

**2025 Davee Foundation Lecture**

**and Resident Research Day**

**Abstract**

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**Title: Religion and Spirituality: Protective Effects Against Burnout in Illinois Family Medicine Residents**

**Background:** Resident physicians are susceptible to burnout given the large levels of stress they can experience at work. Spirituality and religion (SR) is one domain found to have protective effects against burnout in resident physicians. This study aims to find the mechanism of these effects by surveying family medicine residents about SR, coping strategies, and burnout.

**Methods:** A cross-sectional survey was conducted through REDCap. Surveys were sent to a total of 64 family medicine residents currently enrolled at three family medicine residencies under Northwestern McGaw (Delnor, Humboldt Park, and Lake Forest). Information gathered in the survey consisted primarily of demographic characteristics, measurements of burnout by utilizing the Maslach Burnout Inventory (MBI), utilization of coping strategies via the brief Coping Orientation to Problems Experienced Inventory (brief-COPE), and an assessment of SR through the Revised Spiritual Involvement and Beliefs Scale (SIBS-R).

**Results and Conclusions:** n=26 responses were returned to date (41% response rate). Cross-tabulations show differences starting to emerge among residents of different religious affiliations. Residents who identify as Atheist/Agonistic reported more frequent experiences of burnout and emotional exhaustion compared to those who identified as Christian. Full results to be presented at the conference.

Preliminary data show differences in burnout among family medicine residents of different religious and spiritual affiliations. Once the survey closes, we plan to score the MBI, brief-COPE, and SIBS-R to conduct Analysis of Variance (ANOVA) and quantify differences among various subgroups. Findings will help guide curriculum development related to wellness and burnout.