

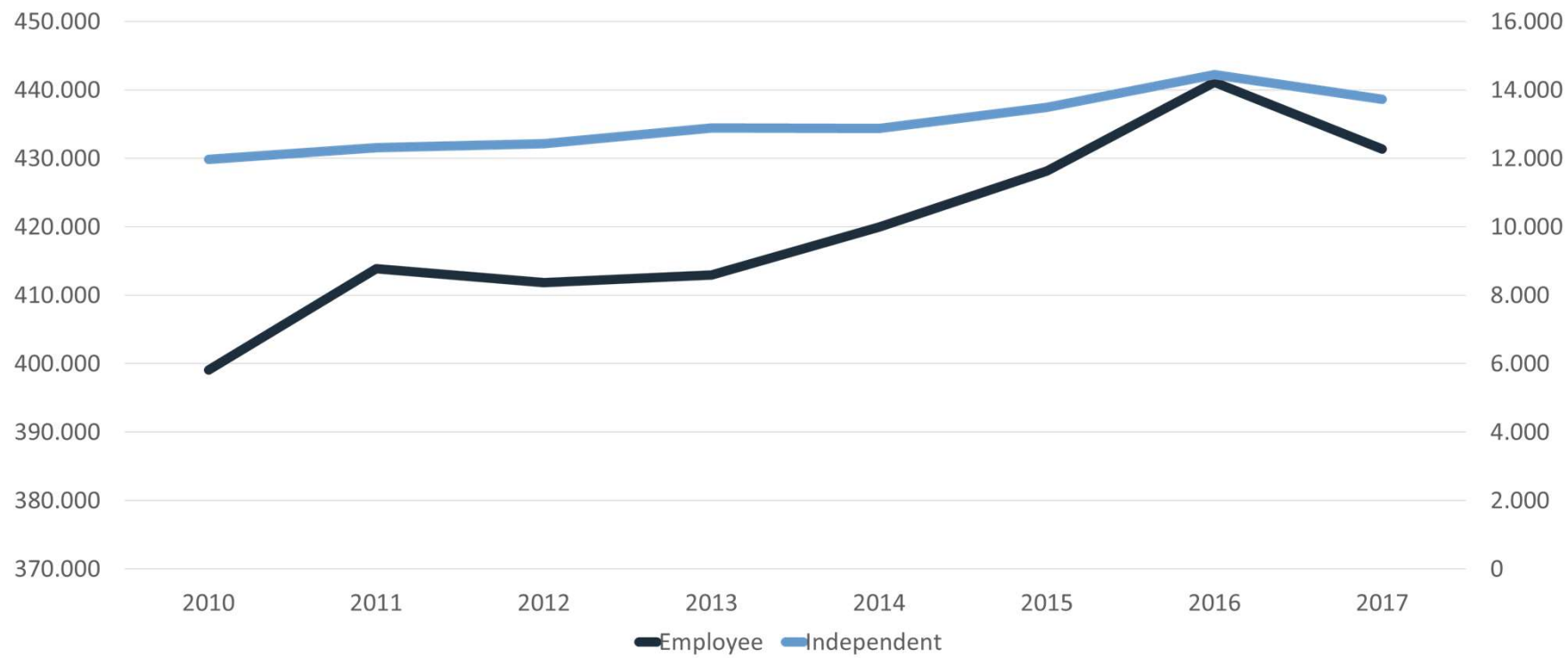


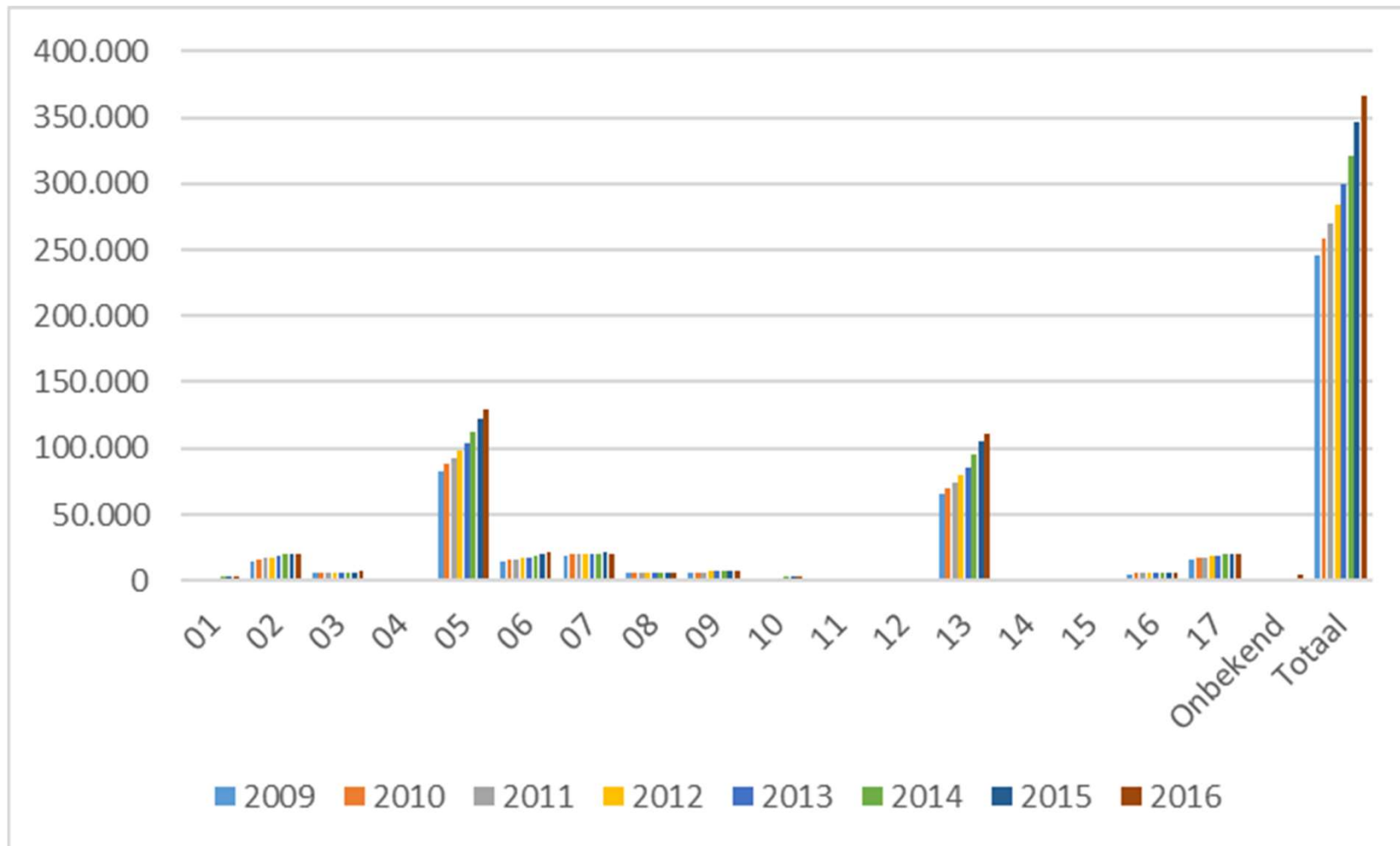
Welcome back at work after burnout?

Prof dr Lode Godderis^{1,2}

¹ KULeuven, Center Environment and Health, Leuven, Belgium;
² Idewe, Heverlee, Belgium







