




Compassion fatigue in healthcare professionals

Membership survey results
October 2024



I wish I was in another career...
This is simply not sustainable. I'm so exhausted
my free time is just recovering to do it all again

"What effects does compassion fatigue have on you?"

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Introduction

MDDUS

The Medical and Dental Defence Union of Scotland – MDDUS – is a not-for-profit, member-owned mutual organisation dedicated to supporting and protecting healthcare professionals throughout their career.

Background to the survey

MDDUS conducts an annual survey of its membership to find learn more about the issues affecting their practice.

In 2024, a section of the survey was dedicated to exploring how compassion fatigue and related issues such as burnout and suicidal ideation have impacted our members.

Methodology

Fieldwork was conducted by Survation via an online survey between 26th September and 14th October 2024, covering 2,298 members of MDDUS.

Invitations were sent out to all members of MDDUS. Data were unweighted. Out of those beginning the survey, the completion rate was 76%.

Demographic information collected included gender, age, field (medical or dental), country, ethnicity, rurality, and international medical graduate status.

Demographics

Specialty/IMG status	Number (n=2298)	Percentage
Medical	1855	80.7
Dental	443	19.3
International Medical Graduate	592	25.8
General Practice*	735	32

*Roles included: Registrar, Trainee, Employed, Partner, Locum, Nurse

Country	Number	Percentage
England	1407	61.2
Scotland	329	14.3
Wales	60	2.6
Northern Ireland	49	2.1

Gender	Number	Percentage
Woman	1152	50.1
Man	1122	48.8
Other	24	1

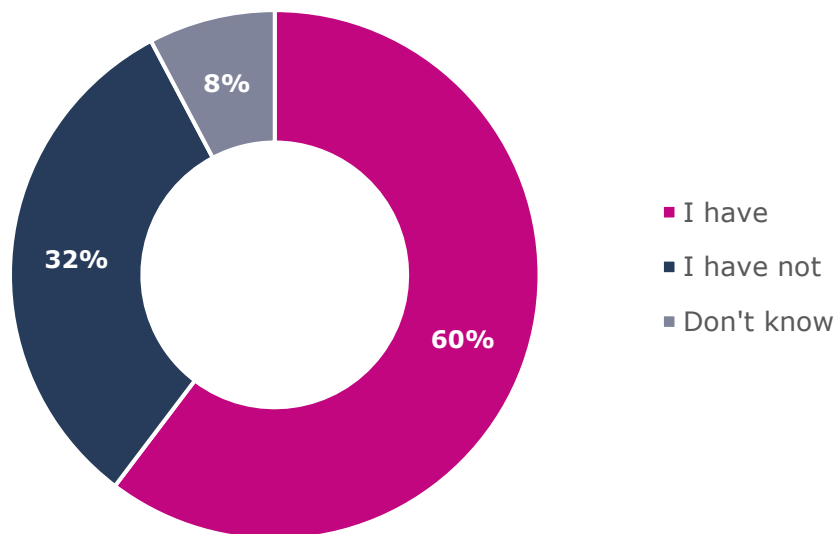
Age	Number	Percentage
18-24	4	0.2
25-34	502	21.8
35-44	644	28
45-54	646	28.1
55-64	402	17.5
65+	79	3.4
Prefer not to say	17	0.7

Key findings

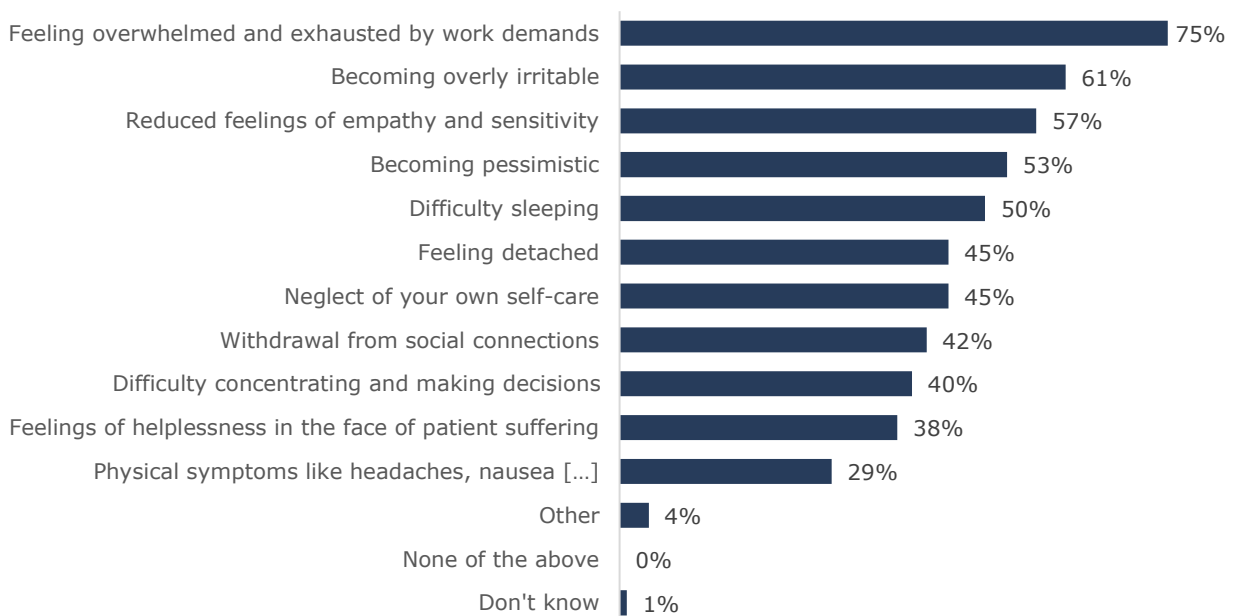
Compassion fatigue

“Compassion fatigue refers to the emotional cost of caring for others and prolonged exposure to the suffering and trauma of patients. It creates a loss of satisfaction from doing one’s job well and decreased ability to empathise with patients.”

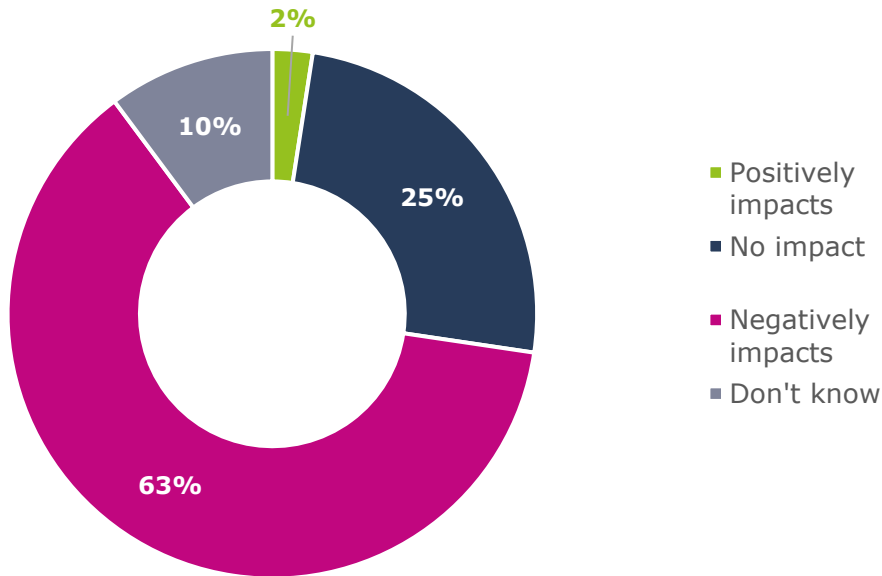
- **Have you or have you not experienced compassion fatigue as a result of your job?**



