

National training survey 2018 burnout questions: four country breakdown

Trainees

	England	Northern Ireland	Scotland	Wales	UK
No. of trainees who answered burnout Q's	28,123	1,072	3,507	1,455	34,157
% of those who completed our survey	65.40%	64.50%	69.00%	65.90%	65.70%
% of those eligible to complete our survey	62.30%	64.40%	67.20%	65.10%	62.90%

Is your work emotionally exhausting?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	4.0%	3.7%	5.0%	4.9%	4.1%
To a low degree	13.1%	14.0%	15.8%	13.8%	13.4%
Somewhat	43.2%	46.5%	44.7%	44.9%	43.5%
To a high degree	29.8%	27.8%	26.9%	27.7%	29.4%
To a very high degree	10.0%	7.9%	7.6%	8.7%	9.6%

Do you feel burnt out because of your work?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	11.8%	11.7%	13.9%	12.2%	12.1%
To a low degree	24.6%	26.3%	27.9%	26.0%	25.1%
Somewhat	39.1%	41.0%	38.1%	38.5%	39.0%
To a high degree	17.7%	16.0%	15.0%	16.6%	17.3%
To a very high degree	6.7%	5.0%	5.2%	6.7%	6.5%

Does your work frustrate you?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	12.4%	11.3%	12.3%	12.8%	12.4%
To a low degree	23.7%	25.0%	26.7%	24.6%	24.1%
Somewhat	38.0%	42.5%	39.0%	38.5%	38.3%
To a high degree	18.2%	15.9%	15.8%	16.4%	17.8%
To a very high degree	7.7%	5.3%	6.2%	7.8%	7.5%

Do you feel worn out at the end of the working day?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	1.6%	1.2%	1.7%	1.5%	1.6%
Seldom	7.8%	10.0%	8.9%	8.4%	8.0%
Sometimes	32.9%	37.1%	38.4%	35.5%	33.7%
Often	42.8%	41.8%	40.4%	40.7%	42.4%
Always	14.9%	9.9%	10.6%	14.0%	14.3%

Are you exhausted in the morning at the thought of another day at work?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	10.3%	10.0%	10.1%	10.4%	10.2%
Seldom	22.3%	22.4%	24.1%	23.7%	22.5%
Sometimes	35.6%	38.0%	35.8%	35.9%	35.7%
Often	24.5%	23.3%	24.2%	22.2%	24.3%
Always	7.4%	6.3%	5.8%	7.8%	7.2%

Do you feel that every working hour is tiring for you?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	22.0%	22.7%	25.1%	24.6%	22.5%
Seldom	37.1%	38.7%	37.9%	36.5%	37.2%
Sometimes	28.0%	28.6%	26.5%	26.6%	27.8%
Often	10.4%	8.6%	9.0%	10.7%	10.2%
Always	2.5%	1.4%	1.6%	1.6%	2.3%

Do you have enough energy for family and friends during leisure time?

	England	Northern Ireland	Scotland	Wales	UK
Always	8.9%	9.8%	10.8%	9.6%	9.2%
Often	37.7%	37.7%	40.4%	41.1%	38.1%
Sometimes	35.9%	38.1%	34.6%	35.4%	35.8%
Seldom	14.7%	11.7%	11.8%	11.7%	14.2%
Never/almost never	2.8%	2.7%	2.3%	2.3%	2.7%

Trainers (excluding GPs)

	England	Northern Ireland	Scotland	Wales	UK
No. of trainers (exc. GP) who answered burnout Q's	10,275	436	1,127	818	12,656

Is your work emotionally exhausting?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	4.0%	2.5%	4.0%	4.7%	4.0%
To a low degree	11.9%	7.4%	12.6%	11.9%	11.8%
Somewhat	41.6%	42.1%	43.8%	42.1%	41.8%
To a high degree	29.9%	33.1%	28.9%	29.2%	29.9%
To a very high degree	12.6%	14.9%	10.8%	12.1%	12.5%

Do you feel burnt out because of your work?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	14.0%	9.9%	15.8%	15.0%	14.0%
To a low degree	23.9%	23.9%	26.4%	24.3%	24.1%
Somewhat	40.8%	45.3%	40.4%	38.2%	40.8%
To a high degree	15.3%	14.7%	12.8%	16.4%	15.1%
To a very high degree	6.0%	6.2%	4.6%	6.1%	5.9%

