

## REFERENCES

- Arnsten, A. F. T., & Shanafelt, T. (2021). Physician Distress and Burnout: The Neurobiological Perspective. *Mayo Clinic Proceedings*, 96(3), 763-769. <https://doi.org/10.1016/j.mayocp.2020.12.027>
- Beebe, T. J., Jenkins, S. M., Anderson, K. J., & Davern, M. E. (2008). Survey-related experiential and attitudinal correlates of future health survey participation: results of a statewide survey. *Mayo Clin Proc*, 83(12), 1358-1363. <https://doi.org/10.4065/83.12.1358>
- de Kloet, E. R., Joels, M., & Holsboer, F. (2005). Stress and the brain: from adaptation to disease. *Nat Rev Neurosci*, 6(6), 463-475. <https://doi.org/10.1038/nrn1683>
- Dijxhoorn, A.-F. Q., Brom, L., van der Linden, Y. M., Leget, C., & Raijmakers, N. J. (2021). Prevalence of burnout in healthcare professionals providing palliative care and the effect of interventions to reduce symptoms: A systematic literature review. *Palliative Medicine*, 35(1), 6-26. <https://doi.org/10.1177/0269216320956825>
- Dyrbye, L. N., Thomas, M. R., Harper, W., Massie, F. S., Jr., Power, D. V., Eacker, A., . . . Shanafelt, T. D. (2009). The learning environment and medical student burnout: a multicentre study. *Med Educ*, 43(3), 274-282. <https://doi.org/10.1111/j.1365-2923.2008.03282.x>
- Dyrbye, L. N., Thomas, M. R., Power, D. V., Durning, S., Moutier, C., Massie, F. S., Jr., . . . Shanafelt, T. D. (2010). Burnout and serious thoughts of dropping out of medical school: a multi-institutional study. *Acad Med*, 85(1), 94-102. <https://doi.org/10.1097/ACM.0b013e3181c46aad>
- Franzese, A., & Felten, P. (2017). Reflecting on Reflecting: Scholarship of Teaching and Learning as a Tool to Evaluate Contemplative Pedagogies. *International Journal for the Scholarship of Teaching and Learning*, 11. <https://doi.org/10.20429/ijstol2017.110108>
- Frick, L. J., Frick, J. L., Coffman, R. E., & Dey, S. (2011). Student stress in a three-year doctor of pharmacy program using a mastery learning educational model. *Am J Pharm Educ*, 75(4), 64. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/21769140>. <https://doi.org/10.5688/ajpe75464>
- Galea, S., & Tracy, M. (2007). Participation rates in epidemiologic studies. *Annals of Epidemiology*, 17(9), 643-653. Retrieved from <Go to ISI>://WOS:000249293100001. <https://doi.org/10.1016/j.annepidem.2007.03.013>
- Grover, S., Dua, D., Sahoo, S., Mehra, A., Nehra, R., & Chakrabarti, S. (2020). Why all COVID-19 hospitals should have mental health professionals: The importance of mental health in a worldwide crisis! *Asian journal of psychiatry*, 51, 102147. <https://doi.org/10.1016/j.ajp.2020.102147>
- Kristensen, T. S., Borritz, M., Villadsen, E., & Christensen, K. B. (2005). The Copenhagen Burnout Inventory: A new tool for the assessment of Burnout. *Work & Stress*, 19(3), 192-207. <https://doi.org/10.1080/02678370500297720>
- Maquet, P. (2001). The role of sleep in learning and memory. *Science*, 294(5544), 1048-1052. <https://doi.org/10.1126/science.1062856>
- Marshall, L. L., Allison, A., Nykamp, D., & Lanke, S. (2008). Perceived stress and quality of life among doctor of pharmacy students. *Am J Pharm Educ*, 72(6), 137. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/19325957>
- Maslach, C., & Leiter, M. P. (2016). Understanding the burn-out experience: recent research and its implications for psychiatry. *World Psychiatry*, 15(2), 103-111. <https://doi.org/10.1002/wps.20311>
