

Factors associated with BURNOUT in Quebec health care workers during the COVID-19 pandemic: An observational study
New Objective: 600 participants

Dr. Judith Brouillette, psychiatrist at the Montreal Heart Institute (MHI), has undertaken, since May 14, 2020, a study on burnout factors among health professionals and workers.

The study is focusing on resilience, social support, workload, perceived organizational support, access to simulation techniques and mental health resources. The study is also testing whether the change in the stress hormone (cortisol) pre/post-pandemic, is associated with psychological distress during the pandemic.

The study will be carried out in two phases (June 2020 and March 2021) and will require to:

- Complete an online questionnaire of about twenty minutes, and
- Provide **before June 12, 2020** a hair sample that will measure the level of cortisol (stress hormone) pre- and post-pandemic (optional).

The results will lead to the development of more targeted interventions to preserve the psychologic health of health workers and professionals.

To ensure the success of the study, 600 participants must be recruited **between May 21 at noon and June 5, 2020**. The registration process will be done on the secure site of the Montreal Clinical Trials Coordination Center (MHICC) affiliated with the MHI. For information or to register, visit the following address: <https://burnout.mhicc.org/>