Does your work frustrate you?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	11.1%	5.1%	8.8%	9.8%	10.6%
To a low degree	20.9%	19.3%	21.1%	17.4%	20.6%
Somewhat	39.6%	43.0%	42.8%	41.3%	40.1%
To a high degree	19.3%	23.0%	19.9%	21.0%	19.6%
To a very high degree	9.1%	9.7%	7.4%	10.4%	9.0%

Do you feel worn out at the end of the working day?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	2.2%	1.6%	2.5%	2.5%	2.2%
Seldom	9.7%	10.8%	9.7%	9.0%	9.7%
Sometimes	37.8%	37.2%	40.6%	41.6%	38.3%
Often	39.3%	41.4%	39.5%	37.8%	39.3%
Always	11.0%	9.0%	7.8%	9.2%	10.5%

Are you exhausted in the morning at the thought of another day at work?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	18.2%	13.8%	17.4%	19.3%	18.0%
Seldom	29.8%	26.9%	30.5%	30.2%	29.8%
Sometimes	32.9%	39.3%	34.0%	31.5%	33.2%
Often	15.9%	16.1%	15.8%	15.8%	15.9%
Always	3.1%	3.9%	2.3%	3.2%	3.1%

Do you feel that every working hour is tiring for you?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	26.2%	23.7%	27.0%	26.6%	26.2%
Seldom	37.4%	40.0%	38.9%	37.1%	37.6%
Sometimes	26.6%	25.3%	25.6%	25.2%	26.4%
Often	8.5%	8.5%	7.6%	9.7%	8.5%
Always	1.4%	2.5%	0.9%	1.5%	1.4%

Do you have enough energy for family and friends during leisure time?

	England	Northern Ireland	Scotland	Wales	UK
Always	10.2%	8.5%	11.9%	13.3%	10.5%
Often	41.3%	44.1%	43.6%	39.6%	41.5%
Sometimes	35.5%	36.8%	33.4%	31.2%	35.1%
Seldom	11.2%	8.5%	9.4%	13.7%	11.1%
Never/almost never	1.8%	2.1%	1.6%	2.2%	1.8%

GP Trainers

	England	Northern Ireland	Scotland	Wales	UK
No. of GP trainers who answered burnout Q's	1,755	113	239	176	2,283

Is your work emotionally exhausting?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	2.5%	0.9%	1.7%	1.7%	2.3%
To a low degree	8.4%	6.3%	5.9%	5.2%	7.8%
Somewhat	37.1%	32.1%	42.3%	40.8%	37.7%
To a high degree	36.6%	43.8%	38.1%	36.2%	37.1%
To a very high degree	15.4%	17.0%	12.1%	16.1%	15.2%

Do you feel burnt out because of your work?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	13.4%	15.2%	18.8%	14.9%	14.2%
To a low degree	26.0%	27.7%	26.4%	23.0%	25.9%
Somewhat	41.7%	39.3%	43.5%	47.1%	42.2%
To a high degree	13.2%	14.3%	8.8%	12.6%	12.7%
To a very high degree	5.7%	3.6%	2.5%	2.3%	5.0%

Does your work frustrate you?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	8.5%	11.6%	5.4%	6.3%	8.2%
To a low degree	20.4%	22.3%	26.4%	18.4%	21.0%
Somewhat	43.7%	35.7%	42.3%	47.1%	43.4%
To a high degree	18.8%	22.3%	20.9%	20.7%	19.4%
To a very high degree	8.5%	8.0%	5.0%	7.5%	8.0%

Do you feel worn out at the end of the working day?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	1.5%	1.8%	0.8%	0.0%	1.3%
Seldom	4.1%	2.7%	2.5%	7.5%	4.2%
Sometimes	26.6%	32.1%	34.7%	24.7%	27.6%
Often	42.9%	40.2%	45.6%	46.0%	43.3%
Always	24.9%	23.2%	16.3%	21.8%	23.7%

Are you exhausted in the morning at the thought of another day at work?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	14.7%	15.2%	11.3%	16.7%	14.6%
Seldom	25.6%	28.6%	30.5%	20.7%	25.9%
Sometimes	36.2%	31.3%	43.5%	32.8%	36.5%
Often	18.8%	17.0%	12.6%	26.4%	18.7%
Always	4.6%	8.0%	2.1%	3.4%	4.4%

Do you feel that every working hour is tiring for you?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	16.2%	21.4%	20.1%	16.7%	16.9%
Seldom	32.9%	31.3%	39.3%	27.0%	33.0%
Sometimes	32.0%	31.3%	29.7%	37.9%	32.2%
Often	15.0%	12.5%	7.9%	16.7%	14.3%
Always	3.9%	3.6%	2.9%	1.7%	3.6%

Do you have enough energy for family and friends during leisure time?