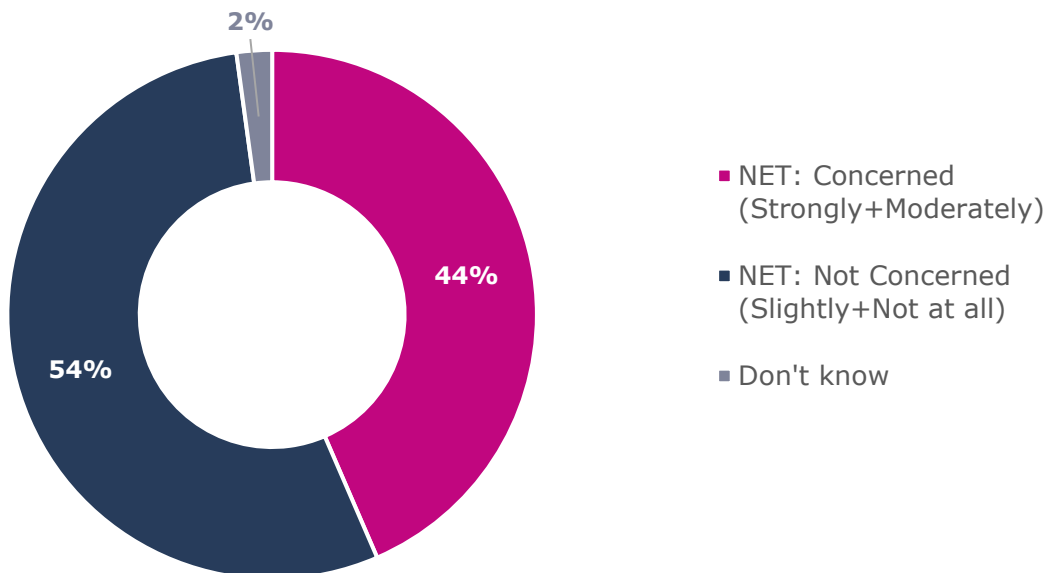
- **What effects does compassion fatigue have on you?**



- **How does compassion fatigue impact your ability to communicate with patients?**

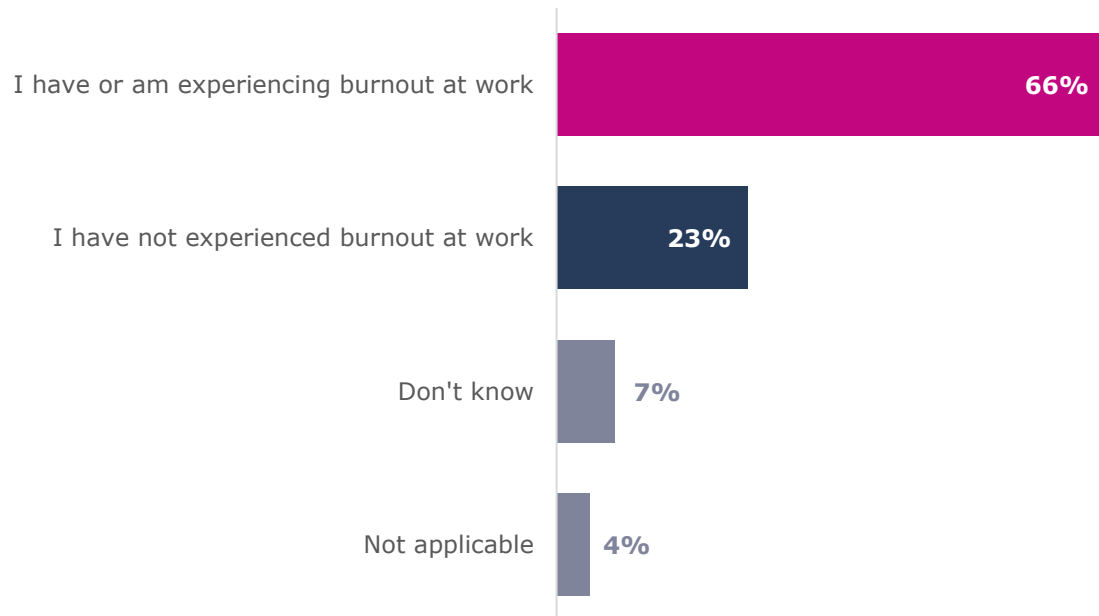


- **How concerned are you that compassion fatigue could have a detrimental impact on your safe practise and increase your risk of a complaint?**



Mental wellbeing

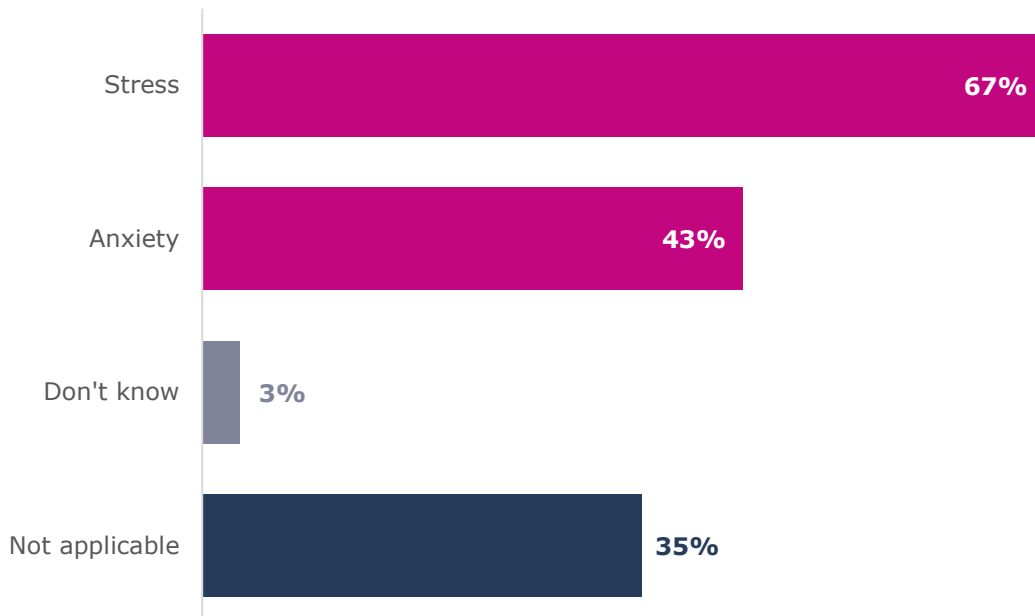
- Which of the following is closest to your experience?



