

**Table 1:** Demographic and practice characteristics of New Zealand ophthalmologists and associated burnout prevalence.

Demographics		n (%)	Burnout, n (%)	p-value
Total		84 (100)	17 (20)	
Sex	Female (ref) <sup>a</sup>	18 (21.4)	3 (16.7)	0.29
	Male	66 (78.6)	14 (21.2)	
Age	30–39 (ref) <sup>a</sup>	8 (9.5)	2 (25)	0.14
	40–49	25 (29.8)	9 (36)	
	50–59	33 (39.3)	3 (9.1)	
	60 or older	18 (21.4)	3 (16.7)	
Years worked	<5 (ref) <sup>a</sup>	7 (8.3)	2 (28.6)	0.45
	5–9	14 (16.7)	4 (28.6)	
	10–15 years	16 (19.1)	5 (31.2)	
	>15	47 (55.9)	6 (12.8)	
Workload	0.5–0.79 FTE <sup>b</sup> (20–32 hours per week) (ref) <sup>a</sup>	11 (13.1)	2 (18.2)	0.85
	0.8–0.99 FTE (32–40 hours per week)	45 (53.6)	10 (22.2)	
	More than 1.0 FTE (40+ hours per week)	28 (33.3)	5 (17.9)	
Specialty	General ophthalmologist (ref) <sup>a</sup>	21 (25)	6 (28.6)	0.77
	Subspecialist	63 (75)	11 (17.5)	
Workplace	Rural (ref) <sup>a</sup>	28 (33.3)	6 (21.4)	0.09
	Urban	56 (66.7)	11 (19.6)	
Work sector	Private only (ref) <sup>a</sup>	13 (15.5)	2 (15.4)	0.04
	Public only	17 (20.2)	5 (29.4)	
	Public and private	54 (64.3)	10 (18.5)	
Certification	IMG <sup>b</sup> (ref) <sup>a</sup>	21 (25)	4 (20.6)	0.48
	RANZCO <sup>b</sup>	63 (75)	13 (19.1)	
Registrar presence	No (ref) <sup>a</sup>	14 (16.7)	4 (28.6)	0.70
	NTR <sup>b</sup>	9 (10.7)	3 (33.3)	
	TR <sup>b</sup>	9 (10.7)	1 (11.1)	
	TR and NTR	52 (61.9)	9 (17.3)	

**Table 1 (continued):** Demographic and practice characteristics of New Zealand ophthalmologists and associated burnout prevalence.

Demographics		n (%)	Burnout, n (%)	p-value
On-call duties	No on-call duties (ref) <sup>a</sup>	26 (31)	5 (19.2)	
	≤1 in 5	29 (34.5)	10 (66.7)	0.06
	1 in 6–10	18 (21.4)	2 (11.1)	0.71
	1 in >10	11 (13.1)	0	1.0

<sup>a</sup>Reference group for multivariate analysis.

<sup>b</sup>FTE = full-time equivalent. Regional centres refer to locations outside the major urban cities of Auckland, Hamilton, Wellington, Christchurch and Dunedin. IMG = international medical graduate (trained outside of New Zealand or Australia); RANZCO = Royal Australian and New Zealand College of Ophthalmologists; NTR = non-training registrars (registrars not enrolled in the RANZCO training programme); TR = training registrars (registrars enrolled in the RANZCO training programme).

**Table 2:** Mean Mini Z 2.0 scores for workplace factors, stratified by burnout status.

	Not burnt out mean score	Self-reported burnout mean score	p-value
Job satisfaction	4.1	3.3	<0.05
Alignment of values	3.6	3.3	0.20
Team effectiveness	3.8	3.1	<0.05
Workload control	3.7	3.1	<0.05
Job stress	3.3	2.9	0.07
Administration time	2.9	2.8	0.66
Work atmosphere	3.2	2.9	0.07

**Figure 1:** Sources of help-seeking among ophthalmologists with burnout.

