Burnout and Its Association with Professionalism Among Health Care Professionals in Northern State, Sudan

An Analytical Cross-Sectional Study, 2026

Introduction and Informed Consent

Dear Participant, You are invited to participate in a research study titled "Burnout and Its Association with Professionalism Among Health Care Professionals in Northern State, Sudan". The purpose of this study is to understand the levels of burnout and professional attitudes among healthcare workers in our region. Your participation is voluntary, and you may withdraw at any time. All information provided will be kept strictly confidential and anonymous. The data will be used for research purposes only. By completing this questionnaire, you are providing your consent to participate.

Section A: Socio-demographic and Occupational Characteristics

Please check the appropriate box or fill in the blank.

A1. Personal Characteristics

1. Age:

_____

2. Sex:

☐ Male ☐ Female

3. Marital Status:

☐ Single ☐ Married ☐ Divorced ☐ Widowed

4. Highest Educational Qualification:

_____

5. Profession:

☐ Physician ☐ Nurse ☐ Pharmacist ☐ Laboratory Scientist ☐ Radiographer ☐ Physiotherapist ☐ Dentist ☐ Other (Please specify: _____)

6. If Physician, Professional Rank:

☐ Consultant ☐ Specialist ☐ Registrar ☐ Medical Officer ☐ House Officer

A2. Workplace Characteristics

7. Workplace (Hospital Name):

_____

8. Department/Unit:

☐ Medicine ☐ Surgery ☐ Pediatrics ☐ Emergency ☐ ICU ☐ Obstetrics ☐ Laboratory ☐ Pharmacy ☐ Other (Please specify: _____)

9. Employment Status:

☐ Permanent ☐ Temporary ☐ Contract

10. Years of Experience in Healthcare:

_____

11. Years of Service at the Current Hospital:

_____

12. Do you work at more than one healthcare institution?

☐ Yes ☐ No

A3. Workload Characteristics

13. Average Weekly Working Hours:

_____

14. Number of Night Shifts per Month:

_____

15. Average Sleep Duration per Day (hours):

_____

16. Average Number of Patients Seen per Day:

_____

A4. Work Environment

17. Have you taken annual leave during the past six months?

☐ Yes ☐ No

18. Overall Job Satisfaction:

☐ Very Dissatisfied ☐ Dissatisfied ☐ Neutral ☐ Satisfied ☐ Very Satisfied

19. Is your salary adequate to meet your needs?

☐ Yes ☐ No

20. Availability of Medical Resources and Equipment:

☐ Very Poor ☐ Poor ☐ Adequate ☐ Good ☐ Very Good

21. Perceived Administrative Support:

☐ Very Poor ☐ Poor ☐ Adequate ☐ Good ☐ Very Good

22. Exposure to Verbal or Physical Violence at Work:

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

23. Participation in Workplace Decision-Making:

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Section B: Maslach Burnout Inventory – Human Services Survey (MBI-HSS)

Instructions: Please read each statement and indicate how often you feel this way about your job using the following scale:

0 = Never | 1 = A few times a year or less | 2 = Once a month or less | 3 = A few times a month | 4 = Once a week | 5 = A few times a week | 6 = Every day

No.	Statement	Frequency (0– 6)
1	I feel emotionally drained from my work.	
2	I feel used up at the end of the workday.	
3	I feel fatigued when I get up in the morning and have to face another day on the job.	
4	I can easily understand how my patients feel about things.	
5	I feel I treat some patients as if they were impersonal objects.	
6	Working with people all day is really a strain for me.	
7	I deal very effectively with the problems of my patients.	
8	I feel burned out from my work.	
9	I feel I'm positively influencing other people's lives through my work.	
10	I've become more callous toward people since I took this job.	
11	I worry that this job is hardening me emotionally.	
12	I feel very energetic.	
13	I feel frustrated by my job.	
14	I feel I'm working too hard on my job.	
15	I don't really care what happens to some patients.	
16	Working directly with people puts too much stress on me.	
17	I can easily create a relaxed atmosphere with my patients.	
18	I feel exhilarated after working closely with my patients.	
19	I have accomplished many worthwhile things in this job.	
20	I feel like I'm at the end of my tether.	
21	In my work, I deal with emotional problems very calmly.	
22	I feel patients blame me for some of their problems.	

Section C: ABIM Professionalism Assessment Tool

Instructions: Please indicate your level of agreement with the following statements regarding your professional attitudes using the scale below:

1 = Strongly Disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly Agree

No.	Statement	Score (1–5)

No.	Statement	Score (1–5)
1	I am willing to put my patients' interests above my own self-interest. (Altruism)	
2	I accept full responsibility for my professional actions and decisions. (Accountability)	
3	I am committed to being honest and truthful in all my professional interactions. (Honesty)	
4	I actively involve patients in decisions about their medical care and treatment. (Patient-Centered Care)	
5	I treat all patients with respect and dignity, regardless of their background. (Respect)	
6	I maintain patient confidentiality and privacy at all times. (Accountability)	
7	I am committed to providing the highest quality of care to every patient. (Excellence)	
8	I work effectively and respectfully as part of a healthcare team. (Teamwork)	
9	I am sensitive to the cultural and social needs of diverse patient populations. (Patient-Centered Care)	
10	I am committed to lifelong learning to maintain my professional competence. (Excellence)	

End of Questionnaire

Thank you for your time and participation!