Burnout Inventory (OLDBI; Demerouti, Bakker, Vardakou, & Kantas, 2003).
- Mindfulness – Mindfulness Attention Awareness Scale (MAAS; Brown & Ryan, 2003).

Structural equation modelling (SEM) will be used to analyse the relationships between the latent variables and investigate possible mediating influence from the mindfulness construct.
Determine prevalence of burnout and compassion fatigue amongst an international sample.

Analyse the relationship of compassion fatigue and burnout for covariance, implications for a possible unified construct.

Measure the mediating effect of mindfulness on burnout and compassion fatigue.

Provide support for future experimental research for mindfulness-based interventions.
To participate

- Go to https://curtin.au1.qualtrics.com/jfe/form/SV_0Amh7KykRcSRegB
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- This study has been approved by the Curtin University Human Research Ethics Committee [HRE2018-0355]
References


