Data in Brief: A Decade of Wellness Outcomes for Medical Education Faculty Leaders and Administrators

The Alliance's annual research surveys include two broad measures of wellness and sense of support in a professional role:

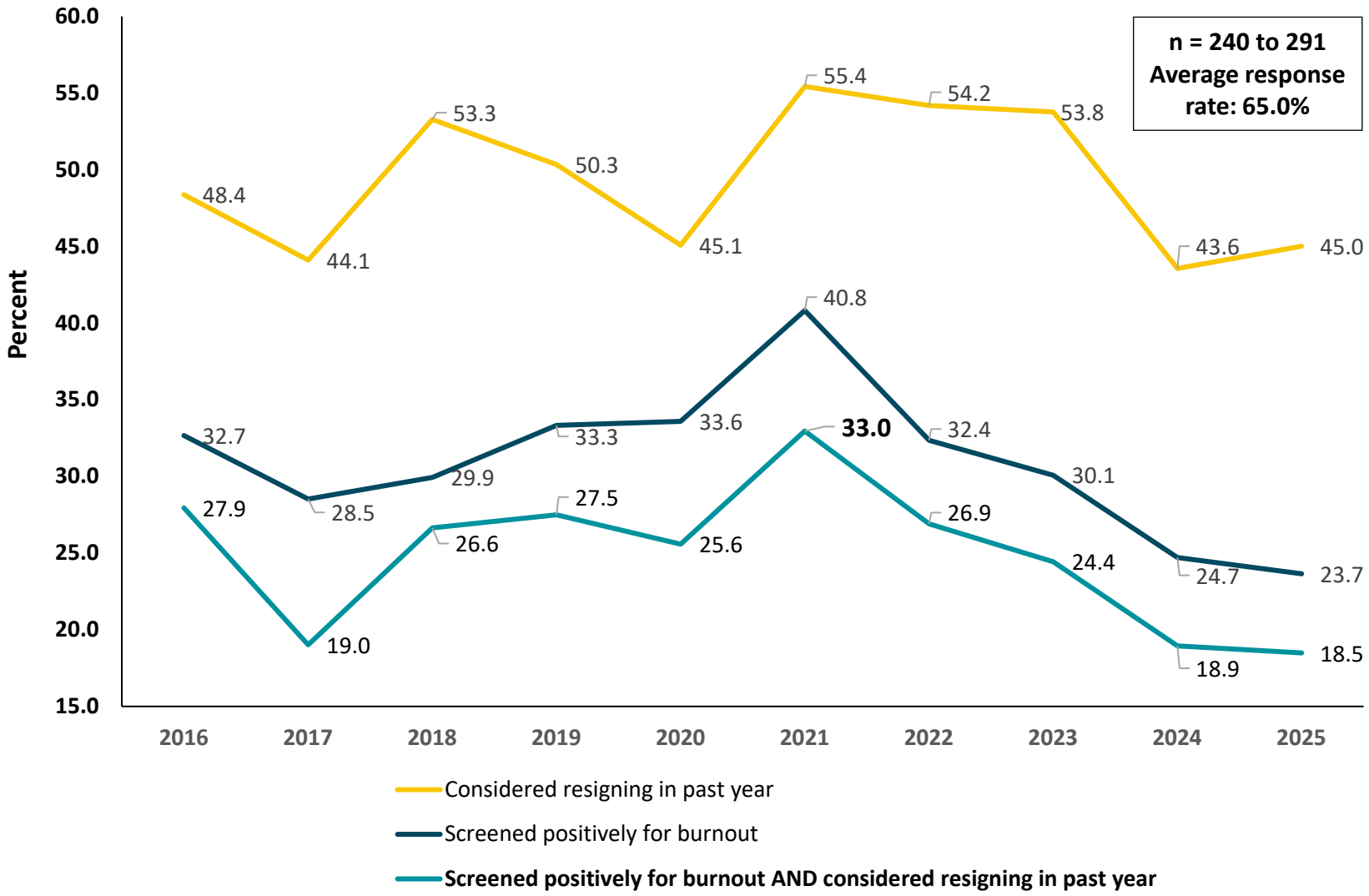
1. Screening positively for burnout, and
2. Recently considering to resign from one's position.

Drawing on nearly a decade of Alliance annual survey results, this month's Data in Brief illustrates when screening positively for burnout and considering whether to resign peaked during the COVID-19 pandemic among internal medicine residency program directors (PDs), core clerkship directors (CDs), and residency and fellowship program administrators (PAs).

That outcome was highest among PDs: 33% in fall 2021, but then dropping steadily. For CDs, it remained constant from fall 2020 through 2023 at 27% to 29%, before dipping as low as 19%. As with PDs, screening for burnout and resignation consideration among PAs was highest for a single pandemic year: 28% in early 2022, then dropping in the following years.

