



A Mixed-Methods Study of Burnout Prevalence and Its Determinants Among Public Sector Physicians in Cairo's Tertiary Hospitals

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Abstract

Burnout among physicians is a critical occupational health issue, threatening healthcare workforce stability and patient care quality. In Egypt, public sector tertiary hospitals face significant systemic pressures, yet comprehensive data on physician burnout within this context remains limited. This study aimed to determine the prevalence of burnout and to explore its key determinants among public sector physicians working in tertiary hospitals in Cairo Governorate, Egypt. A sequential explanatory mixed-methods design was employed. First, a cross-sectional survey using the Maslach Burnout Inventory was administered to a stratified random sample of physicians. Subsequently, in-depth interviews were conducted with a purposive sample of survey respondents to explore determinants in detail. Quantitative data were analysed using descriptive and inferential statistics, while qualitative data underwent thematic analysis. Survey results indicated a high prevalence of burnout, with 68% of participants reporting high emotional exhaustion. Key quantitative determinants included excessive workload and inadequate remuneration. Qualitative analysis identified three primary themes: overwhelming administrative burdens, a perceived lack of institutional support, and moral distress stemming from resource constraints. Burnout is highly prevalent among physicians in Cairo's public tertiary hospitals, driven by a confluence of systemic, organisational, and professional factors. This represents a significant threat to physician wellbeing and health system performance. Urgent institutional interventions are required, including a review of physician workloads, streamlining of administrative processes, and the establishment of dedicated mental health support programmes. Further research should evaluate the efficacy of targeted interventions. Burnout, Physicians, Public Health Sector,

Tertiary Care, Egypt, Mixed Methods, Occupational Health This study provides mixed-methods evidence on the scale and drivers of physician burnout in Cairo's public tertiary hospitals, offering a nuanced evidence base for policymakers and hospital administrators to develop targeted mitigation strategies.

Keywords: *Burnout, Physicians, Public Sector, Tertiary Care, North Africa, Mixed Methods, Occupational Health*

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