Veerle



Work-related

**Not classified as
a mental disease**

- (Emotional) exhaustion
- Depersonalisation
- Reduced personal accomplishment



BURNOUT

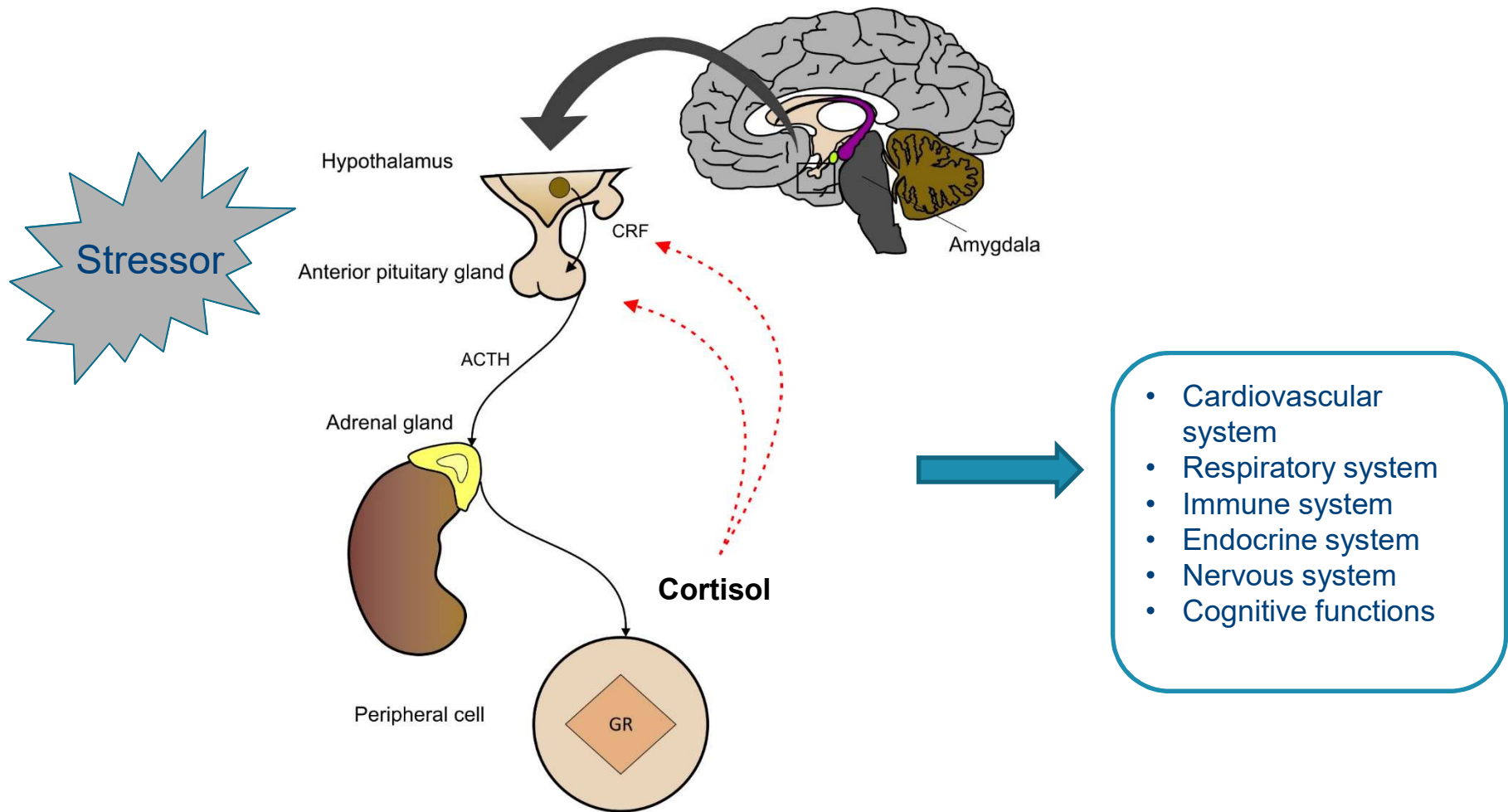
Context-free

**Depressive mood state –
Clinical disorder**

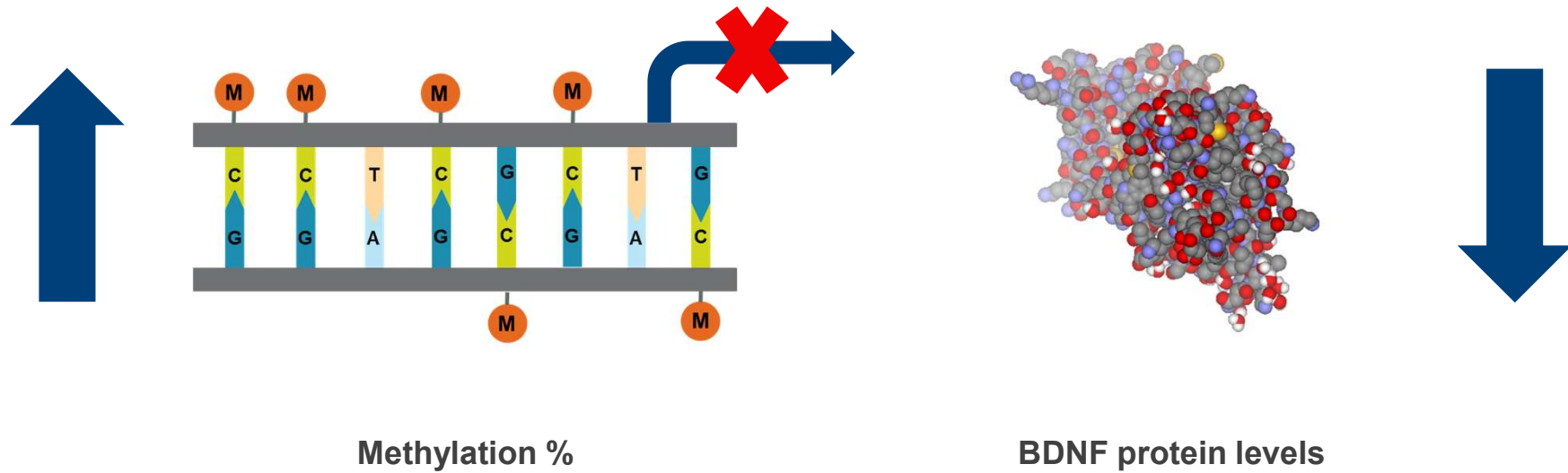
- **Depressed mood**
- **Anhedonia (loss of interest)**
- Fatigue or loss of energy
- ↓↑ appetite/weight
- Insomnia or hypersomnia
- Psychomotor agitation/retardation
- Feelings of worthlessness
- Impaired concentration
- Suicidal ideation



DEPRESSION



Mixed model: methylation % $\beta=-0,94$, $p=0,008^{**}$ (controlled for age, gender, smoking)