	England	Northern Ireland	Scotland	Wales	UK
Always	15.0%	10.7%	17.6%	13.2%	14.9%
Often	43.1%	44.6%	46.9%	46.6%	43.8%
Sometimes	31.4%	37.5%	30.1%	32.2%	31.6%
Seldom	9.3%	6.3%	5.0%	7.5%	8.5%
Never/almost never	1.3%	0.9%	0.4%	0.6%	1.1%

All trainers (including GP trainers)

	England	Northern Ireland	Scotland	Wales	UK
No. of all trainers who answered burnout Q's	12,030	549	1,366	994	14,939
% of those who completed our survey	77.10%	80.10%	84.00%	78.40%	77.80%
% of those eligible to complete our survey	31.20%	47.50%	29.30%	48.40%	32.20%

Is your work emotionally exhausting?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	3.8%	2.2%	3.6%	4.1%	3.7%
To a low degree	11.4%	7.1%	11.4%	10.7%	11.2%
Somewhat	41.0%	40.0%	43.5%	41.9%	41.2%
To a high degree	30.9%	35.3%	30.5%	30.4%	31.0%
To a very high degree	13.0%	15.4%	11.0%	12.8%	12.9%

Do you feel burnt out because of your work?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	13.9%	11.0%	16.3%	15.0%	14.1%
To a low degree	24.2%	24.7%	26.4%	24.1%	24.4%
Somewhat	41.0%	44.1%	40.9%	39.7%	41.0%
To a high degree	15.0%	14.6%	12.1%	15.8%	14.8%
To a very high degree	6.0%	5.7%	4.3%	5.5%	5.8%

Does your work frustrate you?

	England	Northern Ireland	Scotland	Wales	UK
To a very low degree	10.7%	6.4%	8.2%	9.2%	10.2%
To a low degree	20.8%	19.9%	22.0%	17.6%	20.7%
Somewhat	40.2%	41.5%	42.7%	42.4%	40.6%
To a high degree	19.3%	22.9%	20.1%	20.9%	19.6%
To a very high degree	9.0%	9.3%	7.0%	9.9%	8.9%

Do you feel worn out at the end of the working day?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	2.1%	1.6%	2.2%	2.0%	2.1%
Seldom	8.9%	9.1%	8.4%	8.7%	8.9%
Sometimes	36.2%	36.2%	39.5%	38.6%	36.7%
Often	39.8%	41.1%	40.6%	39.2%	39.9%
Always	13.0%	11.9%	9.3%	11.4%	12.5%

Are you exhausted in the morning at the thought of another day at work?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	17.7%	14.1%	16.3%	18.8%	17.5%
Seldom	29.2%	27.2%	30.5%	28.5%	29.2%
Sometimes	33.4%	37.7%	35.7%	31.7%	33.7%
Often	16.4%	16.3%	15.2%	17.7%	16.3%
Always	3.4%	4.8%	2.3%	3.2%	3.3%

Do you feel that every working hour is tiring for you?

	England	Northern Ireland	Scotland	Wales	UK
Never/almost never	24.7%	23.2%	25.8%	24.9%	24.8%
Seldom	36.7%	38.2%	39.0%	35.3%	36.9%
Sometimes	27.4%	26.5%	26.3%	27.4%	27.2%
Often	9.4%	9.3%	7.6%	10.9%	9.4%
Always	1.8%	2.7%	1.2%	1.5%	1.7%

Do you have enough energy for family and friends during leisure time?

	England	Northern Ireland	Scotland	Wales	UK
Always	10.9%	9.0%	12.9%	13.2%	11.2%
Often	41.5%	44.2%	44.2%	40.8%	41.8%
Sometimes	34.9%	36.9%	32.8%	31.3%	34.5%
Seldom	10.9%	8.0%	8.7%	12.6%	10.7%
Never/almost never	1.8%	1.8%	1.4%	1.9%	1.7%