- Maslach, C., Schaufeli, W. B., & Leiter, M. P. (2001). Job burn-out. *Annu Rev Psychol*, 52, 397-422. <https://doi.org/10.1146/annurevpsych.52.1.397>
- Messias, E., Gathright, M. M., Freeman, E. S., Flynn, V., Atkinson, T., Thrush, C. R., . . . Thapa, P. (2019). Differences in burnout prevalence between clinical professionals and biomedical scientists in an academic medical centre: a cross-sectional survey. *BMJ Open*, 9(2), e023506. <https://doi.org/10.1136/bmjopen-2018-023506>
- Molinero Ruiz, E., Basart Gomez-Quintero, H., & Moncada Lluís, S. (2013). [Validation of the Copenhagen Burnout Inventory to assess professional burnout in Spain]. *Rev Esp Salud Publica*, 87(2), 165-179. [doi:10.4321/S1135-57272013000200006](https://doi.org/10.4321/S1135-57272013000200006)
- Panagioti, M., Panagopoulou, E., Bower, P., Lewith, G., Kontopantelis, E., Chew-Graham, C., . . . Esmail, A. (2017). Controlled interventions to reduce burnout in physicians: a systematic review and meta-analysis. *JAMA internal medicine*, 177(2), 195-205. <https://doi.org/10.1001/jamainternmed.2016.7674>
- Portoghese, I., Leiter, M. P., Maslach, C., Galletta, M., Porru, F., D'Aloja, E., . . . Campagna, M. (2018). Measuring Burnout Among University Students: Factorial Validity, Invariance, and Latent Profiles of the Italian Version of the Maslach Burnout Inventory Student Survey (MBI-SS). *Frontiers in Psychology*, 9(2105). <https://doi.org/10.3389/fpsyg.2018.02105>
- Pruessner, J. C., Hellhammer, D. H., & Kirschbaum, C. (1999). Burnout, perceived stress, and cortisol responses to awakening. *Psychosom Med*, 61(2), 197-204. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/10204973>. <https://doi.org/10.1097/00006842-199903000-00012>
- Segerstrom, S. C., & Miller, G. E. (2004). Psychological stress and the human immune system: a meta-analytic study of 30 years of inquiry. *Psychol Bull*, 130(4), 601-630. <https://doi.org/10.1037/0033-2909.130.4.601>
- Shanafelt, T. D., Hasan, O., Dyrbye, L. N., Sinsky, C., Satele, D., Sloan, J., & West, C. P. (2015). Changes in Burnout and Satisfaction With Work-Life Balance in Physicians and the General US Working Population Between 2011 and 2014. *Mayo Clin Proc*, 90(12), 1600-1613. <https://doi.org/10.1016/j.mayocp.2015.08.023>
- Shanafelt, T. D., & Noseworthy, J. H. (2017). *Executive leadership and physician well-being: nine organizational strategies to promote engagement and reduce burnout*. Paper presented at the Mayo Clinic Proceedings. <https://doi.org/10.1016/j.mayocp.2016.10.004>
- Uchakin, P. N., Tobin, B., Cubbage, M., Marshall, G., Jr., & Sams, C. (2001). Immune responsiveness following academic stress in first-year medical students. *J Interferon Cytokine Res*, 21(9), 687-694. [doi:10.1089/107999001753124426](https://doi.org/10.1089/107999001753124426)
- van Vendeloo, S. N., Godderis, L., Brand, P. L. P., Verheyen, K. C. P. M., Rowell, S. A., & Hoekstra, H. (2018). Resident burnout: evaluating the role of the learning environment. *BMC Medical Education*, 18(1), 54. <https://doi.org/10.1186/s12909-018-1166-6>
- West, C. P., Dyrbye, L. N., Erwin, P. J., & Shanafelt, T. D. (2016). Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis. *The Lancet*, 388(10057), 2272-2281. [https://doi.org/10.1016/S0140-6736\(16\)31279-X](https://doi.org/10.1016/S0140-6736(16)31279-X)

West, C. P., Shanafelt, T. D., & Kolars, J. C. (2011). Quality of life, burnout, educational debt, and medical knowledge among internal medicine residents. *Jama*, 306(9), 952-960. <https://doi.org/10.1001/jama.2011.1247>