

# Can Personality Traits and Trait Emotional Intelligence Explain Reduced Effects of Burnout Among Physicians in Pakistan?

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## Introduction

**Objective:** To examine the roles of Trait emotional intelligence (EI) and personality traits for buffering psychological stress that leads to burnout.

**Theory:** Trait EI along with personality traits (Neuroticism, Openness, Agreeableness, Conscientiousness & Extroversion) may shape coping preferences and their implementation.

## Methods

### Design and Sample

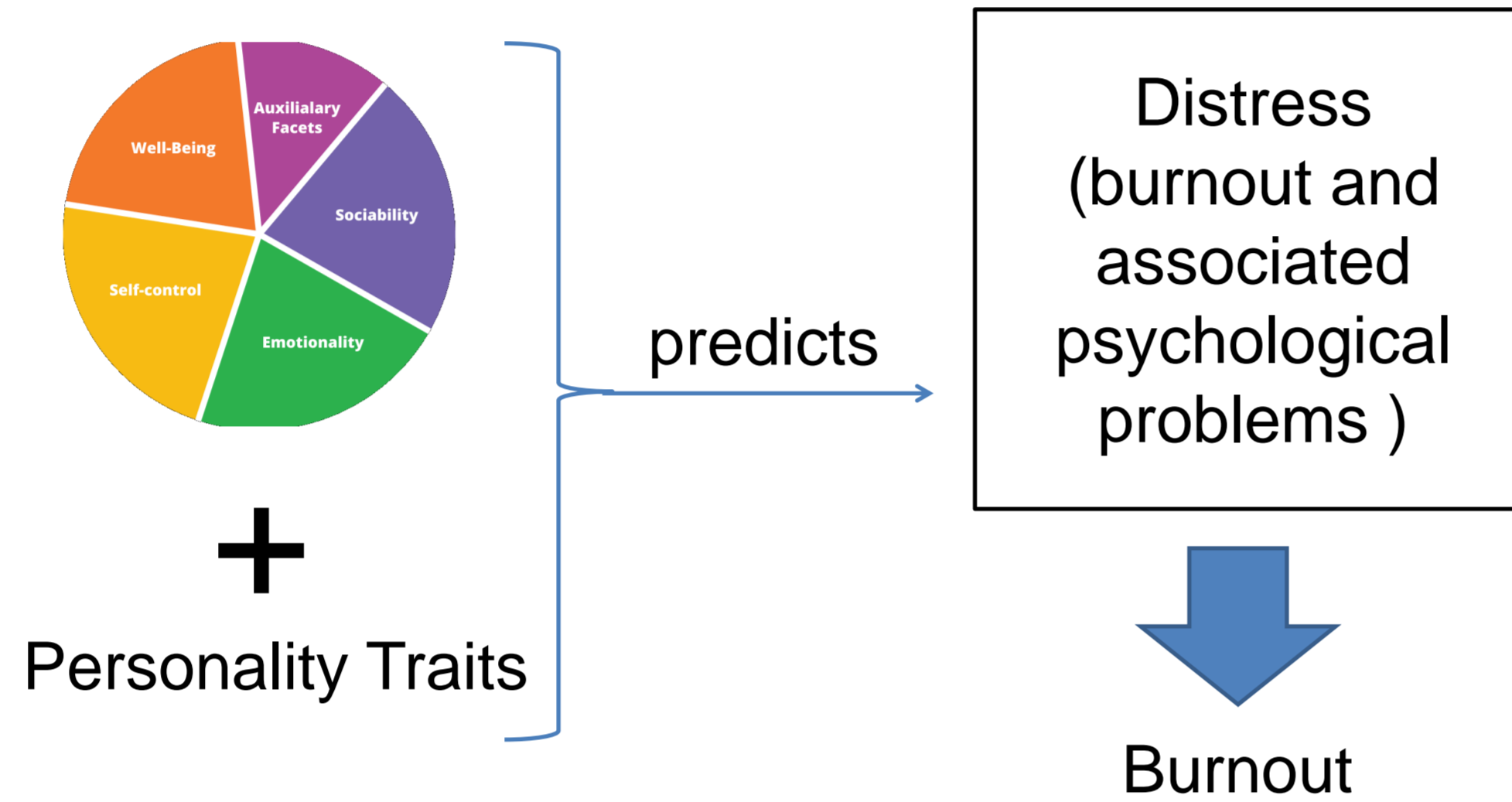
Cross sectional design

149 physicians (n = 42 males) from hospitals of Rawalpindi, Islamabad and Wah Cantt, Pakistan.

