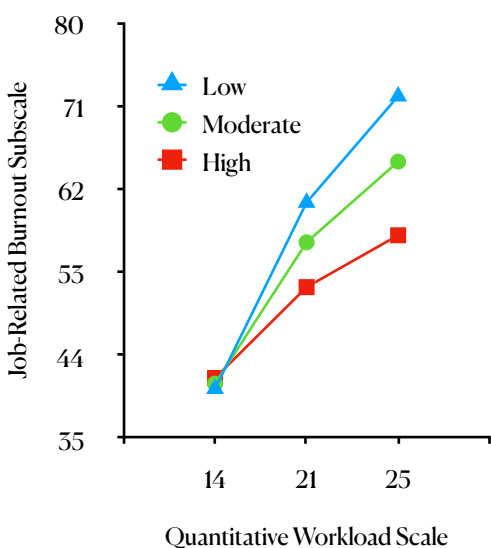
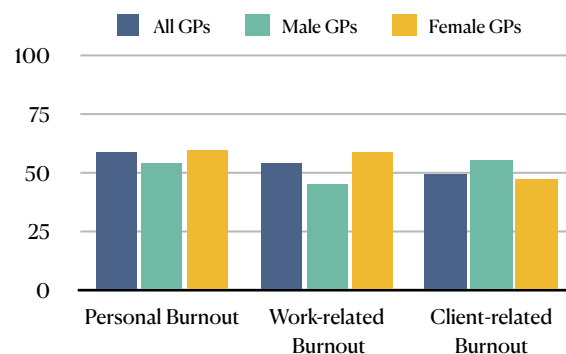




The GP Wellbeing Project

Thank you again for your participation in the GP Wellbeing Project. So far, we have had over 180 responses from GPs all over Australia. The data analysis is complete for the initial (thesis) stage of the project, and we thought this would be the perfect time to share the results of this study with you.

We were looking to see the current burnout levels in Australian GPs, predicting that the rates would still be higher than before COVID-19. This hypothesis was supported, with 86% of GPs reporting at least moderate burnout (>50/100 on the Copenhagen Burnout Inventory) and 34% reporting high burnout (>75/100). Female GPs were significantly more likely to attribute the burnout they experienced to work-related factors (workload). In contrast, male GPs were likelier to attribute their burnout to their work with patients (emotional demands).



We were also looking to see if self-compassion could change the relationship between the demands of GP work and the amount of burnout that GPs experienced. Our findings indicate that self-compassion does have a significant moderating effect on the relationship between workload and work-related burnout, meaning that GPs with higher levels of self-compassion experienced less burnout, even if their workloads were higher. This is an exciting finding, as other research has shown that interventions can successfully increase self-compassion levels. In the future, perhaps a short CPD session or a few minutes on an app could improve self-compassion and relieve some of the burnout from Australian GPs. However, this result was not universal with all the types of burnout we measured, showing (once again) that GP wellbeing is complex and that a single solution is unlikely to be successful for everyone.

We are now in the process of putting together another version of the research for publication so that these significant results can be shared even further. While you have already been an amazing participant, there is a way you can continue to support this project. The survey remains open. The larger our sample, the more representative and persuasive the findings are for the peer-reviewed journals and future audience for the research. Please consider sharing the link below with your GP colleagues.