**BURNOUT OF DIRECT SUPPORT WORKERS OF ADULTS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES: A SYSTEMATIC REVIEW**

Katelyn Soucie-Vukmanich, Rosemary Condillac

Brock University

**Objectives:** Burnout literature is growing and suggests that a multitude of work, client, and personal stressors increase burnout levels of direct support workers (DSW) who support adults with intellectual and developmental disabilities (IDD). However, previous systematic reviews indicate that burnout research is inconclusive due to varying research methods and limited study and result replications and that burnout levels for this population are average (Skirrow & Hatton, 2007). To our knowledge, there is no updated burnout trends for DSWs of adults with IDDs. The purpose of this presentation will be to report the current trend of DSW burnout as measured by the Maslach Burnout Inventory (REF), review variables which were consistent correlates of burnout across studies, and report the current gaps in the literature.

**Methods:** This systematic review followed the PRISMA guidelines and methods of Skirrow and Hatton (2007) to report on correlations and predictors of burnout in DCWs working with adults with IDDs. A Boolean string was inputted into PsychINFO and Medline on March 30, 2021 to search for articles to include in the review based on a pre-determined list of inclusion and exclusion criteria such as being published between January 2004 and December 2020, clientele were adults with IDDs, research participants were 80% or more DSWs, and more. Following extraction of the correlations, effect sizes, and burnout scores, comparisons of correlations, meta-regression intercept analyses, visual analyses and were completed to compare the results from Skirrow and Hatton (2007) to the current results.

**Results:** Meta-regression intercept analyses show significant increases in risk of burnout when measured by emotional exhaustion (*p < .001;* 95%CI [-1.790, -.571]) and personal accomplishment (*p < .001*; 95% CI [0.553, 1.443]) scores, and significant decreases in risk burnout as measured by depersonalization scores (*p = .008*; 95% CI [0.103, 0.685]). Additionally, when Canadian studies from the current sample were examined separately, higher risks of burnout were found for emotional exhaustion and depersonalization, with lower risks of burnout for personal accomplishment when compared to both Skirrow and Hatton’s (2007) and the current samples average coefficients. Finally, it was found that 0% of demographics, 60% of client-related, 76% of workplace-related, and 50% of personal characteristics showed consistent significant results across studies in the current sample.

**Discussion/Conclusion:** The presentation will discuss the findings which suggest that risks of burnout measured by emotional exhaustion and personal accomplishment are rising, while depersonalization is improving since the initial systematic review by Skirrow and Hatton (2007) and that work-related variables remains the most consistent significant correlated variable group with high risk of burnout.

**Correspondence:**

**Katelyn Soucie-Vukmanich, M.A, BCBA Rosemary Condillac, Ph.D, C.Psych**

**Brock University Brock University**

**1812 Sir Isaac Brock Way 1812 Sir Isaac Brock Way**

**St. Catharines, ON, L2S 3A1 St. Catharines, ON, L2S 3A1**

**ksoucievukmanic@brocku.ca rcondillac@brocku.ca**