

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

Gruppen LD, Stansfield RB, Zhao Z, Sen S. [Institution and Specialty Contribute to Resident Satisfaction With Their Learning Environment and Workload](#). Acad Med. 2015 Nov;90(11 Suppl):S77-82.

Guille C, Frank E, Zhao Z, Kalmbach DA, Nietert PJ, Mata DA, Sen S. [Work-Family Conflict and the Sex Difference in Depression Among Training Physicians](#). JAMA Intern Med. 2017 Dec 1;177(12):1766-1772.

Guille C, Speller H, Laff R, Epperson CN, Sen S. [Utilization and barriers to mental health services among depressed medical interns: a prospective multisite study](#). J Grad Med Educ. 2010 Jun;2(2):210-4.

Hamidi MS, Boggild MK, Cheung AM. [Running on empty: a review of nutrition and physicians' well-being](#). Postgrad Med J. 2016 Aug;92(1090):478-81. Epub 2016 May 23.

Holmes EG, Connolly A, Putnam KT, Penaskovic KM, Denniston CR, Clark LH, Rubinow DR, Meltzer-Brody S. [Taking Care of Our Own: A Multispecialty Study of Resident and Program Director Perspectives on Contributors to Burnout and Potential Interventions](#). Acad Psychiatry. 2017 Apr;41(2):159-166.

Mata DA, Ramos MA, Bansal N, Khan R, Guille C, Di Angelantonio E, Sen S. [Prevalence of Depression and Depressive Symptoms Among Resident Physicians: A Systematic Review and Meta-analysis](#). JAMA. 2015 Dec 8;314(22):2373-83.

Stoesser K, Cobb NM. [Self-treatment and informal treatment for depression among resident physicians](#). Fam Med. 2014 Nov-Dec;46(10):797-801.

Yaghmour NA, Brigham TP, Richter T, Miller RS, Philibert I, Baldwin DC Jr, Nasca TJ. [Causes of Death of Residents in ACGME-Accredited Programs 2000 Through 2014: Implications for the Learning Environment](#). Acad Med. 2017 Jul;92(7):976-983.

Program and Institutional Interventions

Bird AN, Martinchek M, Pincavage AT. [A Curriculum to Enhance Resilience in Internal Medicine Interns](#). J Grad Med Educ 2017 Oct; 9(5): 600-604.

Chaukos D, Chad-Friedman E, Mehta DH, Byerly L, Celik A, McCoy TH Jr, Denninger JW. [SMART-R: A Prospective Cohort Study of a Resilience Curriculum for Residents by Residents](#). Acad Psychiatry. 2017 Nov 2.

Ey S, Moffit M, Kinzie JM, Brunett PH. [Feasibility of a Comprehensive Wellness and Suicide Prevention Program: A Decade of Caring for Physicians in Training and Practice](#). J Grad Med Educ. 2016 Dec;8(5):747-753.

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.

Guille C, Zhao Z, Krystal J, Nichols B, Brady K, Sen S. [Web-Based Cognitive Behavioral Therapy Intervention for the Prevention of Suicidal Ideation in Medical Interns: A Randomized Clinical Trial](#). JAMA Psychiatry. 2015 Dec;72(12):1192-8.

Palamara K, Kauffman C, Stone VE, Bazari H, Donelan K. [Promoting Success: A Professional Development Coaching Program for Interns in Medicine](#). J Grad Med Educ. 2015 Dec;7(4):630-7.

Thomas CR. [Deciding to Refer Residents for Psychiatric Evaluation](#). J Grad Med Educ. 2017 Apr;9(2):151-153. (Article Offering Case Discussions and Policy Guidance, Policy Guidance).

Systematic and Narrative Reviews

Busireddy KR, Miller JA, Ellison K, Ren V, Qayyum R, Panda M. [Efficacy of Interventions to Reduce Resident Physician Burnout: A Systematic Review](#). J Grad Med Educ 2017 June;9(3): 294-301.

Dyrbye L, Shanafelt T. [Maintaining well-being: a narrative review on burnout experienced by medical students and residents](#). Med Ed. 2016 Jan;50(1):132-149.

Raj KS. [Well-Being in Residency: A Systematic Review](#). J Grad Med Educ. 2016 Dec;8(5):674-684.

West CP, Dyrbye LN, Erwin PJ, Shanafelt TD. [Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis](#). Lancet. 2016 Nov 5;388(10057):2272-2281. Epub 2016 Sep 28.

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](#):

[Perspective of a National, Multispecialty Panel of Residents and Fellows](#). Journal of Graduate Medical Education: 2015 March 7 (1):143-147.

Hipp. DM, Rialon KL, Nevel K, Kothari AN, Jardine DA. [“Back to Bedside”: Residents' and Fellows' Perspectives on Finding Meaning in Work](#). J Grad Med Educ 2017 Apr;9(2):269-273.

Shanafelt T, Goh J, Sinsky C. [The Business Case for Investing in Physician Well-being](#). JAMA Intern Med. 2017 Dec 1;177(12):1826-1832.

Shanafelt TD, Noseworthy JH. [Executive Leadership and Physician Well-being: Nine Organizational Strategies to Promote Engagement and Reduce Burnout](#). Mayo Clin Proc. 2017 Jan;92(1):129-146.

West CP. [Physician Well-Being: Expanding the Triple Aim](#). J Gen Intern Med. 2016 May;31(5):458-9.