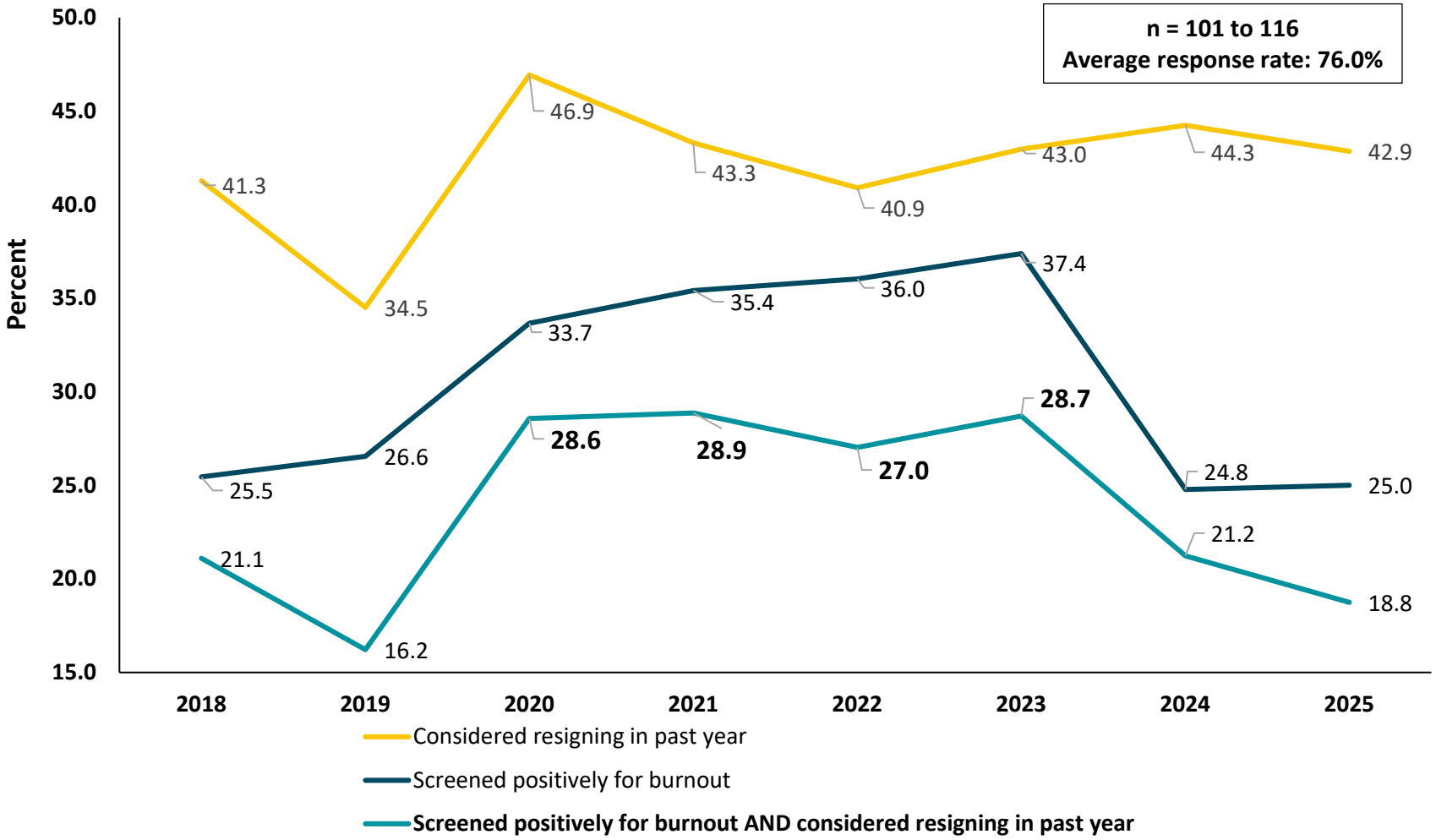
For more information about the findings, please contact surveys@im.org.

A Year into the COVID-19 Pandemic, One-Third of Internal Medicine Residency Program Directors Screened for Burnout AND Considered Resigning



