

السؤال رقم 1 صحيح

?Which of the following is NOT one of the key dimensions of burnout

الخيارات المتاحة:

Depersonalization 2

Emotional exhaustion 1

Increased job satisfaction 4

Reduced personal accomplishment 3

أحسن!
إجابة صحيحة

إجابتك:
Increased job satisfaction

?Which long-term health condition is strongly linked to burnout

الخيارات المتاحة:

Coronary heart disease 2

Asthma 1

Rheumatoid arthritis 4

Osteoporosis 3

أحسن!
إجابة صحيحة

إجابتك:
Coronary heart disease

?Which of the following is an example of an organizational intervention to reduce burnout

الخيارات المتاحة:

Reducing excessive workloads 2

Practicing mindfulness meditation 1

Taking short movement breaks 4

Journaling about difficult cases 3

أحسن!
إجابة صحيحة

إجابتك:
Reducing excessive workloads

السؤال رقم 4 صحيح

?What is a common behavioral effect of depersonalization in burned-out doctors

الخيارات المتاحة:

Cynicism and labeling patients as "non-compliant" 2

Increased empathy toward patients 1

Reduced irritability in the workplace 4

Higher patient satisfaction ratings 3

أحسن!
إجابة صحيحة

إجابتك:
Cynicism and labeling patients as "non-compliant"

السؤال رقم 5 صحيح

?Which of the following best describes a psychological symptom of burnout

الخيارات المتاحة:

Second-guessing clinical decisions due to anxiety 2

Feeling highly motivated 1

Optimism about workload 4

Increased confidence in patient interactions 3

أحسن!
إجابة صحيحة

إجابتك:
Second-guessing clinical decisions due to anxiety

السؤال رقم 6 صحيح

?What type of behavior might indicate burnout in a healthcare professional

الخيارات المتاحة:

Increased patience with patients 2

Strict adherence to safety protocols 1

Avoiding self-medication 4

Skipping sterilization procedures due to fatigue 3

أحسنتم!
إجابة صحيحة

إجابتك:
Skipping sterilization procedures due to fatigue

?Why is addressing burnout in healthcare considered a patient safety issue

الخيارات المتاحة:

Burnout increases hospital profits 2

Burned-out doctors are more likely to make medical errors 1

Burnout reduces administrative paperwork 4

Patients prefer stressed doctors 3

أحسن!
إجابة صحيحة

إجابتك:
Burned-out doctors are more likely to make medical errors

السؤال رقم 8 صحيح

?Which of the following is a factor contributing to burnout due to emotional strain

الخيارات المتاحة:

Lack of mentorship 2

Excessive workload 1

Flexible work schedules 4

Repeated exposure to patient suffering 3

أحسنتم!
إجابة صحيحة

إجابتك:
Repeated exposure to patient suffering

السؤال رقم 9 صحيح

?How does the World Health Organization (WHO) classify burnout

الخيارات المتاحة:

As an occupational phenomenon 2

As a mental disorder 1

As a personality disorder 4

As a temporary stress reaction 3

أحسن!
إجابة صحيحة

إجابتك:
As an occupational phenomenon

?Which self-care strategy involves reconnecting with purpose in medicine

الخيارات المتاحة:

Emotional self-care 2

Functional self-care 1

Physical self-care 4

Spiritual self-care 3

أحسنتم!
إجابة صحيحة

إجابتك:
Spiritual self-care

?Which of the following is an immediate consequence of burnout on patient-provider interactions

الخيارات المتاحة:

More time spent listening to patients 2

Increased patient satisfaction scores 1

Improved diagnostic accuracy 4

Missed symptoms due to poor communication 3

أحسنت!
إجابة صحيحة

إجابتك:
Missed symptoms due to poor communication

السؤال رقم 13 صحيح

:According to the WHO, burnout is classified as

الخيارات المتاحة:

An occupational phenomenon 2

A mental disorder 1

A temporary stress reaction 4

A type of depression 3

أحسن!
إجابة صحيحة

إجابتك:
An occupational phenomenon

السؤال رقم 12 صحيح

:According to studies, doctors working more than 60 hours per week have burnout rates that are