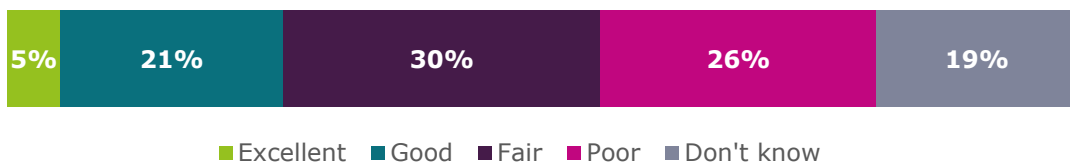
- What are the reasons you are experiencing or have experienced burnout?



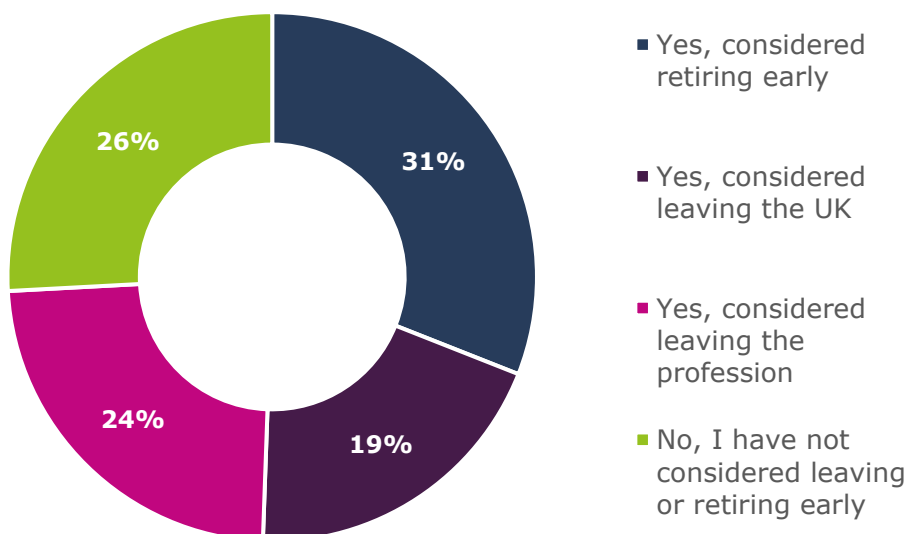
- **Are you experiencing any of the following at work**



- **How would you rate the support for mental health and wellbeing provided to you by your employer?**



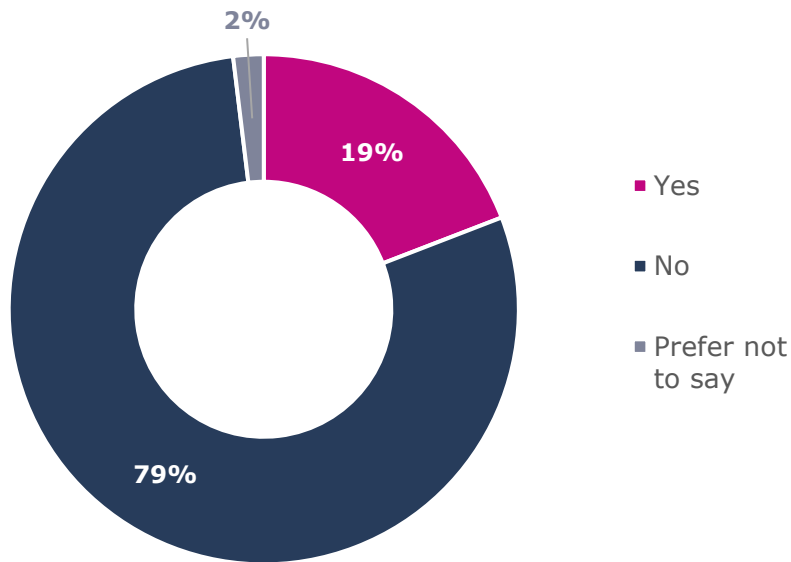
- **Have you or have you not considered leaving your profession or retiring early?**



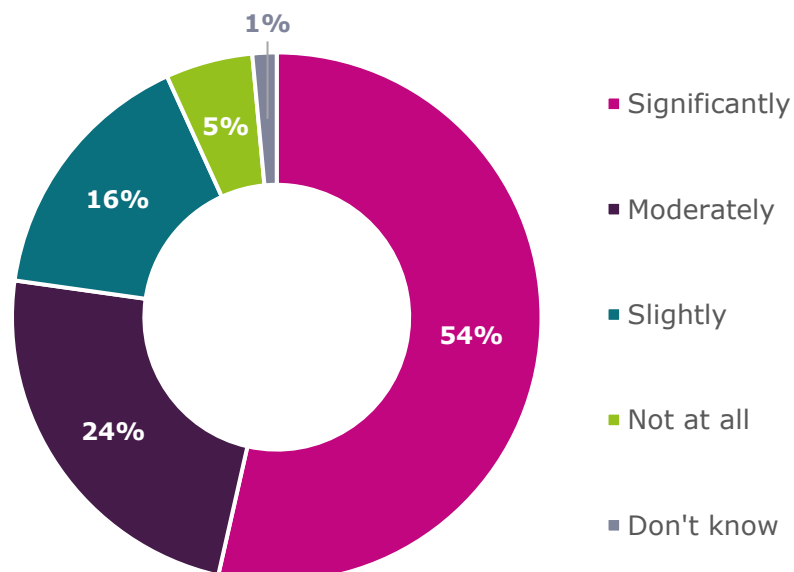
Suicidal ideation

Respondents were given the option to agree to answer questions on suicidal ideation or to opt out of this section. 1766 respondents answered the section.

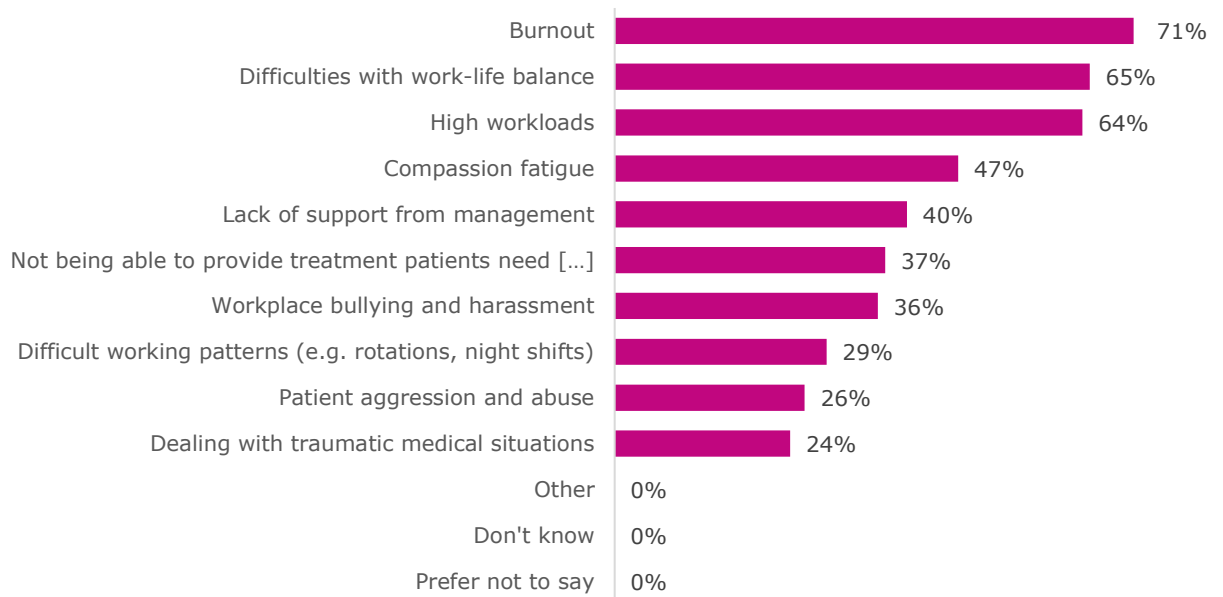
- **Have you or have you not ever experienced thoughts of self-harm or of taking your own life during your career as a healthcare professional?**



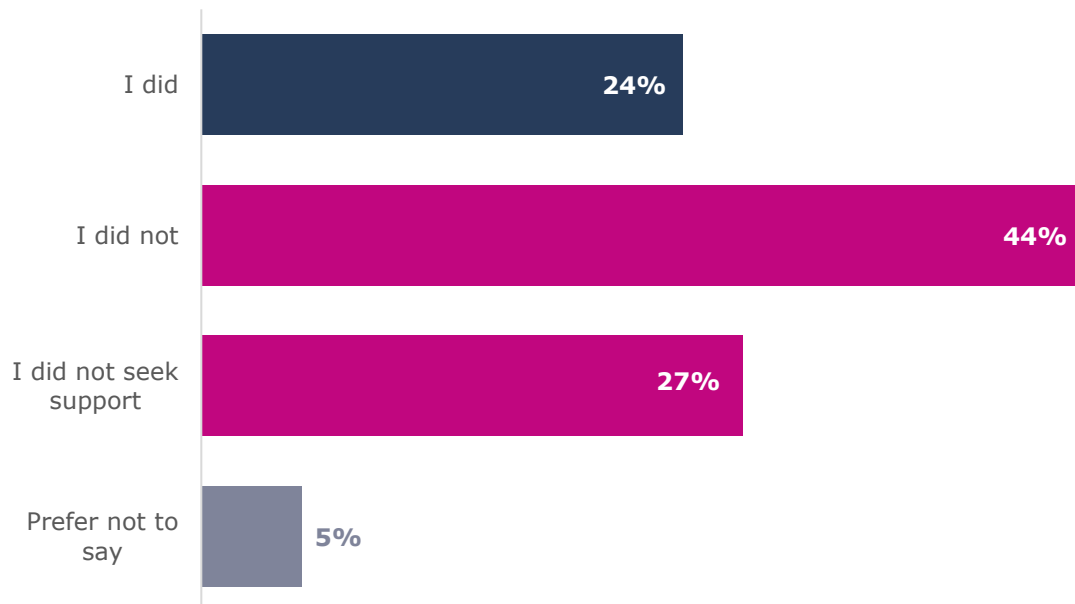
- **To what extent has your work in the healthcare service contributed to these thoughts?**

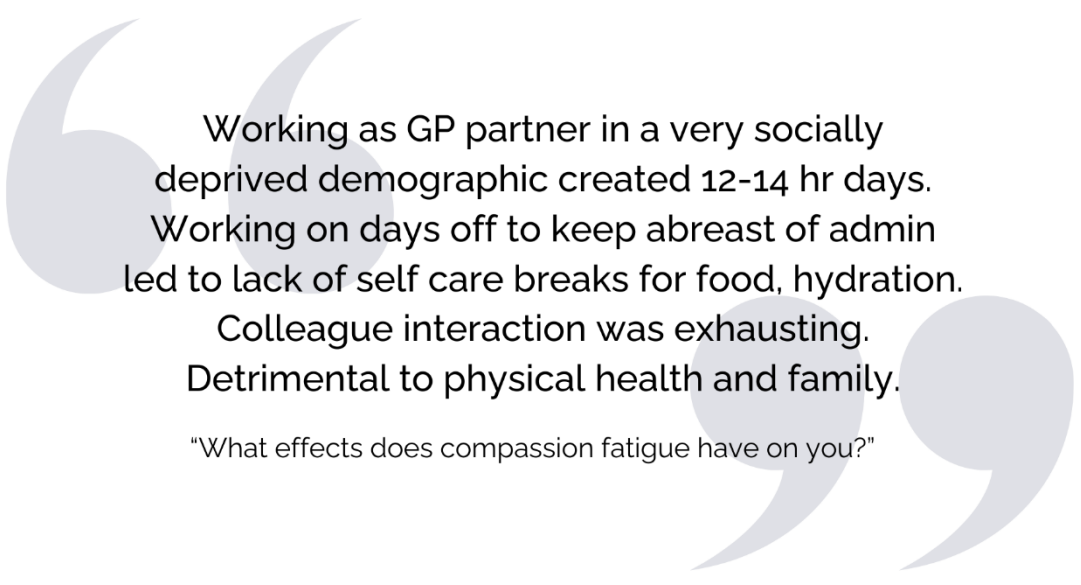


- **How has your work in the healthcare service contributed to these thoughts?**



- **Did you feel you had access to enough support at the time or not?**





Working as GP partner in a very socially
deprived demographic created 12-14 hr days.
Working on days off to keep abreast of admin
led to lack of self care breaks for food, hydration.
Colleague interaction was exhausting.
Detrimental to physical health and family.

"What effects does compassion fatigue have on you?"

Question responses

Have you or have you not experienced compassion fatigue?

BASE: All Respondents

	Total
Base(Unweighted)	2298
I have	1386
	60%
I have not	734
	32%
Don't know	178
	8%

	Woman	Man
Base(Unweighted)	1152	1122
I have	741	630
	64%	56%
I have not	331	398
	29%	35%
Don't know	80	94
	7%	8%

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	8	502	644	646	402	79	17
I have	4	319	406	391	223	31	12
	50%	64%	63%	61%	55%	39%	71%
I have not	4	154	185	200	147	40	4
	50%	31%	29%	31%	37%	51%	24%
Don't know	0	29	53	55	32	8	1
	-	6%	8%	9%	8%	10%	6%

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1855	443	592	735
I have	1147	239	336	498
	62%	54%	57%	68%
I have not	570	164	190	193
	31%	37%	32%	26%
Don't know	138	40	66	44
	7%	9%	11%	6%

What effects does compassion fatigue have on you?

BASE: Respondents experiencing compassion fatigue

	Total
Base(Unweighted)	1386
Feelings of helplessness in the face of patient suffering	528
	38%
Physical symptoms like headaches, nausea, upset stomach and dizziness	398
	29%
Becoming pessimistic	730
	53%
Difficulty concentrating and making decisions	548
	40%
Neglect of your own self-care	627
	45%
Reduced feelings of empathy and sensitivity	791
	57%
Becoming overly irritable	844
	61%
Difficulty sleeping	693
	50%
Feeling overwhelmed and exhausted by work demands	1046
	75%
Feeling detached	622
	45%
Withdrawal from social connections	580
	42%
Other	55
	4%
None of the above	4
	0
Don't know	7
	1%

What effects does compassion fatigue have on you?

	Woman	Man
Base(Unweighted)	741	630
Feelings of helplessness in the face of patient suffering	309	212
	42%	34%
Physical symptoms like headaches, nausea, upset stomach and dizziness	258	136
	35%	22%
Becoming pessimistic	389	331
	52%	53%
Difficulty concentrating and making decisions	326	220
	44%	35%
Neglect of your own self-care	361	260
	49%	41%
Reduced feelings of empathy and sensitivity	424	356
	57%	57%
Becoming overly irritable	462	375
	62%	60%
Difficulty sleeping	382	304
	52%	48%
Feeling overwhelmed and exhausted by work demands	611	422
	82%	67%
Feeling detached	325	289
	44%	46%
Withdrawal from social connections	315	258
	43%	41%
Other	33	22
	4%	3%
None of the above	1	3
	0	0
Don't know	3	4
	0	1%

What effects does compassion fatigue have on you?

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	4	319	406	391	223	31	12
Feelings of helplessness in the face of patient suffering	2	133	150	154	79	7	3
	50%	42%	37%	39%	35%	23%	25%
Physical symptoms like headaches, nausea, upset stomach and dizziness	1	97	109	125	56	6	4
	25%	30%	27%	32%	25%	19%	33%
Becoming pessimistic	2	155	202	230	115	18	8
	50%	49%	50%	59%	52%	58%	67%
Difficulty concentrating and making decisions	2	131	169	158	77	10	1
	50%	41%	42%	40%	35%	32%	8%
Neglect of your own self-care	4	156	197	176	78	10	6
	100%	49%	49%	45%	35%	32%	50%
Reduced feelings of empathy and sensitivity	0	179	223	226	143	12	8
	-	56%	55%	58%	64%	39%	67%
Becoming overly irritable	2	195	240	252	130	18	7
	50%	61%	59%	64%	58%	58%	58%
Difficulty sleeping	2	130	198	216	126	14	7
	50%	41%	49%	55%	57%	45%	58%
Feeling overwhelmed and exhausted by work demands	4	237	322	292	162	21	8
	100%	74%	79%	75%	73%	68%	67%
Feeling detached	1	171	170	163	97	14	6
	25%	54%	42%	42%	43%	45%	50%
Withdrawal from social connections	2	150	176	154	83	10	5
	50%	47%	43%	39%	37%	32%	42%
Other	0	3	8	27	13	3	1
	-	1%	2%	7%	6%	10%	8%
None of the above	0	1	1	1	1	0	0
	-	0	0	0	0	-	-
Don't know	0	0	2	1	3	0	1
	-	-	0	0	1%	-	8%

What effects does compassion fatigue have on you?

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1147	239	336	498
Feelings of helplessness in the face of patient suffering	451	77	132	228
	39%	32%	39%	46%
Physical symptoms like headaches, nausea, upset stomach and dizziness	327	71	103	160
	29%	30%	31%	32%
Becoming pessimistic	601	129	127	273
	52%	54%	38%	55%
Difficulty concentrating and making decisions	463	85	117	225
	40%	36%	35%	45%
Neglect of your own self-care	521	106	149	240
	45%	44%	44%	48%
Reduced feelings of empathy and sensitivity	671	120	128	328
	59%	50%	38%	66%
Becoming overly irritable	708	136	169	322
	62%	57%	50%	65%
Difficulty sleeping	562	131	155	252
	49%	55%	46%	51%
Feeling overwhelmed and exhausted by work demands	861	185	244	408
	75%	77%	73%	82%
Feeling detached	528	94	131	231
	46%	39%	39%	46%
Withdrawal from social connections	488	92	156	202
	43%	38%	46%	41%
Other	42	13	10	21
	4%	5%	3%	4%
None of the above	4	0	2	0
	0	-	1%	-
Don't know	5	2	2	2
	0	1%	1%	0

How does compassion fatigue impact your ability to communicate with patients?

BASE: Respondents experiencing compassion fatigue

		Total						
Base(Unweighted)		1386						
Positively impacts		34						
		2%						
No impact		345						
		25%						
Negatively impacts		866						
		62%						
Don't know		141						
		10%						
		Woman	Man					
Base(Unweighted)		741	630					
Positively impacts		13	21					
		2%	3%					
No impact		187	155					
		25%	25%					
Negatively impacts		452	410					
		61%	65%					
Don't know		89	44					
		12%	7%					
		Medical	Dental	International Medical Graduate	General Practice			
Base(Unweighted)		1147	239	336	498			
Positively impacts		23	11	13	6			
		2%	5%	4%	1%			
No impact		285	60	110	97			
		25%	25%	33%	19%			
Negatively impacts		732	134	165	355			
		64%	56%	49%	71%			
Don't know		107	34	48	40			
		9%	14%	14%	8%			
		18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)		4	319	406	391	223	31	12
Positively impacts		0	5	13	9	4	3	0
		-	2%	3%	2%	2%	10%	-
No impact		2	88	110	88	51	5	1
		50%	28%	27%	23%	23%	16%	8%
Negatively impacts		2	189	239	259	150	21	6
		50%	59%	59%	66%	67%	68%	50%
Don't know		0	37	44	35	18	2	5
		-	12%	11%	9%	8%	6%	42%

How concerned are you that compassion fatigue could have a detrimental impact on your safe practice and increase your risk of facing a complaint?

BASE: Respondents experiencing compassion fatigue

	Total
Base(Unweighted)	1386
Strongly concerned	220
	16%
Moderately concerned	383
	28%
Slightly concerned	567
	41%
Not at all concerned	186
	13%
Don't know	30
	2%
NET: Concerned (Strongly+Moderately)	603
	44%
NET: Not Concerned (Slightly+Not at all)	753
	54%

	Woman	Man
Base(Unweighted)	741	630
Strongly concerned	114	103
	15%	16%
Moderately concerned	189	189
	26%	30%
Slightly concerned	311	250
	42%	40%
Not at all concerned	112	73
	15%	12%
Don't know	15	15
	2%	2%
NET: Concerned (Strongly+Moderately)	303	292
	41%	46%
NET: Not Concerned (Slightly+Not at all)	423	323
	57%	51%

How concerned are you that compassion fatigue could have a detrimental impact on your safe practice and increase your risk of facing a complaint?

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1147	239	336	498
Strongly concerned	182	38	58	86
	16%	16%	17%	17%
Moderately concerned	319	64	97	145
	28%	27%	29%	29%
Slightly concerned	474	93	119	214
	41%	39%	35%	43%
Not at all concerned	145	41	53	46
	13%	17%	16%	9%
Don't know	27	3	9	7
	2%	1%	3%	1%
NET: Concerned (Strongly+Moderately)	501	102	155	231
	44%	43%	46%	46%
NET: Not Concerned (Slightly+Not at all)	619	134	172	260
	54%	56%	51%	52%

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	4	319	406	391	223	31	12
Strongly concerned	0	41	61	64	47	5	2
	-	13%	15%	16%	21%	16%	17%
Moderately concerned	1	92	106	98	71	13	2
	25%	29%	26%	25%	32%	42%	17%
Slightly concerned	2	122	169	182	75	10	7
	50%	38%	42%	47%	34%	32%	58%
Not at all concerned	1	53	60	43	26	3	0
	25%	17%	15%	11%	12%	10%	-
Don't know	0	11	10	4	4	0	1
	-	3%	2%	1%	2%	-	8%
NET: Concerned (Strongly+Moderately)	1	133	167	162	118	18	4
	25%	42%	41%	41%	53%	58%	33%
NET: Not Concerned (Slightly+Not at all)	3	175	229	225	101	13	7
	75%	55%	56%	58%	45%	42%	58%

Which of the following is closest to your experience?

BASE: All Respondents

	Total
Base(Unweighted)	2298
I have experienced or am experiencing burnout at work	1523
	66%
I have not experienced burnout at work	526
	23%
Don't know	167
	7%
Not applicable	82
	4%

	Woman	Man
Base(Unweighted)	1152	1122
I have experienced or am experiencing burnout at work	824	686
	72%	61%
I have not experienced burnout at work	208	312
	18%	28%
Don't know	86	78
	7%	7%
Not applicable	34	46
	3%	4%

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	8	502	644	646	402	79	17
I have experienced or am experiencing burnout at work	4	364	429	428	258	30	10
	50%	73%	67%	66%	64%	38%	59%
I have not experienced burnout at work	4	100	137	147	97	41	0
	50%	20%	21%	23%	24%	52%	-
Don't know	0	20	56	55	29	3	4
	-	4%	9%	9%	7%	4%	24%
Not applicable	0	18	22	16	18	5	3
	-	4%	3%	2%	4%	6%	18%

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1855	443	592	735
I have experienced or am experiencing burnout at work	1212	311	406	476
	65%	70%	69%	65%
I have not experienced burnout at work	456	70	122	183
	25%	16%	21%	25%
Don't know	124	43	40	48
	7%	10%	7%	7%
Not applicable	63	19	24	28
	3%	4%	4%	4%

What are the reasons you are experiencing or have experienced burnout?

BASE: Respondents who were or are experiencing burnout

	Total
Base(Unweighted)	1523
Verbal abuse from patients	361
	24%
Long working hours	925
	61%
Negative media and public commentary	537
	35%
Lack of support from management	625
	41%
Lack of support from government	632
	41%
Staff shortages	1026
	67%
The work is not enjoyable	424
	28%
Lack of access to nutritious food while I'm working	317
	21%
Mental health and wellbeing	652
	43%
Lack of access to facilities in my workplace	321
	21%
Workload	1270
	83%
Other	168
	11%
Don't know	4
	0
Prefer not to say	10
	1%

What are the reasons you are experiencing or have experienced burnout?

	Woman	Man
Base(Unweighted)	824	686
Verbal abuse from patients	226	132
	27%	19%
Long working hours	511	406
	62%	59%
Negative media and public commentary	308	225
	37%	33%
Lack of support from management	349	269
	42%	39%
Lack of support from government	333	289
	40%	42%
Staff shortages	551	466
	67%	68%
The work is not enjoyable	204	214
	25%	31%
Lack of access to nutritious food while I'm working	145	169
	18%	25%
Mental health and wellbeing	371	277
	45%	40%
Lack of access to facilities in my workplace	158	158
	19%	23%
Workload	703	555
	85%	81%
Other	89	77
	11%	11%
Don't know	2	2
	0	0
Prefer not to say	5	5
	1%	1%

What are the reasons you are experiencing or have experienced burnout?

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	4	364	429	428	258	30	10
Verbal abuse from patients	1	94	106	104	47	7	2
	25%	26%	25%	24%	18%	23%	20%
Long working hours	4	226	242	268	162	16	7
	100%	62%	56%	63%	63%	53%	70%
Negative media and public commentary	0	131	145	157	93	7	4
	-	36%	34%	37%	36%	23%	40%
Lack of support from management	1	135	161	188	119	16	5
	25%	37%	38%	44%	46%	53%	50%
Lack of support from government	1	151	171	185	105	13	6
	25%	41%	40%	43%	41%	43%	60%
Staff shortages	4	256	290	286	166	19	5
	100%	70%	68%	67%	64%	63%	50%
The work is not enjoyable	1	116	124	105	69	3	6
	25%	32%	29%	25%	27%	10%	60%
Lack of access to nutritious food while I'm working	2	110	100	71	30	1	3
	50%	30%	23%	17%	12%	3%	30%
Mental health and wellbeing	2	201	197	155	86	8	3
	50%	55%	46%	36%	33%	27%	30%
Lack of access to facilities in my workplace	1	100	85	82	46	4	3
	25%	27%	20%	19%	18%	13%	30%
Workload	4	301	348	367	216	25	9
	100%	83%	81%	86%	84%	83%	90%
Other	0	23	37	53	47	6	2
	-	6%	9%	12%	18%	20%	20%
Don't know	0	2	0	1	0	1	0
	-	1%	-	0	-	3%	-
Prefer not to say	0	5	3	1	1	0	0
	-	1%	1%	0	0	-	-

What are the reasons you are experiencing or have experienced burnout?

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1212	311	406	476
Verbal abuse from patients	274	87	78	150
	23%	28%	19%	32%
Long working hours	779	146	244	361
	64%	47%	60%	76%
Negative media and public commentary	445	92	110	260
	37%	30%	27%	55%
Lack of support from management	509	116	170	139
	42%	37%	42%	29%
Lack of support from government	496	136	150	229
	41%	44%	37%	48%
Staff shortages	851	175	297	313
	70%	56%	73%	66%
The work is not enjoyable	314	110	104	131
	26%	35%	26%	28%
Lack of access to nutritious food while I'm working	276	41	110	71
	23%	13%	27%	15%
Mental health and wellbeing	498	154	169	202
	41%	50%	42%	42%
Lack of access to facilities in my workplace	272	49	106	67
	22%	16%	26%	14%
Workload	1010	260	325	426
	83%	84%	80%	89%
Other	142	26	26	54
	12%	8%	6%	11%
Don't know	3	1	2	0
	0	0	0	-
Prefer not to say	9	1	4	4
	1%	0	1%	1%

Are you experiencing any of the following at work?

BASE: All Respondents

		Total					
Base(Unweighted)		2298					
Stress		1551					
		67%					
Anxiety		986					
		43%					
None of the above		571					
		25%					
Don't know		61					
		3%					
		Woman	Man				
Base(Unweighted)		1152	1122				
Stress		813	719				
		71%	64%				
Anxiety		555	418				
		48%	37%				
None of the above		233	335				
		20%	30%				
Don't know		30	31				
		3%	3%				
	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	8	502	644	646	402	79	17
Stress	7	336	463	449	251	30	15
	88%	67%	72%	70%	62%	38%	88%
Anxiety	3	242	305	268	142	19	7
	38%	48%	47%	41%	35%	24%	41%
None of the above	1	116	131	153	124	45	1
	13%	23%	20%	24%	31%	57%	6%
Don't know	0	21	13	18	7	1	1
	-	4%	2%	3%	2%	1%	6%
	Medical		Dental		International Medical Graduate		General Practice
Base(Unweighted)	1855		443		592		735
Stress	1208		343		409		481
	65%		77%		69%		65%
Anxiety	749		237		268		292
	40%		53%		45%		40%
None of the above	506		65		136		189
	27%		15%		23%		26%
Don't know	54		7		21		22
	3%		2%		4%		3%

How would you rate the support for mental health and wellbeing provided to you by your employer?

BASE: All Respondents

	Total
Base(Unweighted)	2298
Excellent	120
	5%
Good	476
	21%
Fair	684
	30%
Poor	591
	26%
Don't know	427
	19%
NET: Excellent (Excellent+Good)	596
	26%
NET: Poor (Fair+Poor)	1275
	55%

	Woman	Man
Base(Unweighted)	1152	1122
Excellent	64	55
	6%	5%
Good	242	226
	21%	20%
Fair	350	329
	30%	29%
Poor	307	280
	27%	25%
Don't know	189	232
	16%	21%
NET: Excellent (Excellent+Good)	306	281
	27%	25%
NET: Poor (Fair+Poor)	657	609
	57%	54%

How would you rate the support for mental health and wellbeing provided to you by your employer?

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	8	502	644	646	402	79	17
Excellent	0	34	31	36	16	2	1
	-	7%	5%	6%	4%	3%	6%
Good	2	111	139	134	67	19	4
	25%	22%	22%	21%	17%	24%	24%
Fair	5	165	194	189	111	16	4
	63%	33%	30%	29%	28%	20%	24%
Poor	1	108	158	176	126	19	3
	13%	22%	25%	27%	31%	24%	18%
Don't know	0	84	122	111	82	23	5
	-	17%	19%	17%	20%	29%	29%
NET: Excellent (Excellent+Good)	2	145	170	170	83	21	5
	25%	29%	26%	26%	21%	27%	29%
NET: Poor (Fair+Poor)	6	273	352	365	237	35	7
	75%	54%	55%	57%	59%	44%	41%

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1855	443	592	735
Excellent	94	26	33	48
	5%	6%	6%	7%
Good	394	82	133	160
	21%	19%	22%	22%
Fair	562	122	185	207
	30%	28%	31%	28%
Poor	462	129	143	180
	25%	29%	24%	24%
Don't know	343	84	98	140
	18%	19%	17%	19%
NET: Excellent (Excellent+Good)	488	108	166	208
	26%	24%	28%	28%
NET: Poor (Fair+Poor)	1024	251	328	387
	55%	57%	55%	53%

Have you or have you not considered leaving your profession or retiring early?

BASE: All Respondents

	Total
Base(Unweighted)	2298
Yes, I've considered retiring early	712
	31%
Yes, I've considered leaving the UK to practise abroad	450
	20%
Yes, I've considered leaving the profession	542
	24%
No, I have not considered leaving or retiring early	594
	26%

	Woman	Man
Base(Unweighted)	1152	1122
Yes, I've considered retiring early	344	360
	30%	32%
Yes, I've considered leaving the UK to practise abroad	193	249
	17%	22%
Yes, I've considered leaving the profession	324	214
	28%	19%
No, I have not considered leaving or retiring early	291	299
	25%	27%

Have you or have you not considered leaving your profession or retiring early?

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	8	502	644	646	402	79	17
Yes, I've considered retiring early	2	63	146	250	224	20	7
	25%	13%	23%	39%	56%	25%	41%
Yes, I've considered leaving the UK to practise abroad	2	163	145	100	28	6	6
	25%	32%	23%	15%	7%	8%	35%
Yes, I've considered leaving the profession	0	147	178	147	59	8	3
	-	29%	28%	23%	15%	10%	18%
No, I have not considered leaving or retiring early	4	129	175	149	91	45	1
	50%	26%	27%	23%	23%	57%	6%

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1855	443	592	735
Yes, I've considered retiring early	557	155	154	249
	30%	35%	26%	34%
Yes, I've considered leaving the UK to practise abroad	391	59	174	132
	21%	13%	29%	18%
Yes, I've considered leaving the profession	425	117	95	177
	23%	26%	16%	24%
No, I have not considered leaving or retiring early	482	112	169	177
	26%	25%	29%	24%

Have you or have you not ever experienced thoughts of self-harm or of taking your own life during your career as a healthcare professional?

BASE: All respondents agreeing to answer this section

	Total
Base(Unweighted)	1766
Yes, I have	338
	19%
No, I have not	1394
	79%
Prefer not to say	34
	2%

	Woman	Man
Base(Unweighted)	953	798
Yes, I have	195	137
	20%	17%
No, I have not	740	645
	78%	81%
Prefer not to say	18	16
	2%	2%

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	5	353	489	529	317	63	10
Yes, I have	1	59	103	97	59	16	3
	20%	17%	21%	18%	19%	25%	30%
No, I have not	4	283	374	424	255	47	7
	80%	80%	76%	80%	80%	75%	70%
Prefer not to say	0	11	12	8	3	0	0
	-	3%	2%	2%	1%	-	-

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	1437	329	385	585
Yes, I have	277	61	48	120
	19%	19%	12%	21%
No, I have not	1134	260	328	452
	79%	79%	85%	77%
Prefer not to say	26	8	9	13
	2%	2%	2%	2%

To what extent has your work in the healthcare service contributed to these thoughts?

BASE: Respondents experiencing thoughts of suicide or self-harm

	Total
Base(Unweighted)	338
Significantly	181
	54%
Moderately	80
	24%
Slightly	54
	16%
Not at all	18
	5%
Don't know	5
	1%
Prefer not to say	0
	-
NET: Contributed (Significantly+Moderately)	261
	77%
NET: Not contributed (Slightly+Not at all)	72
	21%

	Woman	Man
Base(Unweighted)	195	137
Significantly	101	77
	52%	56%
Moderately	48	30
	25%	22%
Slightly	33	21
	17%	15%
Not at all	10	8
	5%	6%
Don't know	3	1
	2%	1%
Prefer not to say	0	0
	-	-
NET: Contributed (Significantly+Moderately)	149	107
	76%	78%
NET: Not contributed (Slightly+Not at all)	43	29
	22%	21%

To what extent has your work in the healthcare service contributed to these thoughts?

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	1	59	103	97	59	16	3
Significantly	1	24	47	60	38	10	1
	100%	41%	46%	62%	64%	63%	33%
Moderately	0	18	37	15	7	2	1
	-	31%	36%	15%	12%	13%	33%
Slightly	0	14	12	15	10	3	0
	-	24%	12%	15%	17%	19%	-
Not at all	0	3	5	7	2	1	0
	-	5%	5%	7%	3%	6%	-
Don't know	0	0	2	0	2	0	1
	-	-	2%	-	3%	-	33%
Prefer not to say	0	0	0	0	0	0	0
	-	-	-	-	-	-	-
NET: Contributed (Significantly+Moderately)	1	42	84	75	45	12	2
	100%	71%	82%	77%	76%	75%	67%
NET: Not contributed (Slightly+Not at all)	0	17	17	22	12	4	0
	-	29%	17%	23%	20%	25%	-

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	277	61	48	120
Significantly	145	36	32	67
	52%	59%	67%	56%
Moderately	66	14	9	36
	24%	23%	19%	30%
Slightly	46	8	6	13
	17%	13%	13%	11%
Not at all	16	2	1	2
	6%	3%	2%	2%
Don't know	4	1	0	2
	1%	2%	-	2%
Prefer not to say	0	0	0	0
	-	-	-	-
NET: Contributed (Significantly+Moderately)	211	50	41	103
	76%	82%	85%	86%
NET: Not contributed (Slightly+Not at all)	62	10	7	15
	22%	16%	15%	13%

How has your work in the healthcare service contributed to these thoughts?

BASE: Respondents who said working in healthcare has contributed to thoughts slightly, moderately, or significantly

	Total
Base(Unweighted)	315
Compassion fatigue	148
	47%
Patient aggression and abuse	82
	26%
Burnout	223
	71%
High workloads	203
	64%
Difficult working patterns (e.g. rotations, night shifts)	92
	29%
Dealing with traumatic medical situations	77
	24%
Difficulties with work-life balance	204
	65%
Workplace bullying and harassment	112
	36%
Not being able to provide treatment patients need due to pressures in NHS	115
	37%
Lack of support from management	125
	40%
Other	56
	18%
Don't know	0
	-
Prefer not to say	0
	-

How has your work in the healthcare service contributed to these thoughts?

	Woman	Man
Base(Unweighted)	182	128
Compassion fatigue	89	57
	49%	45%
Patient aggression and abuse	55	24
	30%	19%
Burnout	131	89
	72%	70%
High workloads	119	80
	65%	63%
Difficult working patterns (e.g. rotations, night shifts)	61	30
	34%	23%
Dealing with traumatic medical situations	50	26
	27%	20%
Difficulties with work-life balance	112	89
	62%	70%
Workplace bullying and harassment	69	41
	38%	32%
Not being able to provide treatment patients need due to pressures in NHS	74	39
	41%	30%
Lack of support from management	76	47
	42%	37%
Other	27	27
	15%	21%
Don't know	0	0
	-	-
Prefer not to say	0	0
	-	-

How has your work in the healthcare service contributed to these thoughts?

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	1	56	96	90	55	15	2
Compassion fatigue	1	31	48	41	22	4	1
	100%	55%	50%	46%	40%	27%	50%
Patient aggression and abuse	1	13	31	25	10	1	1
	100%	23%	32%	28%	18%	7%	50%
Burnout	1	43	76	64	34	4	1
	100%	77%	79%	71%	62%	27%	50%
High workloads	1	36	63	59	35	7	2
	100%	64%	66%	66%	64%	47%	100%
Difficult working patterns (e.g. rotations, night shifts)	1	32	26	21	8	3	1
	100%	57%	27%	23%	15%	20%	50%
Dealing with traumatic medical situations	1	17	27	19	11	2	0
	100%	30%	28%	21%	20%	13%	-
Difficulties with work-life balance	1	41	63	55	32	10	2
	100%	73%	66%	61%	58%	67%	100%
Workplace bullying and harassment	1	19	29	37	19	6	1
	100%	34%	30%	41%	35%	40%	50%
Not being able to provide treatment patients need due to pressures in NHS	1	22	41	32	15	3	1
	100%	39%	43%	36%	27%	20%	50%
Lack of support from management	1	20	38	42	17	6	1
	100%	36%	40%	47%	31%	40%	50%
Other	0	4	10	18	17	6	1
	-	7%	10%	20%	31%	40%	50%
Don't know	0	0	0	0	0	0	0
	-	-	-	-	-	-	-
Prefer not to say	0	0	0	0	0	0	0
	-	-	-	-	-	-	-

How has your work in the healthcare service contributed to these thoughts?

	Medical	Dental	International Medical Graduate	General Practice
Base(Unweighted)	257	58	47	116
Compassion fatigue	131	17	23	67
	51%	29%	49%	58%
Patient aggression and abuse	67	15	14	42
	26%	26%	30%	36%
Burnout	185	38	36	88
	72%	66%	77%	76%
High workloads	166	37	28	84
	65%	64%	60%	72%
Difficult working patterns (e.g. rotations, night shifts)	87	5	18	36
	34%	9%	38%	31%
Dealing with traumatic medical situations	76	1	15	36
	30%	2%	32%	31%
Difficulties with work-life balance	171	33	30	34
	67%	57%	64%	29%
Workplace bullying and harassment	94	18	24	80
	37%	31%	51%	69%
Not being able to provide treatment patients need due to pressures in NHS	90	25	18	35
	35%	43%	38%	30%
Lack of support from management	108	17	25	43
	42%	29%	53%	37%
Other	47	9	9	37
	18%	16%	19%	32%
Don't know	0	0	0	26
	-	-	-	22%
Prefer not to say	0	0	0	0
	-	-	-	-

Did you feel you had access to enough support at the time or not?


BASE: Respondents experiencing thoughts of self-harm or suicide

		Total	
Base(Unweighted)		338	
I did		80	
		24%	
I did not		150	
		44%	
I did not seek support		91	
		27%	
Prefer not to say		17	
		5%	

		Woman		Man	
Base(Unweighted)		195		137	
I did		55		24	
		28%		18%	
I did not		85		62	
		44%		45%	
I did not seek support		45		45	
		23%		33%	
Prefer not to say		10		6	
		5%		4%	

	18-24	25-34	35-44	45-54	55-64	65+	Prefer not to say
Base(Unweighted)	1	59	103	97	59	16	3
I did	0	13	22	20	19	5	1
	-	22%	21%	21%	32%	31%	33%
I did not	1	28	39	46	28	8	0
	100%	47%	38%	47%	47%	50%	-
I did not seek support	0	17	31	27	12	3	1
	-	29%	30%	28%	20%	19%	33%
Prefer not to say	0	1	11	4	0	0	1
	-	2%	11%	4%	-	-	33%

	Medical	Dental	International Medical Graduates	General Practice
Base(Unweighted)	277	61	48	120
I did	71	9	6	32
	26%	15%	13%	27%
I did not	120	30	22	58
	43%	49%	46%	48%
I did not seek support	71	20	14	24
	26%	33%	29%	20%
Prefer not to say	15	2	6	6
	5%	3%	13%	5%



Feelings of despair, worthlessness and being
trapped in a career which is high risk and no
longer enjoyable or fulfilling

"What effects does compassion fatigue have on you?"

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Inquiries: press@mddus.com

Website: www.mddus.com