

Preface

Addressing the subject of burnout, this book contains an introductory chapter followed by an in-depth survey of the international context, including the cost of illness (Chapter 2), and some aspects of the history of burnout (Chapter 3).

Among other things, Chapter 4 explains the various phase models in detail, while Chapter 5 describes common elements of and differences between depression and burnout, including their respective medical treatments. Chapter 6 presents physical and mental problems associated with burnout, containing results of Brazilian studies.

There are internal and external factors that are related to burnout. These diverse factors, which may turn into risk factors, are described at length in Chapters 7, 8, 9 and 10. To survey individual factors, as well as burnout per se, the appropriate tools are required, some of which are explained in detail in Chapter 11.

In the editor's view, describing these factors is essential for surveying burnout, as well as for its treatment, and especially for its prevention. The relationship between prevention and communication is explained in Chapter 12.

In dealing with burnout, active coping is as important as intervention, which may be individual- or organization-related, or a combination and an interaction of the two. These subjects are discussed in Chapters 13 and 14.

Chapter 15 presents conclusions, emphasizing the importance of health promotion. By the end of the book it is clear that burnout is a near-global, dynamic issue that has numerous facets and is not always presented uniformly, not even in this book.

There are different explanation algorithms, influential determinants, survey tools, results, treatment methods, and, apparently, different tasks for the future, all against the background of the course each case takes in its overall context.

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Once again, I should like to thank my family for their invaluable understanding and their near-infinite patience with me. Without your support and your love this book would never have appeared in its present form.

Basel, Switzerland

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