

2024

## Burnout in Athletic Training: Measured by Survey in Most Common Settings for Athletic Trainers

R Johnson Krug

*University of Mary, Bismarck, ND*

N Sand

*University of Mary, Bismarck, ND*

S Brooks

*University of Mary, Bismarck, ND*

T Smith

*University of Mary, Bismarck, ND*

Follow this and additional works at: <https://scholars.indianastate.edu/clinat>

---

### Recommended Citation

Krug, R Johnson; Sand, N; Brooks, S; and Smith, T (2024) "Burnout in Athletic Training: Measured by Survey in Most Common Settings for Athletic Trainers," *Clinical Practice in Athletic Training*: Vol. 7: Iss. 1, Article 2.

Available at: <https://scholars.indianastate.edu/clinat/vol7/iss1/2>

This Article is brought to you for free and open access by the Publications at Sycamore Scholars. It has been accepted for inclusion in Clinical Practice in Athletic Training by an authorized editor of Sycamore Scholars. For more information, please contact [dana.swinford@indstate.edu](mailto:dana.swinford@indstate.edu).

**Burnout in Athletic Training: Measured by Survey in Most Common Settings for Athletic Trainers**

Johnson Krug R, Sand N, Brooks S, Smith T: University of Mary, Bismarck, ND

**Introduction:** Burnout is a common problem in athletic training, affecting both athletic trainers (ATs) and the athletes they serve. Athletic trainers are responsible for the prevention, diagnosis, and treatment of sports-related injuries. Long work hours, often including evenings and weekends, as well as frequently under pressure to meet the demands of athletes, coaches, and parents. Athletic trainers face numerous stressors that contribute to burnout. These stressors may include heavy workloads, lack of control over their schedules, time pressures, and pressure to produce positive outcomes. Athletic trainers may also experience emotional and physical exhaustion, depersonalization, and a reduced sense of personal accomplishment, all of which are common symptoms of burnout. Burnout can have negative consequences for both ATs and athletes. For ATs, burnout can lead to decreased job satisfaction, decreased quality of care provided to athletes, and increased turnover rates. This can have a detrimental impact on the overall effectiveness of the athletic training field. For athletes, the effects of their AT experiencing burnout can include decreased performance, increased risk of injury, and decreased psychological well-being. Other healthcare professionals, such as physical therapists, nurses, and doctors, have examined burnout. Athletic trainers can be overlooked due to the amount of burnout that may be present throughout the profession. The purpose of this study was to investigate what setting burnout, measured by the Copenhagen Burnout Inventory (CBI), was most common in ATs. The CBI is used to measure burnout in three subdomains which include personal, work, and client burnout. The core of the CBI looks at burnout through fatigue and exhaustion. The CBI score range start at moderate burnout with scores ranging from 50-74, high burnout rate consists of scores that range from 75-99, and severe burnout consists of scores higher than 100. **Methods:** Athletic trainers were sent an email through the NATA directory as well as other ATs known to the researchers. Participants in this study were practicing ATs in clinical, collegiate, high school, industrial, military, professional sports, physician practice, extreme sports, youth sports, occupational, and managers. The participants had no age or setting restrictions in order to complete the survey. A consent form was sent along with the survey outlining the potential risks involved in the survey. The survey included the CBI as well as demographic questions. **Results:** There were a total of 57 surveys that were viable to use for data collection. There were 33% of the participants identified as male and 67% were female. Most of the participants, 74%, did not have children. About half of the participants, 51%, were married. The settings with scores below 50 consist of the manager position at 49 demonstrating low burnout. The settings that have scores in the range of 50-74 reflecting moderate burnout consist of clinical, college, secondary, physician office, youth sports, military, and industrial with scores ranging from 51-69. The settings that have scores in the range of 75-99 reflecting high burnout consist of extreme sports and professional with scores ranging from 76-77.5. **Translation to Practice:** The participants who completed this survey reflected high burnout in two settings, professional and extreme sports. Those working in these professions should reflect on their practices and schedules to be mindful of burnout. Most settings have moderate burnout. As a practicing AT it is best to know, understand, and find strategies to avoid burnout. Knowledge of burnout is valuable not only to ATs but also to employers. Recognition of the importance of this is most important in helping prevent burnout from occurring.