Veerle



5 personality traits



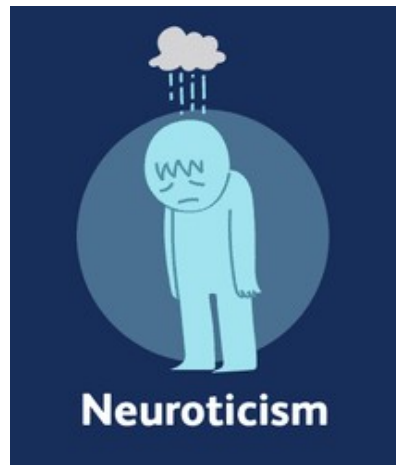
B0 ↘



B0 ↘



B0 ↗↘



B0 ↗



B0 ↗

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DETERMINANTS

Job-demands

Job Resources

Personal characteristics

BURNOUT

WORK ENGAGEMENT

CONSEQUENCES

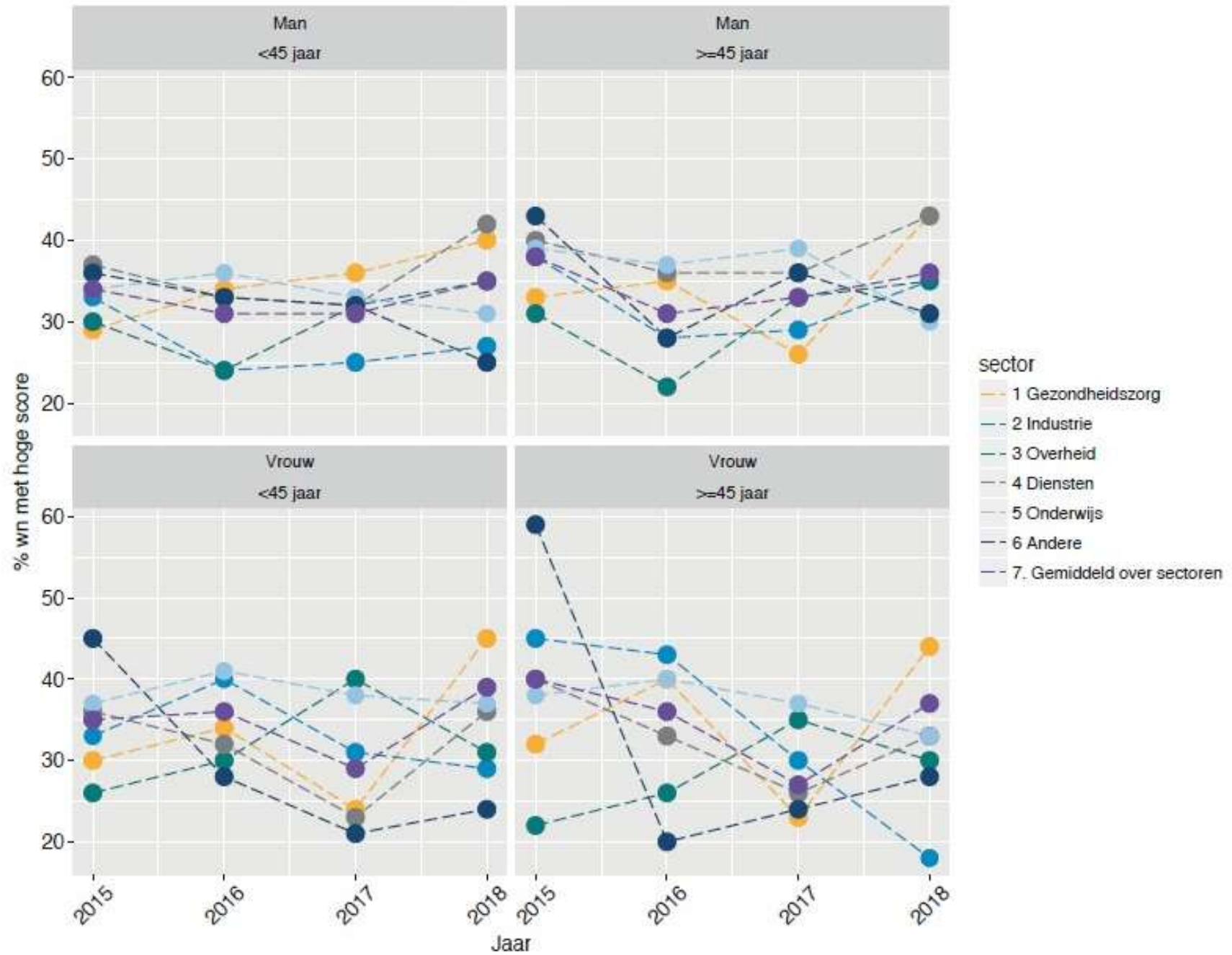
Personal well-being

Work-related behavior

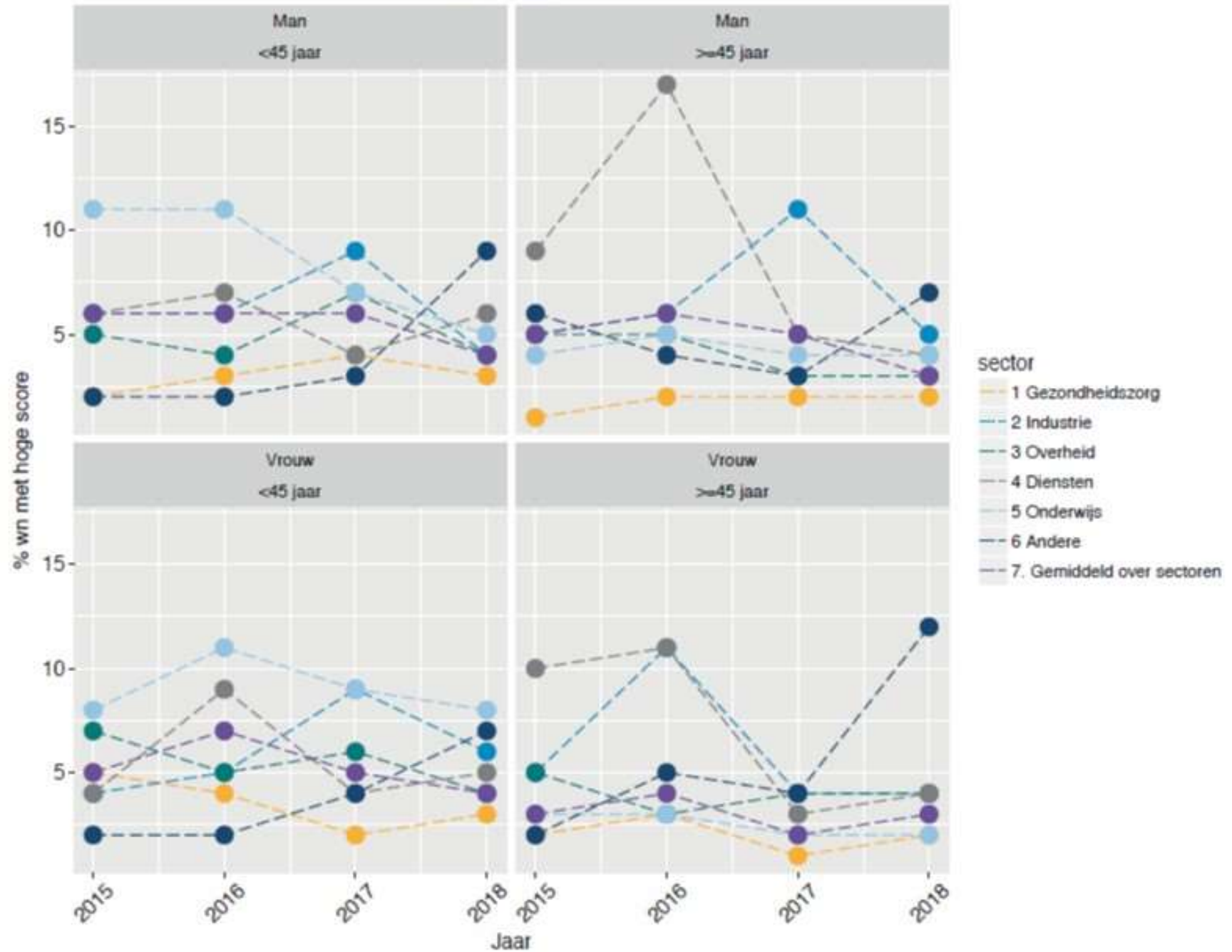
Attitudes



Werkdruk



Jobonzekerheid



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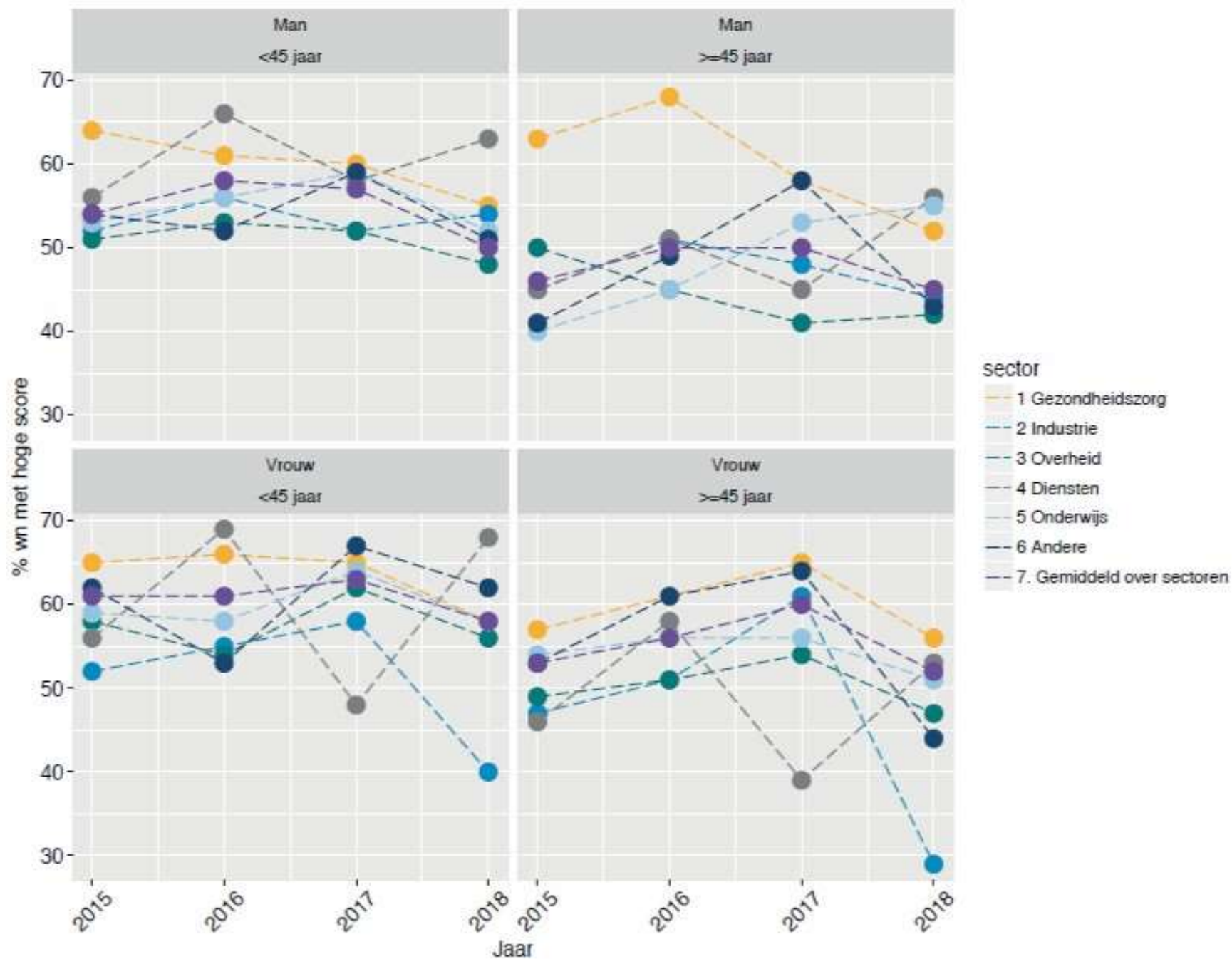
Personal well-being

