

THE IMPACTS OF PHYSICAL ACTIVITY ON MENTAL HEALTH IN PATIENTS WITH BURNOUT SYNDROME: A SYSTEMATIC REVIEW

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ABSTRACT

Through a systematic review of the scientific literature, we analyze that physical activity has a notable influence on Burnout Syndrome, improving the individual's well-being and promoting health and a better quality of life. Four articles available in the PubMed and SciELO databases were analyzed, using instruments such as the Maslach Burnout Inventory and the SF-36. The objective of

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the study was to capture the impacts of physical activity on mental health in patients affected by Burnout Syndrome. The results of the review point to a positive association between physical exercise and improved quality of life and health perception in these individuals.

Keywords: Burnout Syndrome, Physical Activity, Mental Health.

INTRODUCTION

Burnout Syndrome, also known as Professional Exhaustion Syndrome, is characterized as an emotional disorder with symptoms of extreme exhaustion, decreased personal fulfillment, and depersonalization, leading to exhaustion and inability to perform daily tasks^[1].

Physical activity has an important influence on Burnout Syndrome, improving the individual's well-being and promoting health and a better quality of life.

Callaghan (2004)^[2] points out that people with improved physical condition through physical exercise have a variety of physiological benefits that enable them to perform routine activities without pain, exhaustion, or physical weakness. Donaghy (2007)^{(1) (3)} emphasizes that, from a psychological distress perspective, physical exercise significantly improves mental health levels^{[4][5][6]}.

The objective of this study is to highlight the impacts of physical activity on mental health in patients affected by Burnout Syndrome.

METHODOLOGY

The current systematic review comprised a qualitative approach. Scientific articles were researched over a period from 2008 to 2024, focusing on health and quality of life interventions. In the current article, studies with the keywords "Burnout Syndrome, physical activity, and mental health" were analyzed. The following were found in PubMed: 1) 16 articles on mental health and physical activity; 2) 1 article on Burnout Syndrome and mental health; 3) 39 articles on Burnout Syndrome; and 4) 0 articles on Burnout Syndrome and physical activity, highlighting the need for further studies on the topic. In SciELO, we found 1) 64 articles on physical activity and

mental health; 2) 27 articles on Burnout syndrome and mental health; 3) 57 articles on Burnout syndrome; and 4) 3 articles on Burnout syndrome and physical activity.

In the identification phase, 207 scientific articles were found, 56 of which were from the Pub Med website and 151 from the SciELO website. In the screening phase, 194 of the 207 articles were eliminated based on their titles, two were rejected due to duplication, and seven were removed after reading the abstracts. In the eligibility stage, four articles were read in full. Finally, a total of four articles were included in the review.

RESULTS

The results were transcribed into a table according to each specific characteristic, such as title, author, year, country, objective of each article, type of research, group studied, and result of each article used in this review.

The present articles showed significant relevance to the integration between physical activity and Burnout syndrome.

Burnout syndrome, which is characterized by extreme exhaustion and low personal fulfillment, is becoming a growing concern among university students^[1]. Intensive academic demands often contribute to its emergence. Despite the paucity of specific research on the intersection between physical activity and Burnout, the available studies offer valuable insights that indicate that regular physical exercise may act as a protective mechanism, mitigating the negative effects of this condition. There is a clear need for further research to explore this topic and investigate innovative ways of implementing physical activity programs in the university context.

The second article discusses the implementation of physical exercise programs in the workplace, which can be continuously promoted as a strategy to mitigate occupational stress and improve the mental health of employees. The data showed that, although there were no significant effects on occupational stress and psychological variables, participants reported a positive perception of their health and quality of life in the workplace. Regular physical activity can reduce feelings of isolation and contribute to a healthier organizational climate. Although no clear changes in stress levels were observed, the positive impact on health perception

highlights the relevance of programs that, even without immediate results on stress variables, manage to provide significant subjective benefits^[2].

The third article expands the discussion by confirming that Burnout syndrome has been widely recognized as a significant problem among healthcare professionals, especially nurses. Studies show that the presence of this syndrome has an adverse influence on the quality of life of these professionals, compromising both their mental and physical health. The prevalence of burnout syndrome is particularly high among more experienced nurses, who often face emotional and physical demands due to their accumulated experience and the responsibilities inherent to their roles. Early identification of the signs of burnout and the implementation of policies that promote emotional well-being are essential to preserve the mental health of nursing professionals and ensure the quality of care provided to patients^[3].

The fourth article discusses Burnout Syndrome among nursing professionals, emphasizing how occupational fatigue can impact the health and quality of life of these workers. The study surveyed nurses and nursing technicians in Campina Grande, Paraíba, identifying a prevalence of the syndrome in 14.3% of participants. The research used questionnaires to assess the condition and quality of life, revealing a negative correlation between the two. Understanding this relationship is crucial to developing strategies to improve the mental health of professionals and the quality of care provided^[4].

CONCLUSION

In the literature on the impacts of physical activity on patients with Burnout Syndrome, there was a noticeable lack of studies on the subject, given the limited number of investigations that understood the purpose of the study. It is feasible that with a greater number of studies on the topic and greater visibility, it would be possible to achieve the research objective more clearly.

However, it was possible to conclude from the data found that physical activity has a significant effect on the symptoms of the syndrome and improves the quality of life of individuals who exercise.

It was found that physical activity should be incorporated into the daily routine of patients with Burnout syndrome through social projects, training centers, gyms, and parks for walking, thus improving their quality of life.

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