Age: 18 and above

No prior or current psychosis

### Theoretical Model of EI, and Personality Traits



### Self-Report Measures

1. TEIQuE-SF
2. Maslach Burnout Inventory
3. Big Five Personality Inventory
4. COPE Inventory

### Hypotheses

1. Neuroticism will be positively associated with burnout among physicians
2. Higher the trait EI, agreeableness, extraversion, conscientiousness and openness lower will be the burnout among physicians.
3. Higher the trait EI, greater will be the use of positive coping mechanisms among physicians suffering from burnout

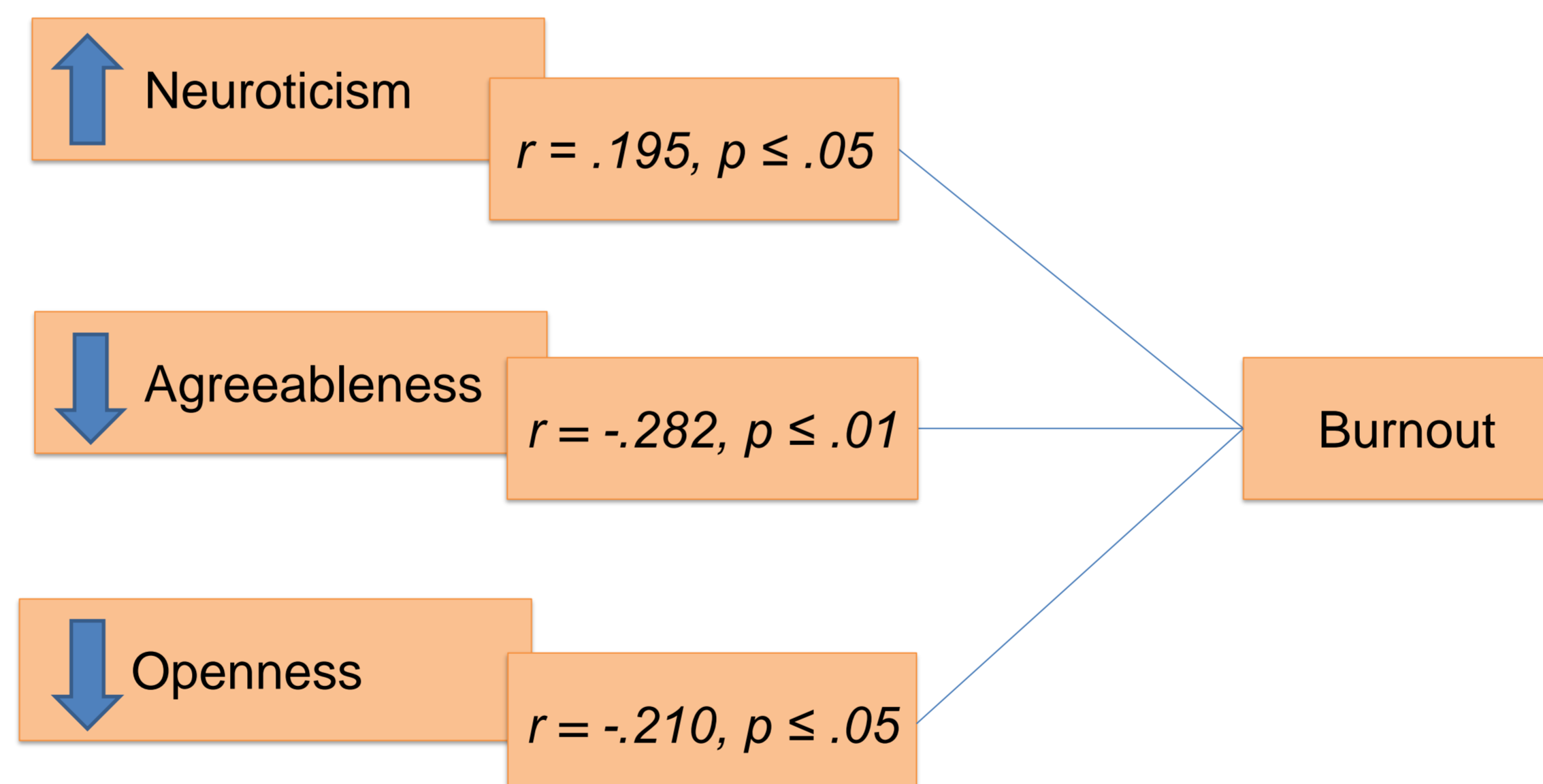
## Results

### Trait EI & Burnout

Higher trait EI was associated with lower burnout levels

$$r = -.315, p \leq .01$$

### Personality Traits and Burnout



### Regression Analysis

Higher trait EI appears to support protective processes (e.g., active coping) leading to reduced burnout

$$\beta = -.315, R^2 = 0.09, p \leq .001$$

## Conclusion

### SHORT-TERM

Positive personality traits along with trait EI help decrease burnout among physicians.

### LONG-TERM

The findings could raise awareness among clinical psychologist and physicians for developing and strengthening protective coping strategies particularly for dealing with effects resulting from one's individual personality profile.