Work-related behavior

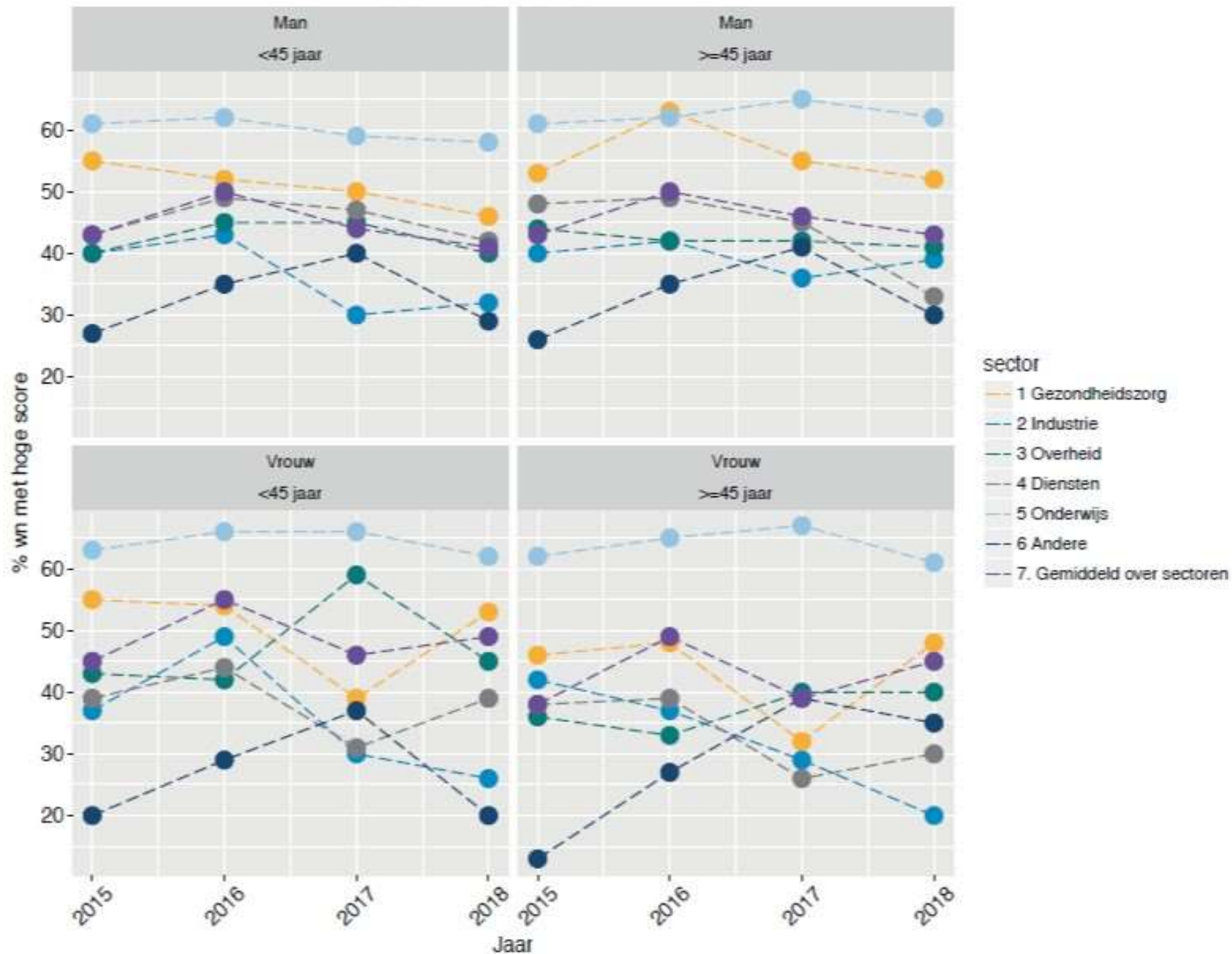
Attitudes



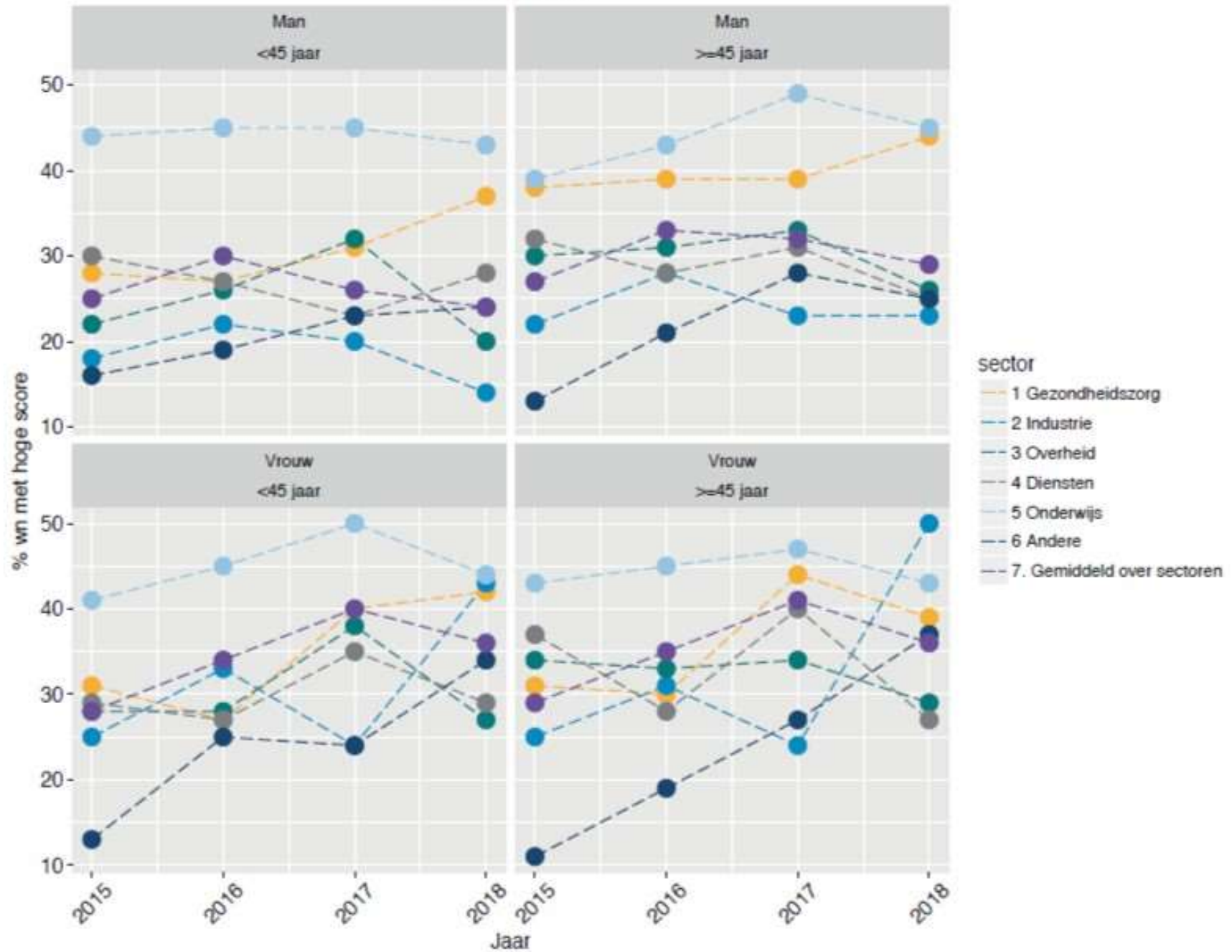
Sociale steun



Ontplooiingsmogelijkheden



Taakautonomie



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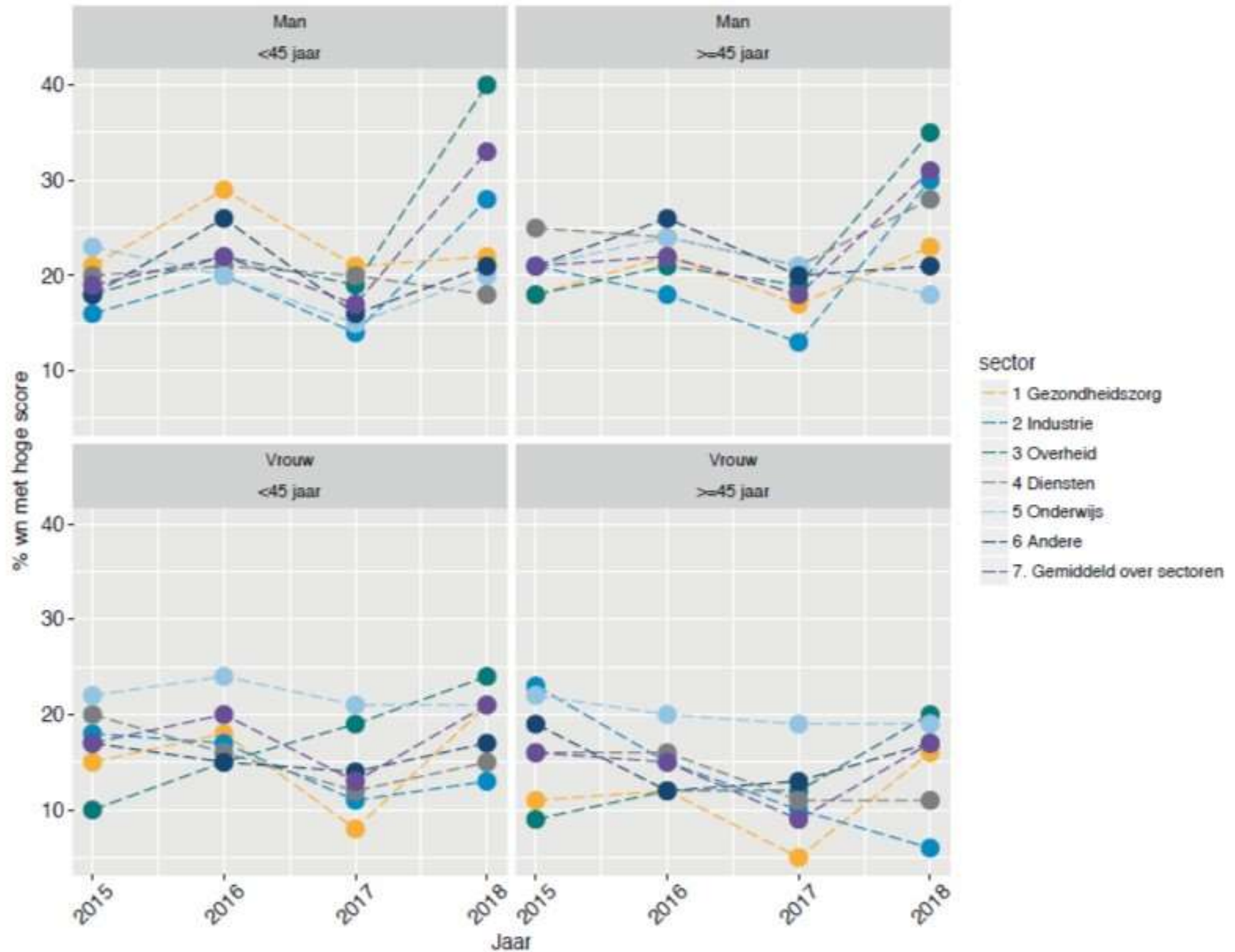
Personal well-being

