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Summary

WORK-LIFE CONFLICT AND ITS HEALTH EFFECTS ON MOROCCAN GASTROENTEROLOGISTS

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A cross-sectional study of 152 Moroccan gastroenterologists found high prevalence of musculoskeletal disorders (86.8%), digestive disorders (71.1%), and burnout (72.4%), with younger age associated with poorer work-life balance and increased burnout.

KEY POINTS

- Among 152 Moroccan gastroenterologists surveyed (72.4% female, median age 31 years), 86.8% reported musculoskeletal disorders, 71.1% digestive disorders, 46.1% depression, and 23.7% anxiety.
- Participants worked a mean of 50.2 hours per week with a median of 6.5 endoscopies weekly, and 72.4% met criteria for burnout on the Maslach Burnout Inventory.
- In multivariate analysis adjusting for sex, depression, and anxiety, only younger age was independently associated with poorer work-life balance ratio.
- Younger gastroenterologists showed higher depersonalization (r = -0.32 with age) and lower personal accomplishment (r = 0.31 with age) on burnout subscales.
- This descriptive study may be relevant to gastroenterologists and healthcare administrators interested in occupational health and physician wellbeing in the specialty.

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