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Mediation Analysis for Burnout Among Ukrainian Military Personnel

Burnout is a psychological syndrome that develops due to consistent job stress and may have some overlapping symptoms with PTSD. This study analyzes data collected from Ukrainian soldiers on the frontlines of the Russo-Ukrainian War and sought to identify factors associated with burnout among military personnel. A particular interest lies in exploring the mediation effect of Interpersonal Guilt Rating Scale (IGRS) on the pathway between psychological needs constructs called Basic Psychological Need Satisfaction and Frustration Scale (BPNSFS), and Burnout Assessment Tools (BAT). A full-scale multivariate mediation analysis was performed while adjusting for demographic variables such as Age, Religion, Gender, Experience in combat zone, to name a few. Our exploration suggests potential mediation effects of Survivor Guilt, Omnipotent Responsibility, and Separation Disloyalty while adjusting for demographic variables. It is important to note the joint effect of covariates such as Age, Education and Religion on the pathway between BAT and BPNSFS in the presence of IGRS mediators.

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