Work-related behavior

Attitudes

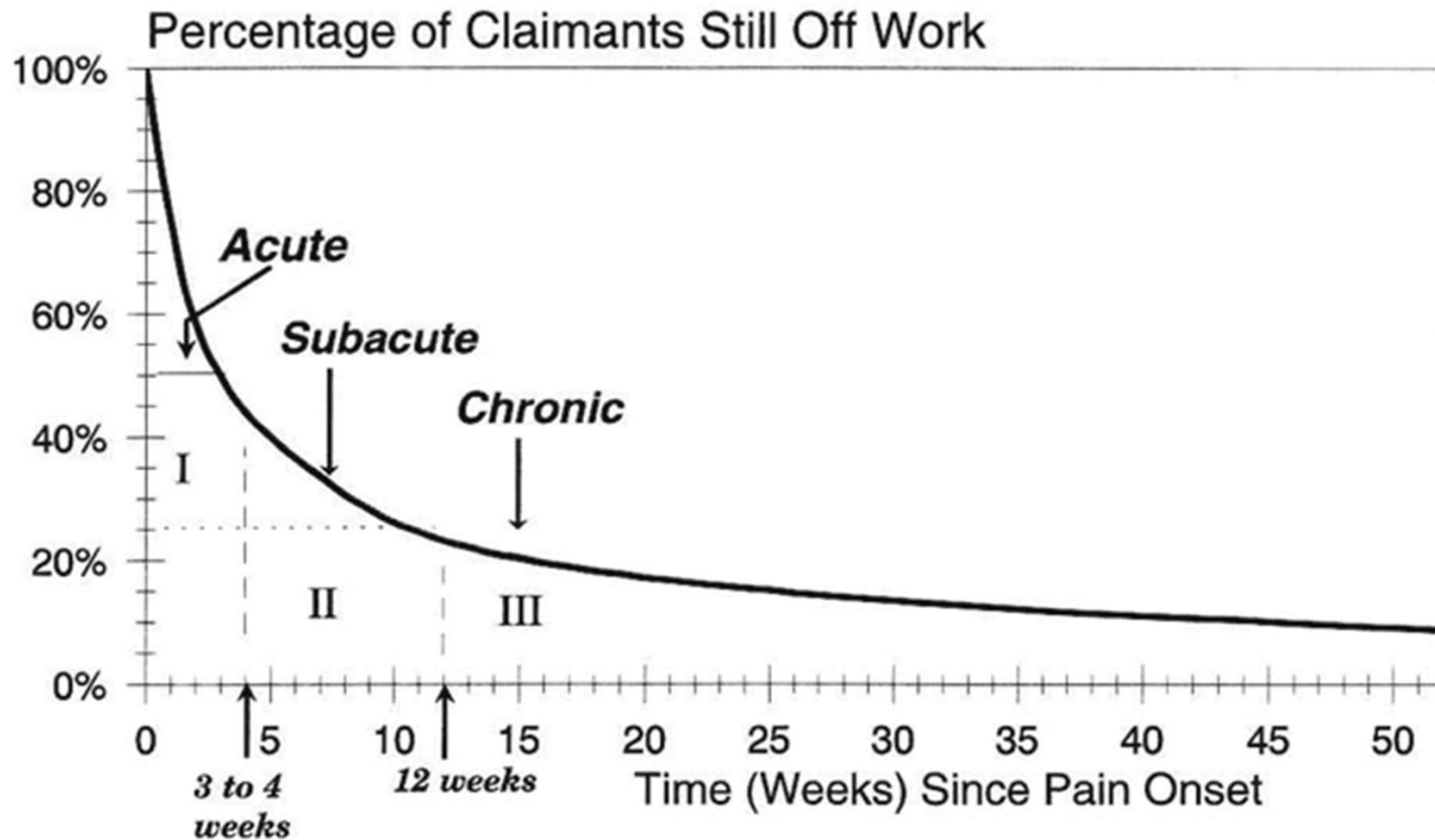


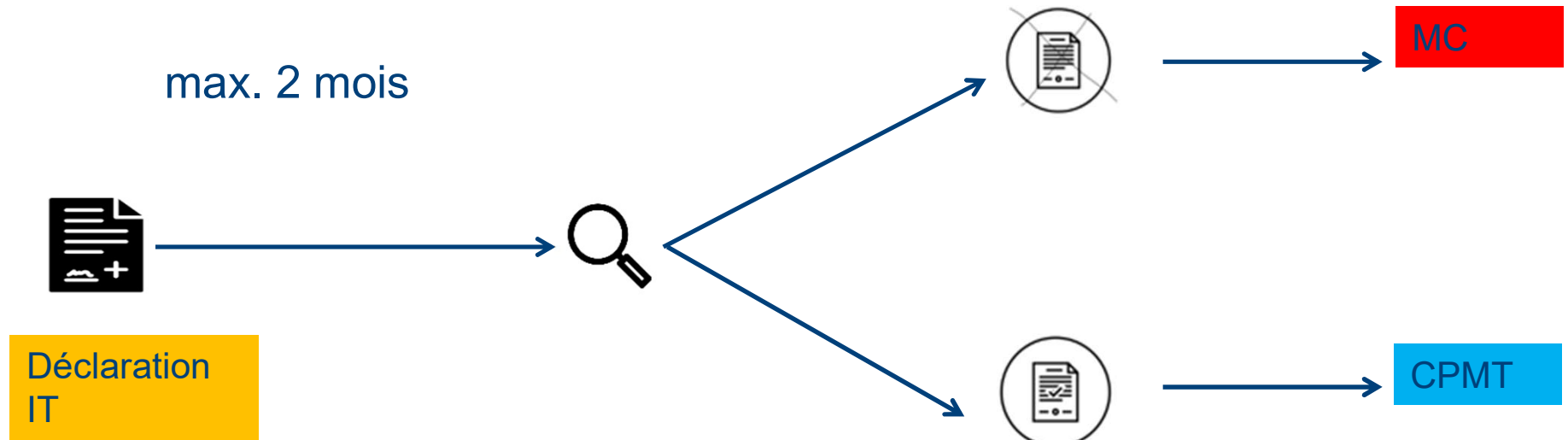
Work-life interference

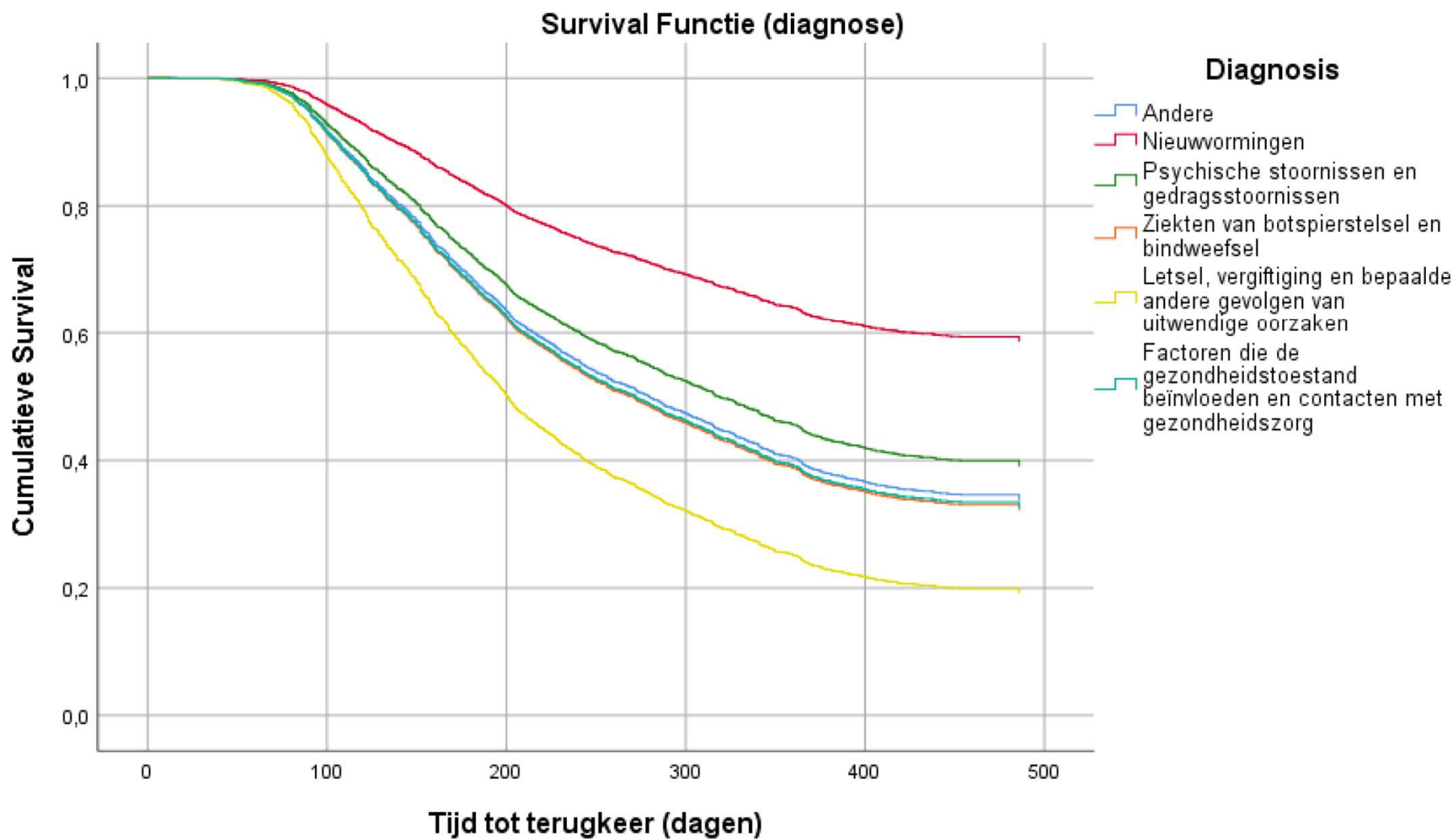


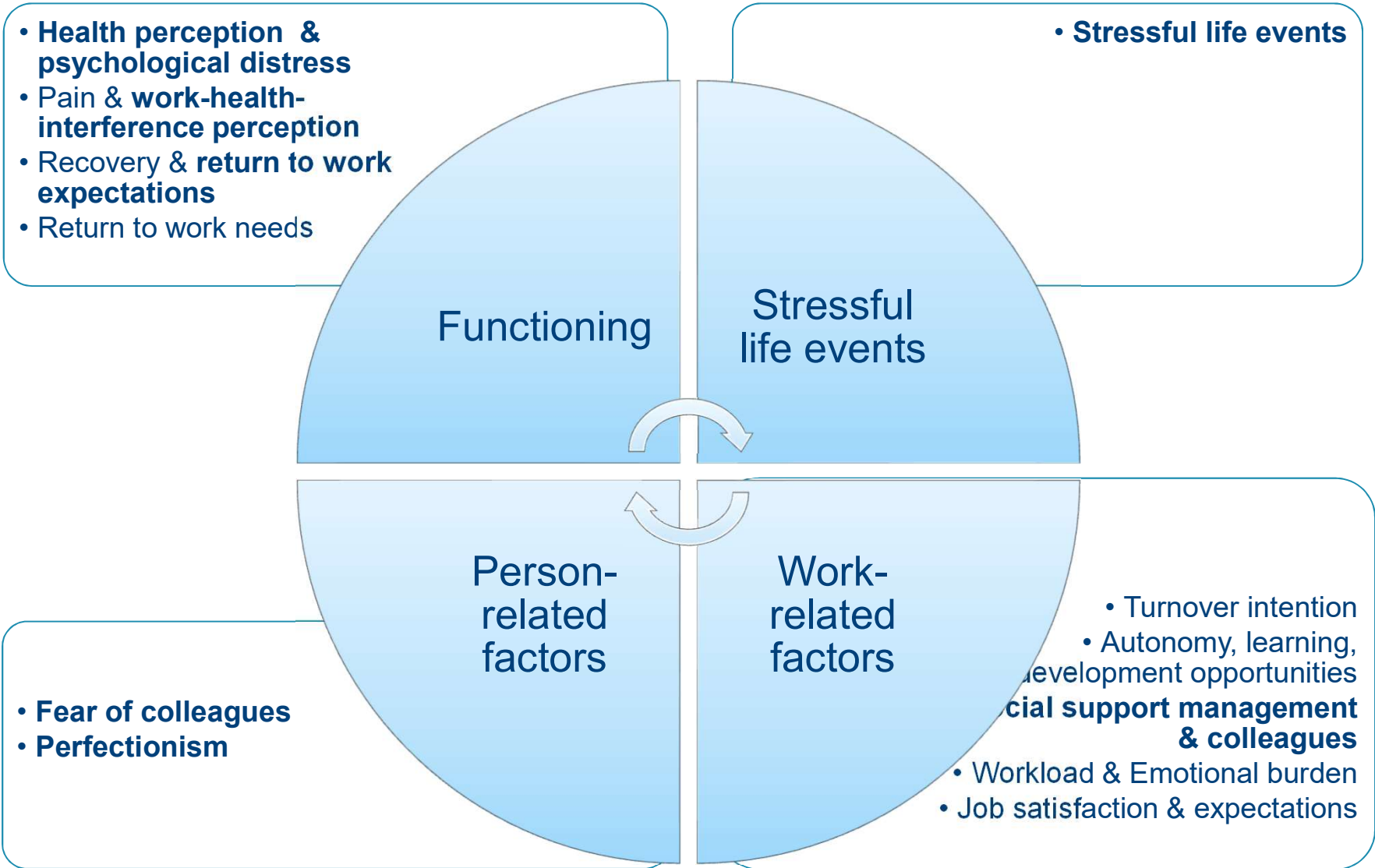
Veerle

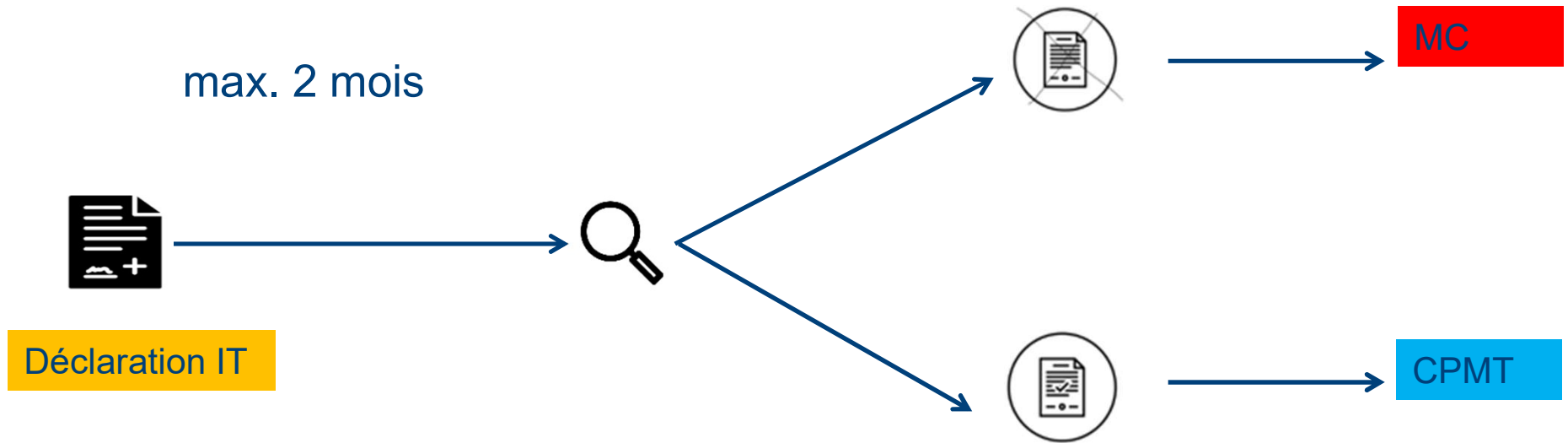




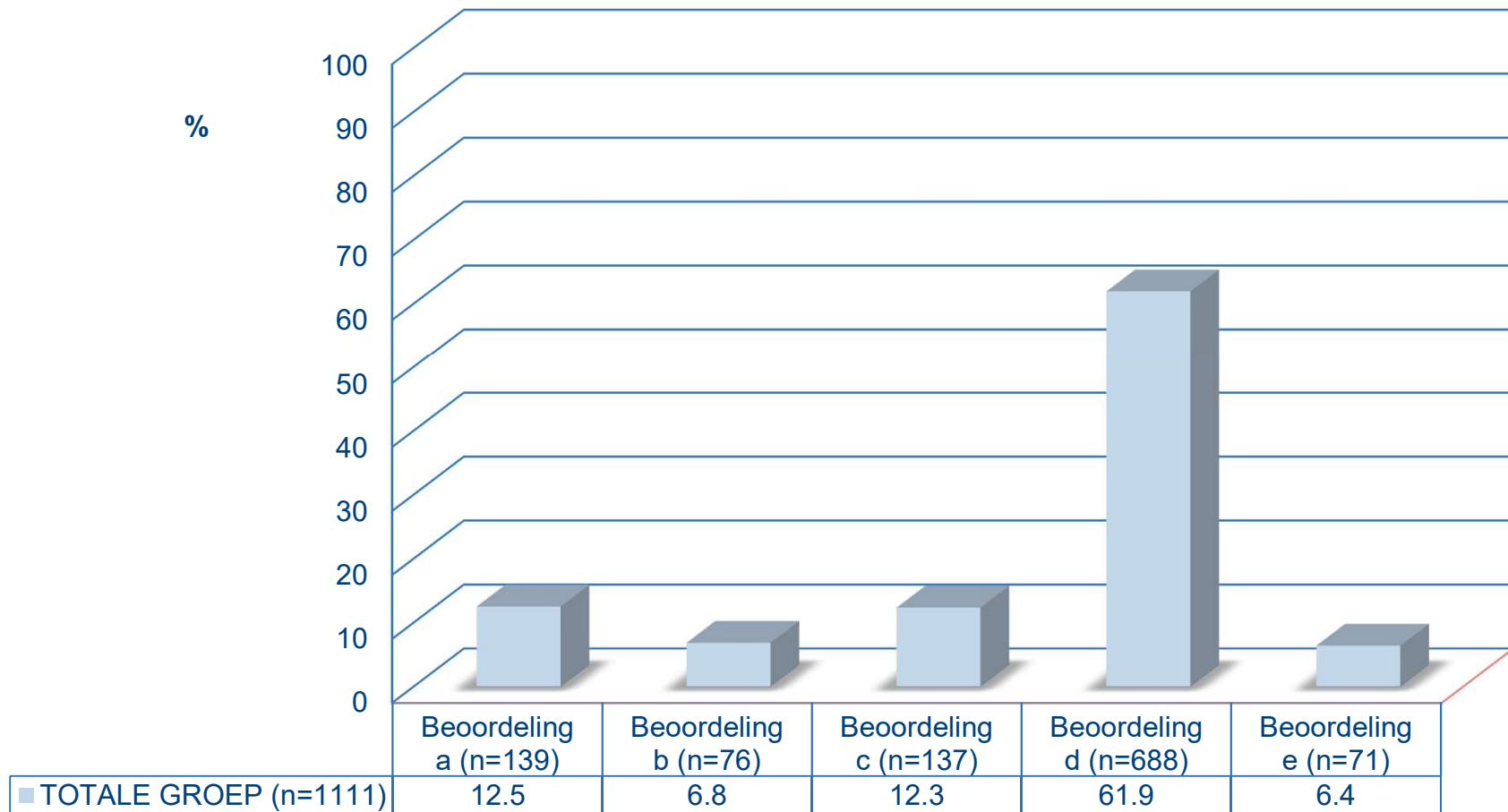




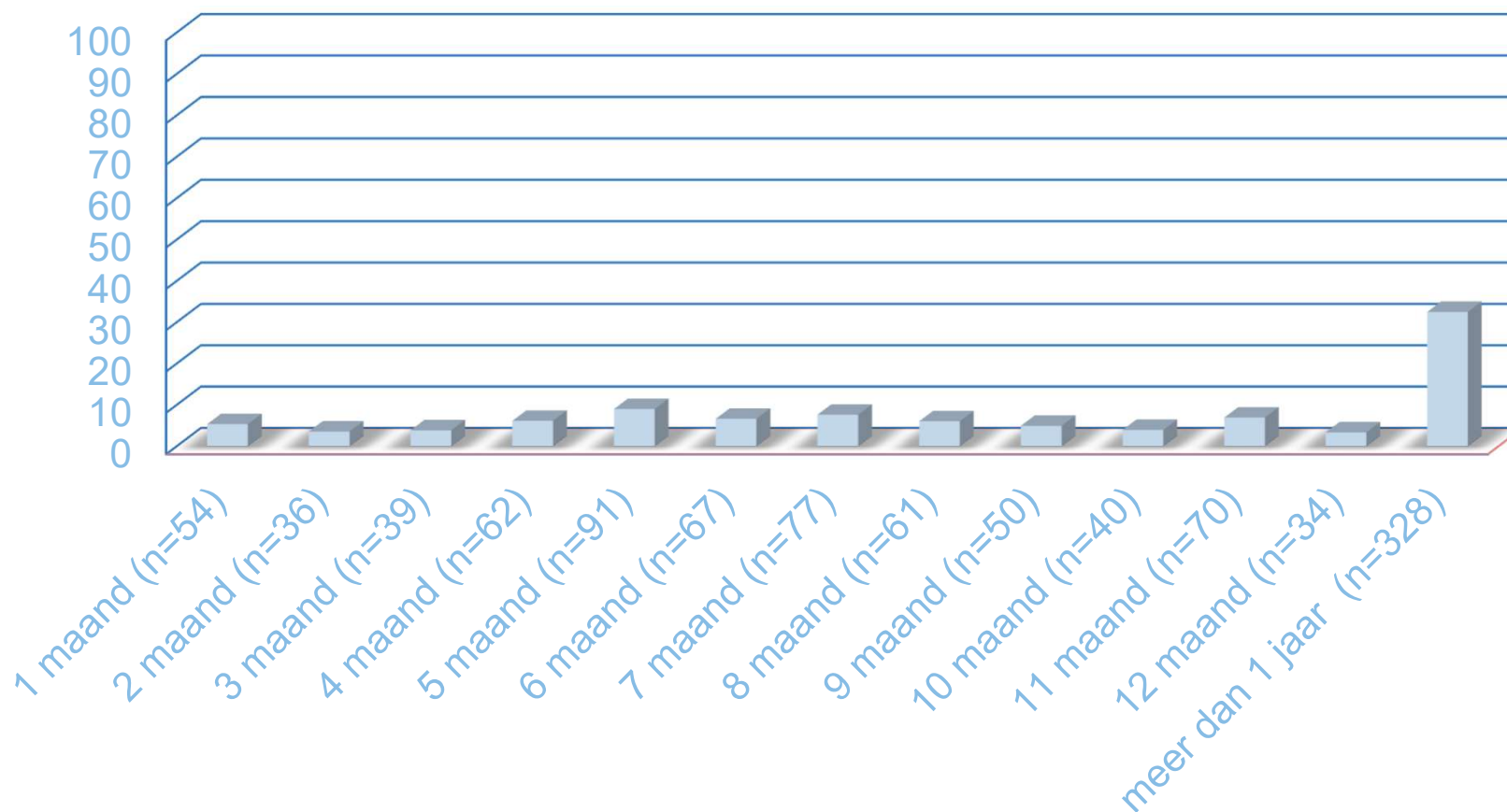




