Michael Hagerty
Clemson University

Kalkidan Weldearegay
University of Maryland Global Campus

Hannah Wellens
University of Minnesota Morris

Iowa Summer Institute in Biostatistics - University of Iowa
Department of Biostatistics

Burnout Among Servicemen: A Case of the Russian-Ukraine War

Burnout is a syndrome that causes emotional exhaustion among working individuals due to repeated stressors. Over time, burnout can lead to mental health consequences, short-term memory loss, decreased professional efficiency, and chronic cardiovascular issues. The intent of this study was to understand the primary causes of burnout from a range of factors such as age, participation in special forces, and religion. The dataset consists of 404 soldiers from Ukraine and three assessment tools, Burnout Assessment Tool (BAT), Basic Psychological Need Satisfaction and Frustration scale (SAT), and Interpersonal Guilt Rating Scales (IGRS). Poisson Regression, Multinomial Regression, and Logistic Regression were used to analyze the survey data. Contingency analyses were used to compare categorical variables and assessment questions. It was found that religion, length of service, age, and specialized combat roles had significant effects in predicting burnout among soldiers. Overall, this study suggests that soldiers are vulnerable to burnout and military personnel should be aware of its damaging effects.

Dr. Gideon Zamba, PhD, Professor, Dept of Biostatistics, University of Iowa

Dr. Karine Malysheva, Ph.D., Professor, Dept of Psychology, Taras Shevchenko National University of Kyiv

Dr. Anne Skinstad, Ph.D., Professor, Community and Behavioral Health, University of Iowa