**Macedonian Psychiatric Association**

2023

ABSTRACT

BOOK

7th

Macedonian

Psychiatric Congress

University Clinic of Psychiatry

MPA

2nd

Thematic Conference on

Dementia & Neurodegeneration

fMPA

Institute for Alzheimers

Disease and Neuroscience



26th - 29th October Ohrid

26th - 29th

October

Ohrid



**Macedonian**

**Psychiatric**

**Association**

7th

Macedonian Psychiatric Congress

University Clinic of Psychiatry

rMPA

2nd

Thematic Conference on Dementia & Neurodegeneration

Institute for Alzheimers

Disease and Neuroscience

rMPA

Organizing Committee:

Antoni Novotni Dimitar Bonevski Gabriela Novotni Stojan Bajraktarov Muhsin Arifi Ljubisha Novotni Sonja Delova

Andromahi Naumovska Shpresa Hasani Aleksandra Angelova Ivana Jaceva Svetlana Iloski Maja Bozinovska Smiceska Andrej Bonevski Julija Vasilevska Sasho Pirganovski Emilija Cabukovska Viktorija Vasilevska Monika Ristevska Evgenija Galeva Bojan Nikolovski Aleksandar Kosev Darko Gjorgjiovski

Scientific board:

Prof. Dr. Dimitar Bonevski MD PhD Assoc.Prof. Gabriela Novotni MD PhD Assoc. Prof. Slavica Arsova MD PhD Assoc. Prof. Liljana Ignjatova MD PhD Assoc. Prof. Nensi Manuseva MD PhD Prof. Antoni Novotni MD PhD Assoc.Prof. Stojan Bajraktarov MD

PhD Assoc. Prof. Andromahi Naumovska PhD Prof. Branislav Stefanovski MD PhD Prof. Marija Raleva MD PhD

Prim. Kamka Paketchieva MD Prim. Valentina Samardziska MD Prof. Milan Latas MD PhD Prof. Ninoslav Mimica MD PhD Assoc. Prof. Cedo MIljevic MD PhD Prof. Viktorija Vujovic MD PhD Prof. Srgjan Milovanovic MD PhD Prof. Sasha Jevtovic MD PhD Prof. Vesna Sendula Jengic MD PhD Assoc. Prof. Viktor Isjanovski MD PhD Assoc Prof. Kadri Hadzihamza MD PhD Assoc. Prof. Elizabet Miceva Velickovska MD PhD

Assoc. Prof. Ana Filpce MD PhD Assoc. Prof. Aneta Spasovska MD PhD Assoc. Prof. Zoja Babinkostova MD PhD

**ОРАЛНИ ПРЕЗЕНТАЦИИ (О)**

**O-2/ Correlation between self-compassion and burnout among mental health workers**

Anastasija Georgievska, Andromahi Naumovska

Burnout's impact on healthcare professionals has sparked concern for individuals and the healthcare system. This study examines the link between self-compassion and burnout in Macedonian mental health care professionals. Using a cross­sectional design, data from 77 participants were analyzed through the Self­Compassion Scale (SCS) and Maslach Burnout Inventory (MBI).

The literature review underscores burnout's prevalence and introduces self­compassion as a protective element. Objectives include understanding the relationship, gender/profession differences, and implications for healthcare. Results reveal significant correlations between self-compassion dimensions and burnout components. Higher self-compassion relates to lower burnout and depersonalization, while negative self-compassion aspects correlate with higher burnout.

Though offering empirical insight, this study acknowledges limitations, such as its design and sample size. It recommends longitudinal studies and broader samples for future research. In conclusion, this research highlights self­compassion's role in combating burnout and suggests interventions to bolster professional well-being. As the mental health field evolves, the study encourages further exploration of burnout and effective mitigation strategies.

***Keywords***: *burnout, self-compassion, mental healthcare professionals, cross­sectional study, well-being*