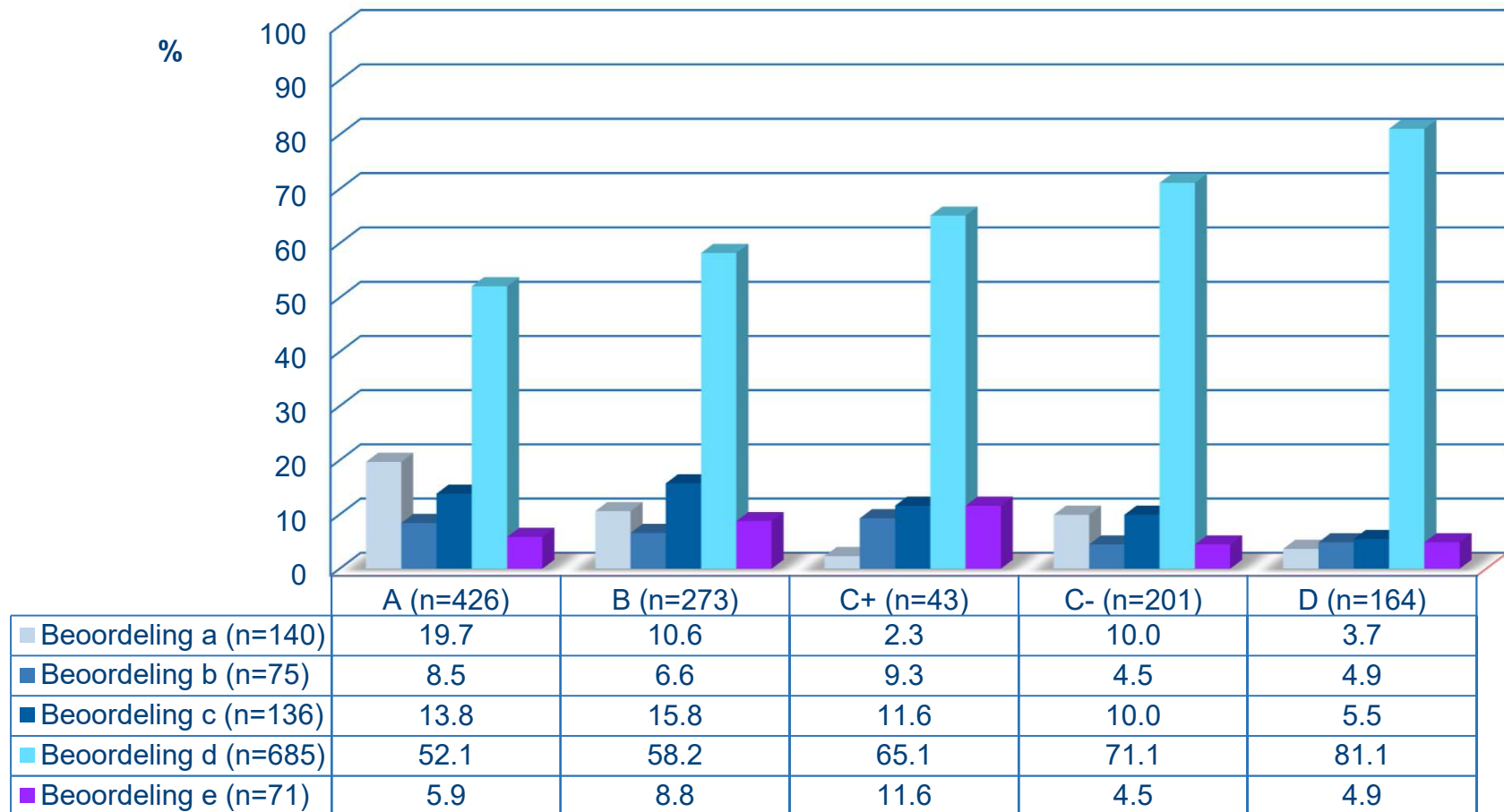
Evaluations finales TRI troubles mentaux



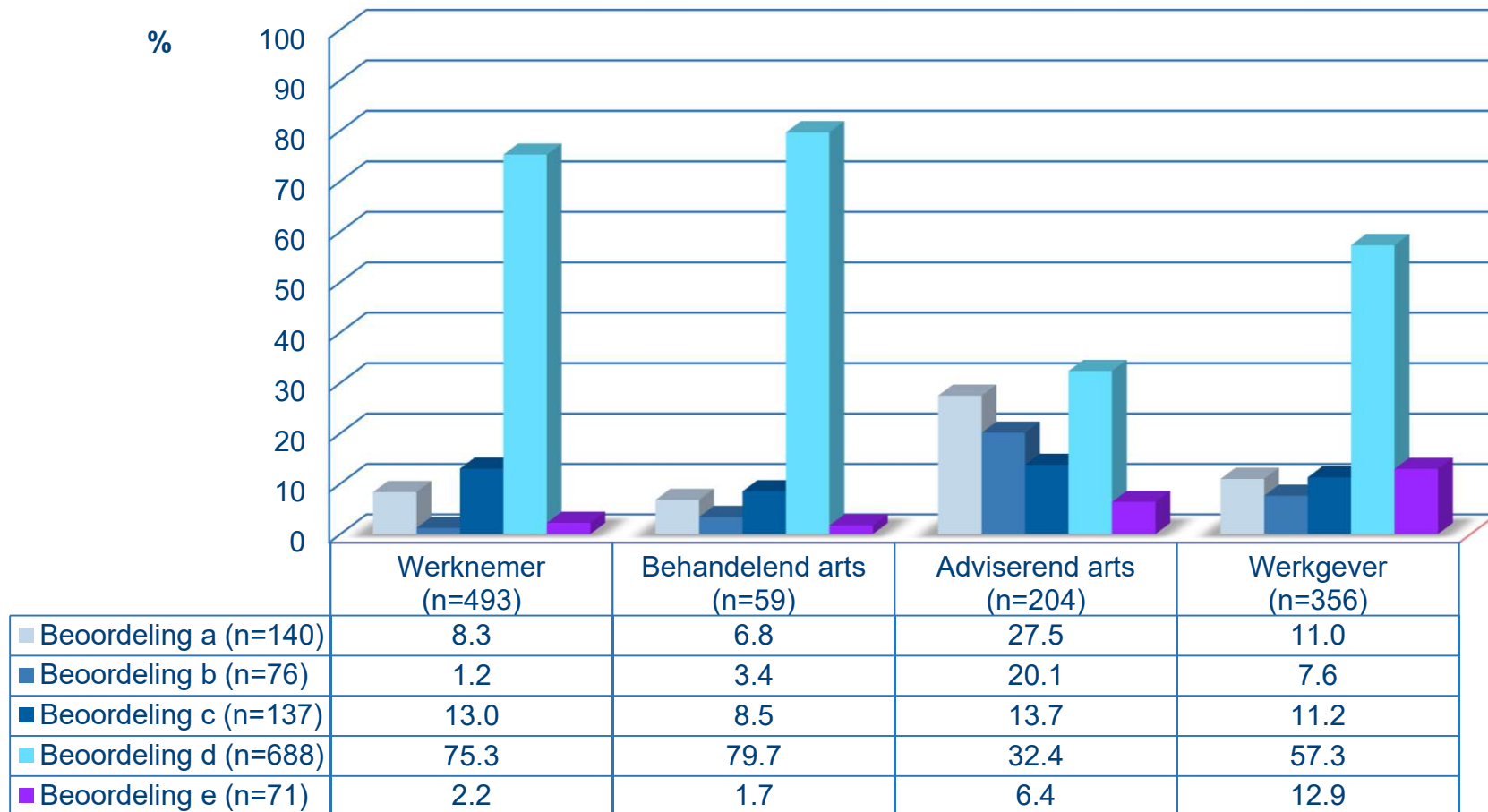
Durée de l'incapacité de travail jusqu'à la demande troubles mentaux

