Introduction ‘Workaholism’, an addiction to work, is a pathology which has been recognised since the 1970s. It is generally found in around 10% of workers, yet one study on doctors working in a hospital environment demonstrated that 30% suffered from the condition. This study’s objective is to evaluate the prevalence of workaholism among doctors in a university teaching hospital, and to analyse the links to working conditions and the imbalance between effort and reward.

Methodology Cross-sectional survey of doctors in a university teaching hospital, using an anonymous online questionnaire via Sphinx Online© software. The questionnaire consisted of general questions, specific questions on psychoactive substances (tobacco, alcohol, cannabis and others), Siegrist’s effort-reward imbalance questionnaire and the Work Addiction Risk Tests (WART) questionnaire. Results were analysed using Excel© and Biostat©.

Results There were 162 participants, a rate of 30% of relevant personnel. The principal psychoactive substance used by participants was alcohol: 81.3% of subject reported consuming it. An effort-reward imbalance was present in 18% of subjects who participated in the study. The risk of workaholic was identified in 48% of the cohort: 17% were high risk and 31% medium risk. There was a link between workaholism and effort-reward imbalance (p<0.001).

Conclusion The frequency of workaholism among doctors is much higher than the general population. From this study the link with work-related stress may help direct primary prevention efforts for this condition.

Introduction Burnout is common among healthcare workers with significant implications for caregivers and their patients. This study aims to establish the incidence of burnout among midwives and to investigate the extent to which exposure to traumatic perinatal events in work contribute to this.

Methods A cross-sectional study was carried out in a tertiary maternity hospital between March and May 2014. Anonymous voluntary questionnaires were circulated to all 248 clinical midwives. Demographic details, frequency and types of traumatic perinatal events encountered were recorded. The extent of distress experienced was documented on two visual analogue scale scores. Results were analysed using SPSS.

Results The response rate achieved was 55% (n=137). The mean scores for personal, work-related and patient-related burnout were 56.0, 55.9 and 34.3 respectively. Over 90% of respondents experienced a traumatic event in work in the previous year, with 58% reporting a frequency of monthly or greater for such events. The extent of distress reported by midwives was positively related to burnout (R²=0.16, p<0.01). A modest negative linear relationship exists between personal and work-related burnout scores and increasing age (ρ=−0.25 and −0.27, p<0.01). Midwives with less midwifery experience (<10 years) were more likely to report burnout.