

RECRUITING AND TRAINING PHYSICIANS-SCIENTISTS TO EMPOWER TRANSLATIONAL RESEARCH
A MULTILEVEL TRANSDISCIPLINARY APPROACH FOCUSED ON METHODOLOGY, ETHICS AND INTEGRITY IN
BIOMEDICAL RESEARCH - 2018-2023



FONDAZIONE
MONDINO
Istituto Neurologico Nazionale
e Centro Scientifico IRECCS

RESEARCH TRAINING PROGRAM

I. General Information

Title of the research project:

Associations of Effort-Reward Imbalance and Overcommitment with Burnout among Italian university students

Name and address of the department:

Erasmus MC
Department of Public Health
Dr. Molewaterplein 40
3015 GD Rotterdam

Student's supervisor:

Fabio Porru

II. Description of the project

(max 1500 characters, spaces included)

Background

Burnout is defined in ICD-11 as follows: "Burnout is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: feelings of energy depletion or exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy. Burnout refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life."

In the last few years, burnout among university students has received growing attention. The effort-reward imbalance model has been successfully used to investigate the mechanism underlying the onset of burnout in workers. The goal of this project is to study whether effort-reward imbalance and overcommitment are associated with burnout among university students.

What is the aim of the project?

The main aim of the project is to study whether there is a correlation between effort-reward imbalance and overcommitment with burnout on a population of Italian university students.

What techniques and methods are used?

The student will work on a quantitative research. She will familiarize with the use of the software SPSS for the preparation of a dataset and the performance of statistical analyses (e.g., descriptives, regression models). She will acquire competence about the structure and the use of psychosocial questionnaires in data collection. She will draft a scientific manuscript.

When did the department start working on this project? (year)

2018

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Type of research project:

Basic science

Clinical research without lab work

Clinical research with lab work

III. Student's involvement

The student will mainly observe

YES NO

The student will observe the experiments but will be involved in data analysis

YES NO

The student will take active part in experiments ("lab work")

YES NO

The student will take active part in clinical examination (clinical research)

YES NO

The student will be allowed to work with patients

YES NO

What are the tasks expected to be accomplished by the student?

(max 500 characters, spaces included)

The student will learn how to design an observational study, how to perform statistical analyses using SPSS, how to interpret and discuss the findings of the analysis. She will draft a scientific manuscript and will prepare a presentation of her work.

What is expected from/what will be the general outcome of the student?

To prepare a poster / presentation / scientific report / abstract

The student's name will be mentioned in a future publication

Opportunity to present together with the supervisor the results on a conference

No specific outcome is expected

IV. Requirements

What skills are required from the student?

(max 500 characters, spaces included)

Knowledge of Scientific English.

Is there any special knowledge or a certain level of studies needed?

Subjects passed:

Previous experience with:

Certificate of:

None

Are there any legal limitations in the student's involvement in the project?

YES NO

If yes, what are the limitations?

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For the use of students considering participating in the project, further information can be found from the following references:

(please add specific references, max 3)

1. Fabio Porru, Merel Schuring, Ute Bültmann, Igor Portoghese, Alex Burdorf, Suzan J.W. Robroek. **Associations of university student life challenges with mental health and self-rated health: A longitudinal study with 6 months follow-up.** J. Affect. Disord. 2022 Jan, 296, 250-257.
2. Fabio Porru, Suzan J.W. Robroek, Ute Bültmann, Igor Portoghese, Marcello Campagna, Alex Burdorf. **Mental health among university students: The associations of effort-reward imbalance and overcommitment with psychological distress.** J. Affect. Disord. 2021 Mar, 282, 953-961.

V. Schedule

Duration of the project:

1 month 2 months 3 months

There are approximately 8 hours of work per day.

Available months:

January February March April May June
 July August September October November December

How many students can you accept to the project at the same time? 1

Special remarks:

(e.g., students should bring a stethoscope and a white coat, any vaccinations required, etc.)

NOTE: a scientific report is required at the end of the program

Rotterdam, 03/07/2023