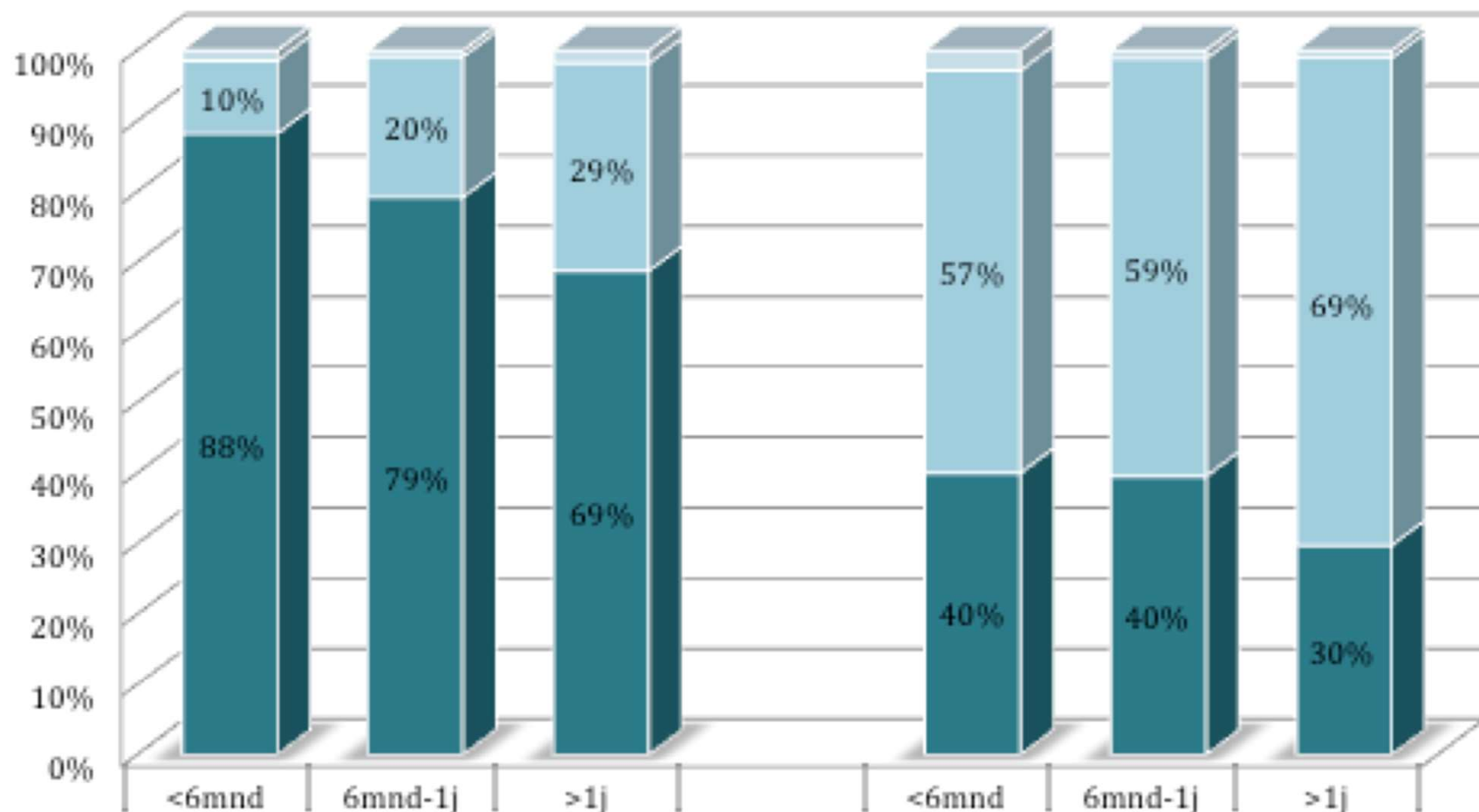


Evaluations finales pour les troubles mentaux d'après le groupe professionnel

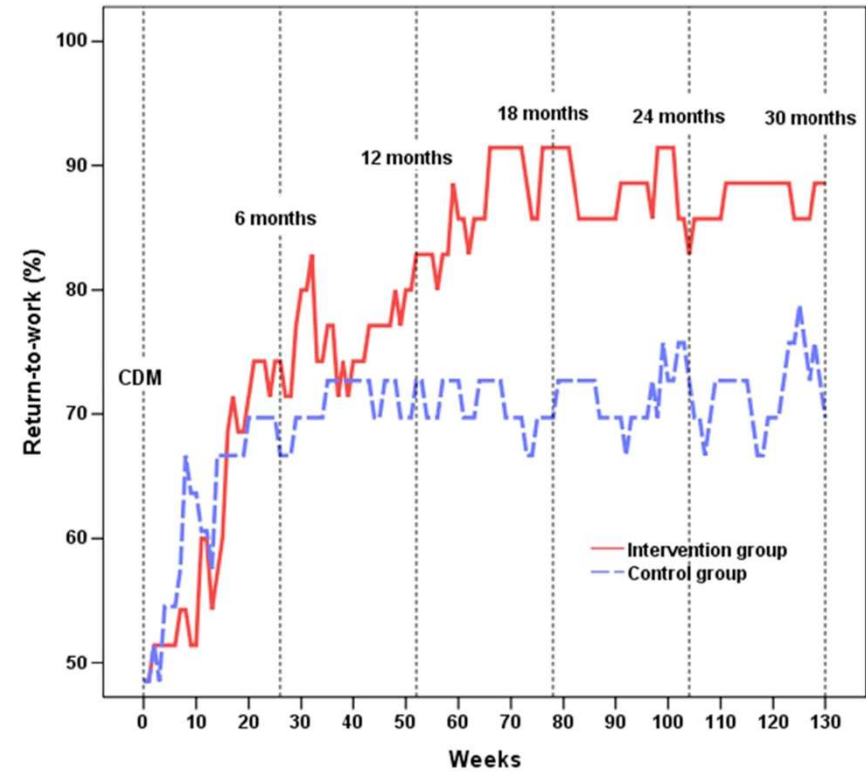
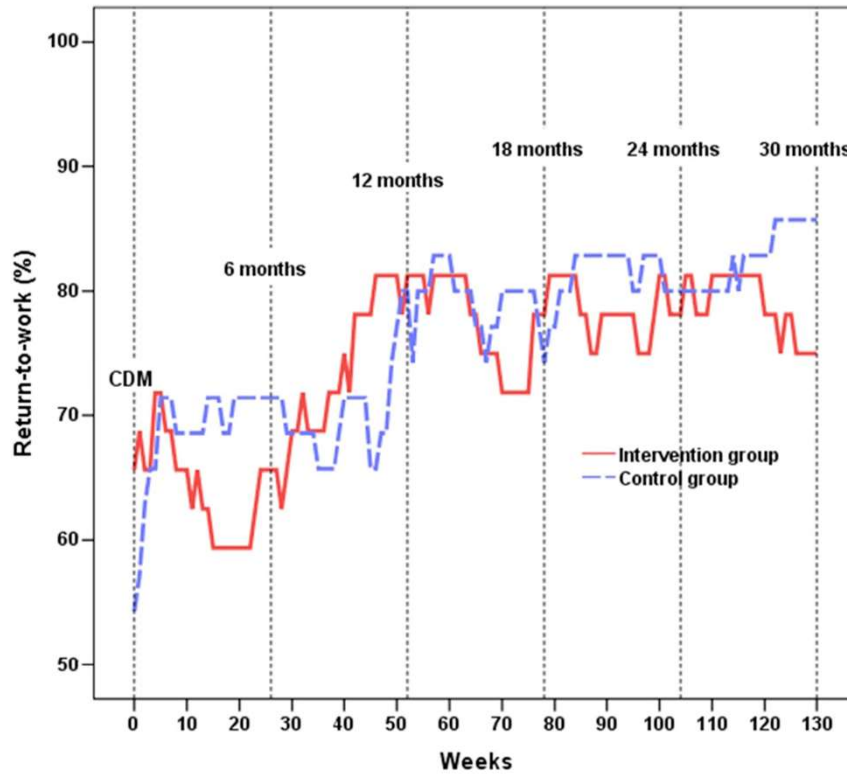


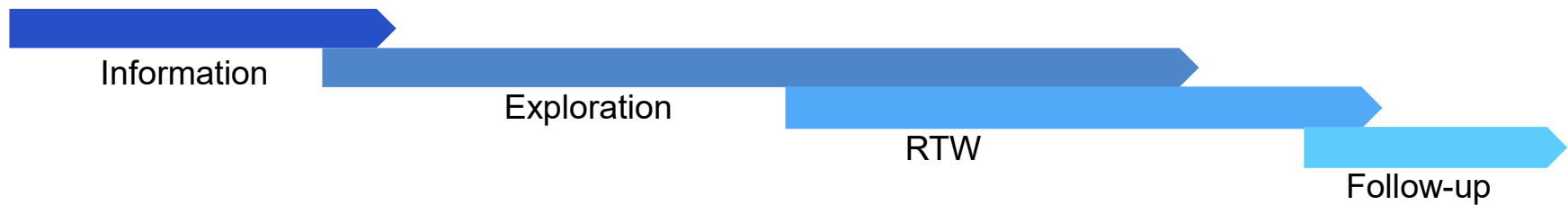
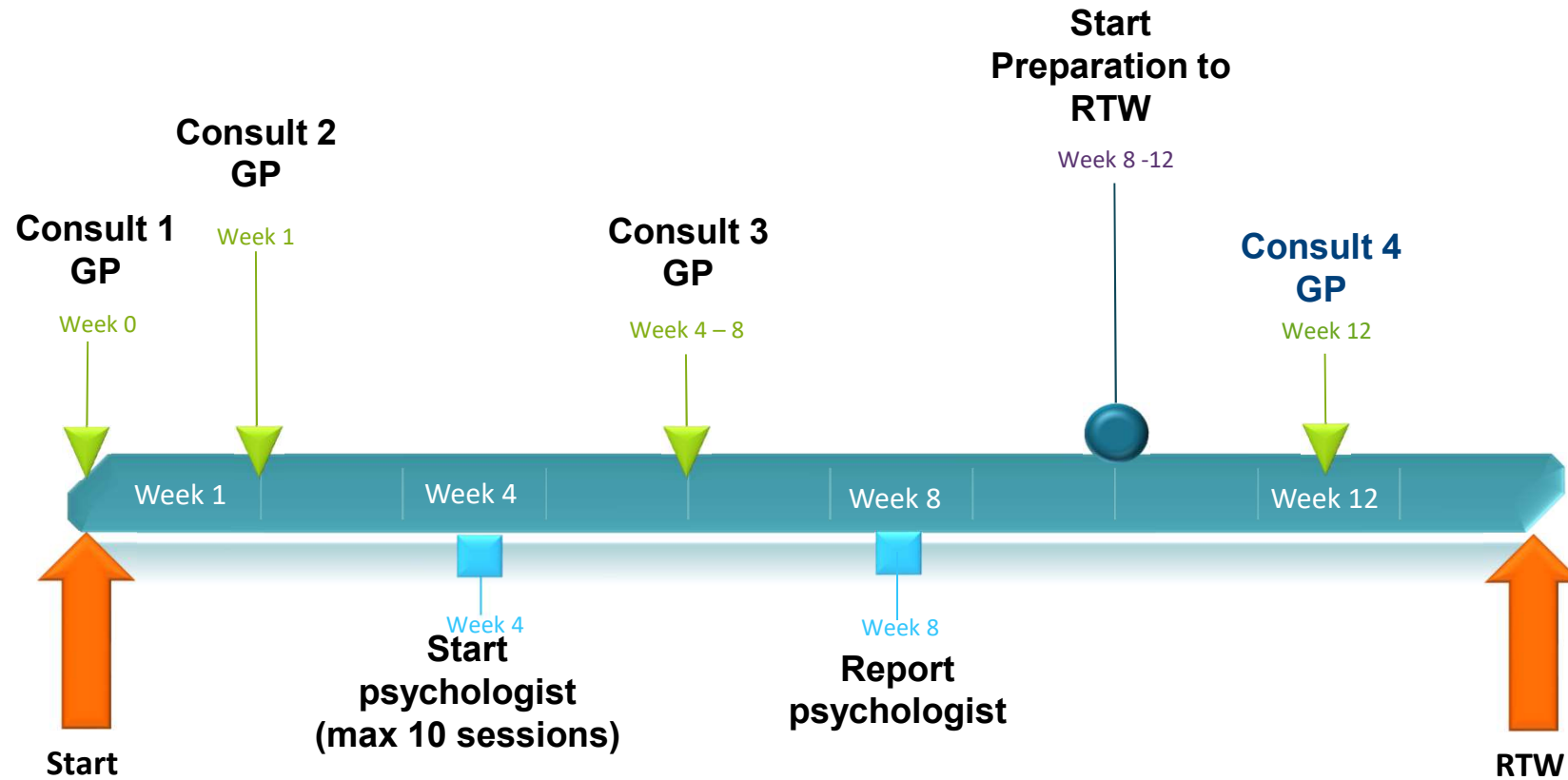
Evaluations finales TRI troubles mentaux d'après le demandeur





■ Ongekend	6	2	2	2	1	1
■ Niet aan het werk	43	45	33	40	51	65
■ Aan het werk	367	179	77	28	34	28





www.werkenburnout.be

werkenburnout@kuleuven.be



OPNIEUW AAN HET WERK NA BURN-OUT

Een onderzoeksproject door KU Leuven
en RIZIV

HUISARTSEN GEZOCHT: KLIK HIER!



KU LEUVEN

Want to know more?



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Burn-out in de zorg | Uitg...
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