

# Infographic: Doctors' Burnout and How Much to Blame the Job

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About half of US doctors in a survey told Medscape they feel burned out, and about 5 in 6 of them blame job stress primarily. They said positive measures like more exercise and family time help with burnout but add that employers could do their part by hiking pay and hiring more support staff.

This infographic provides a current snapshot of the medical profession's ongoing struggle with physician burnout. To learn more, check out the [Medscape Physician Burnout & Depression Report 2024](https://www.medscape.com/viewarticle/999804_print).



# Physicians vs Burnout

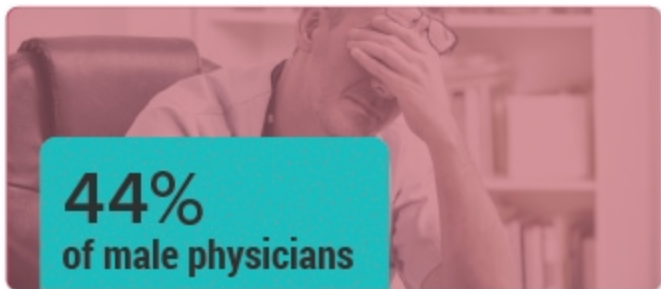
Burnout is a consistent problem in the medical profession. In a recent Medscape survey, 49% of US physicians reported burnout from their professional or personal lives, or both.



## How Many Doctors Feel Burned Out?

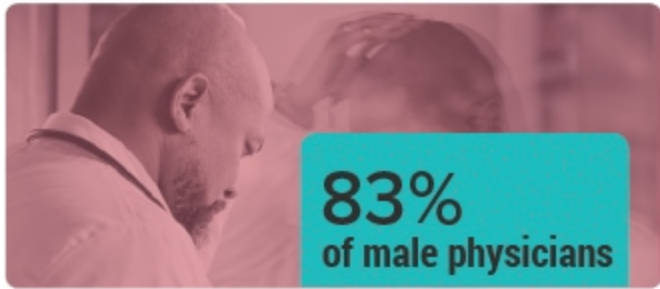


**56%**  
of female physicians



**44%**  
of male physicians

## How Many Physicians Blame Job Stress for Their Burnout?



**83%**  
of male physicians



**83%**  
of female physicians

## What Coping Mechanisms Do Burned-Out Doctors Use Most Often?



Exercise



Talk with  
family or  
friends



Get better  
sleep



Alone time



Play or listen  
to music

## How Physicians Think Employers Could Help With Burnout



Increase their pay  
**Medscape**



Hire more  
support staff



Make their schedules  
more flexible



Give them more  
autonomy

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## Medscape Physician Burnout & Depression Report 2024

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