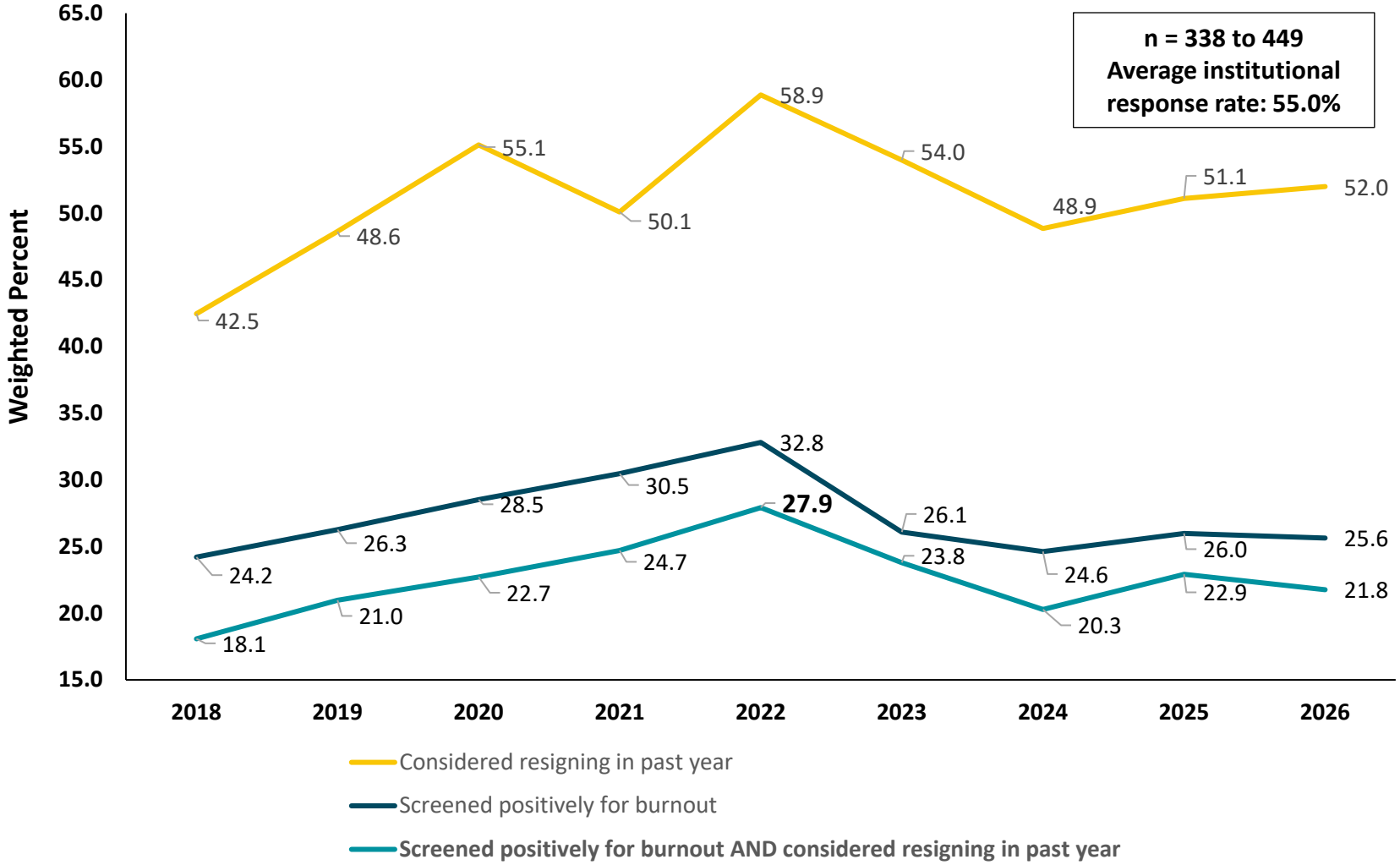
Notes: 2016 to 2025 APDIM Annual Survey of Internal Medicine Residency Program Directors: Study Database.
n= number of **survey respondents**.
Source for positive screen for burnout in the work setting: Maslach, Christina and Susan E. Jackson. 1981. *MBI-Human Services Survey*. Published by Mind Garden, Inc., www.mindgarden.com. Reporting to consider resigning was based on the question, "In the past year, have you considered resigning from your position?"
Lawley-Hotelling trace (test for equality between "Screened positively" and "Considered resigning"): **p=0.001**.

From 2020 Through 2023, Almost 30 Percent of Internal Medicine Core Clerkship Directors Screened for Burnout AND Considered Resigning



Notes: 2018 to 2025 CDIM Annual Survey of Internal Medicine Core Clerkship Directors: Study Database.
n= number of **survey respondents**.
Source for positive screen for burnout in the work setting: Maslach, Christina and Susan E. Jackson. 1981. *MBI-Human Services Survey*. Published by Mind Garden, Inc., www.mindgarden.com. Reporting to consider resigning was based on the question, "In the past year, have you considered resigning from your position?"
Lawley-Hotelling trace (test for equality between "Screened positively" and "Considered resigning"): **p=0.043**.

By Early 2022 of the COVID-19 Pandemic, 28 Percent of Internal Medicine Residency and Fellowship Program Administrators Screened Positively for Burnout AND Considered Resigning



Notes: 2018 to 2026 APDIM Annual Internal Medicine Residency and Fellowship Program Administration Survey: Study Database.
n= number of **survey respondents**. Results were statistically weight-adjusted to more closely represent the complete study populations.
Source for positive screen for burnout in the work setting: Maslach, Christina and Susan E. Jackson. 1981. *MBI-Human Services Survey*. Published by Mind Garden, Inc., www.mindgarden.com. Reporting to consider resigning was based on the question, "In the past year, have you considered resigning from your position?"
Lawley-Hotelling trace (test for equality between "Screened positively" and "Considered resigning"): **p=0.008**.