الخيارات المتاحة:

2 1.5 times higher than those working fewer than 40 hours

1 The same as those working fewer than 40 hours

4 5 times higher than those working fewer than 40 hours

3 2.5 times higher than those working fewer than 40 hours

أحسنتم!
إجابة صحيحة

إجابتك:
2.5 times higher than those working fewer than 40 hours

?According to JAMA (2018), how much more likely are burned-out clinicians to make medical errors

الخيارات المتاحة:

Twice as likely 2

times more likely 1.5 1

No significant difference 4

Three times more likely 3

أحسن!
إجابة صحيحة

إجابتك:
Twice as likely

?Which of the following is NOT listed as a short-term physical effect of burnout on clinicians

الخيارات المتاحة:

Migraines 2

Insomnia 1

Gastrointestinal issues 4

Cardiovascular disease 3

أحسن!
إجابة صحيحة

إجابتك:
Cardiovascular disease

?How does burnout contribute to systemic breakdowns in healthcare delivery

الخيارات المتاحة:

1 By increasing clinical efficiency

2 By reducing staff turnover rates

3 By decreasing empathy and increasing turnover

4 By improving patient satisfaction scores

إجابتك:

By decreasing empathy and increasing turnover

أحسن!

إجابة صحيحة

?What is a common emotional response in burned-out healthcare workers

الخيارات المتاحة:

Helplessness despite professional competence 2

Increased empathy toward patients 1

Reduced negativity toward colleagues 4

Excitement about daily tasks 3

أحسنتم!
إجابة صحيحة

إجابتك:
Helplessness despite professional competence

?What is a major consequence of excessive administrative burdens, such as EHR documentation

الخيارات المتاحة:

Less time for meaningful patient care 2

Increased patient interaction time 1

Improved diagnostic accuracy 4

Higher salaries for physicians 3

أحسنتم!
إجابة صحيحة

إجابتك:
Less time for meaningful patient care

السؤال رقم 19 صحيح

?What is a key principle of self-care for healthcare professionals

الخيارات المتاحة:

Self-care is only necessary for those with mental illness 2

Self-care is selfish and should be avoided 1

Self-care is only about physical health 4

Self-care is a professional necessity that improves patient care 3

أحسن!
إجابة صحيحة

إجابتك:
Self-care is a professional necessity that improves patient care

?What are the two main types of interventions to address work-related burnout

الخيارات المتاحة:

Organizational and individual 2

Medical and psychological 1

Physical and emotional 4

Short-term and long-term 3

أحسن!
إجابة صحيحة

إجابتك:
Organizational and individual

?Which of the following is an example of physical self-care for clinicians

الخيارات المتاحة:

Prioritizing 7–8 hours of sleep 2

Debriefing with peers after traumatic cases 1

Volunteering in low-stress clinical settings 4

Practicing cognitive reframing 3

أحسننت!
إجابة صحيحة

إجابتك:
Prioritizing 7–8 hours of sleep

?Which of the following is an early symptom of burnout

الخيارات المتاحة:

Constant exhaustion despite adequate rest 2

Increased energy levels 1

Reduced irritability 4

Improved decision-making confidence 3

أحسن!
إجابة صحيحة

إجابتك:
Constant exhaustion despite adequate rest

"Who first introduced the term "burnout

الخيارات المتاحة:

Herbert Freudenberger 2

Sigmund Freud 1

Abraham Maslow 4

Carl Rogers 3

أحسن!
إجابة صحيحة

إجابتك:
Herbert Freudenberger

?What is an example of psychological self-care for healthcare workers

الخيارات المتاحة:

Mindfulness meditation before surgery 2

Meal prepping to avoid skipping meals 1

Delegating administrative tasks 4

Setting boundaries on work hours 3

أحسنتم!
إجابة صحيحة

إجابتك:
Mindfulness meditation before surgery

السؤال رقم 25 صحيح

According to Mayo Clinic (2021), what percentage of doctors reduce clinical hours within 2 years of severe burnout?

الخيارات المتاحة:

20% 2

10% 1

50% 4

30% 3

أحسن!
إجابة صحيحة

إجابتك:
20%