Selected Articles on Physician Well-Being and Related Topics

These articles on physician well-being focus on information relevant to program and institutional efforts to better understand, and have a positive impact on, resident/fellow and faculty member well-being. Selected articles encompass key research relevant to physician well-being, including studies and systematic reviews that have advanced the community’s knowledge about physician burnout and mental and physical health, and articles describing evidence-based interventions to enhance learner and faculty member well-being. This selection includes several articles describing interventions that can help programs and institutions serve as role models for others.

This list is not intended to be comprehensive or exhaustive. The selection process focused on a limited number of articles with practical utility. Omission of publications does not imply a judgment on the merits or scientific contribution of such works.

Key Research Articles


Program and Institutional Interventions


Ey S, Moffit M, Kinzie JM, Choi D, Girard DE. "If you build it, they will come": attitudes of medical residents and fellows about seeking services in a resident wellness program. J Grad Med Educ. 2013 Sep;5(3):486-92.


Systematic and Narrative Reviews


Perspectives and Discussion Papers

Dyrbye LN, Shanafelt TD, Sinsky CA, Cipriano PF, Bhatt J, Ommaya A, West CP, Meyers D. Burnout Among Health Care Professionals: A Call to Explore and Address This Underrecognized Threat to Safe, High-Quality Care. National Academy of Medicine. 2015 July.

Daskivich TJ, Jardine DA, Tseng J, Correa R, Stagg BC, Jacob KM, Harwood JL. Promotion of Wellness and Mental Health Awareness Among Physicians in Training:


