Authors' Response to Comment on "Examining Burnout, Depression, and Attitudes Regarding Drug Use Among Lebanese Medical Students During the 4 Years of Medical School"

Farid Talih¹

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To the Editor:

We would like to thank Almeida and Fromson [1] for their positive comments regarding our article "Examining Burnout, Depression, and Attitudes Regarding Drug Use Among Lebanese Medical Students During the 4 Years of Medical School."

We agree that many confounding factors can affect burnout in medical students. We discussed possible confounding factors in our limitations section. The response rate of 42% is within the response range of similar studies. We agree, however, that this rate is a limitation, and we hope to overcome this issue in future studies by involving multiple sites from across the Middle East region. Of interest, the respondents were almost equally distributed among the 4 years of medical school. We did not have any data on nonresponders, and it is possible that there was self-selection bias.

We did include a question regarding recent stressful life events (financial, personal, academic), and such events did correlate with higher levels of burnout. We did not specifically ask the medical students about work hours, because we feel that this issue is more pertinent to residents or interns. We did ask about self-reported sleep (less than or greater than 7 h), and those who slept less than 7 h were more likely to be

burned out. Self-reported sleep could potentially be an indirect measure of workload.

In general, sparse data on this topic are available from our region, and we hope to continue to develop and adapt our work to address burnout and depression in medical students within the local cultural context. As for interventions, as a result of this study, our institution recently formed a multidisciplinary task force (including medical students) to explore screening and intervention policies suitable for our students.

Compliance with Ethical Standards

Ethical Considerations None.

Disclosures There are no conflicts of interest.

Reference

1. Almeida M, Fromson J. Comment on "Examining Burnout, Depression, and Attitudes Regarding Drug Use Among Lebanese Medical Students During the 4 Years of Medical School." *Acad Psychiatry*. 2018. <https://doi.org/10.1007/s40596-018-0918-2>.

✉ Farid Talih
ft10@aub.edu.lb

¹ American University of Beirut Medical Center, Beirut, Lebanon