**INVESTIGATING THE RELATIONSHIP BETWEEN SELF-CONFIDENCE AND BURNOUT FOR PROFESSIONALS SUPPORTING ADULTS WITH DEVELOPMENTAL AND INTELLECTUAL DISABILITIES ENGAGING IN CHALLENGING BEHAVIOUR**

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**Objectives:** Burnout may be a significant contributor to the workforce crisis for direct support professionals in the developmental services sector. Research on factors influencing burnout for professionals in this field comprises a growing body of literature. However, the relationship between self-confidence and burnout remains unclear. The current study quantifies the relationship between self-confidence and burnout for various support professionals and explores professionals’ perceptions of the role of self-confidence in supporting adults with developmental and intellectual disabilities engaging in challenging behaviour.

**Method:** An online survey was completed by 230 professionals with various roles around Ontario who support adults with developmental and intellectual disabilities engaging in challenging behaviour. Participants included direct support professionals *(n* = 175) and leaders in direct support (*n* = 55). The survey contained the Maslach Burnout Inventory, a self-confidence instrument, and both open- and closed-ended questions about demographic, organizational, and client-related variables. Quantitative analyses will be utilized to summarize closed-ended questions and quantify the relationship between self-confidence and burnout, and a qualitative analysis will be conducted to further contextualize professionals’ perceptions on topics of self-confidence and burnout.

**Results:** The survey closed on December 23rd, 2023. Preliminary results indicate that participants strongly agreed (51%) or agreed (30%) that they feel more confident in managing the challenging behaviour of service users when they feel highly supported in their role from supervisors and/or colleagues. Additionally, participants strongly agreed (20%), agreed (39%), or somewhat agreed (20%) that their self-confidence changes when responding to different kinds of challenging behaviours. Participants strongly agreed (16%), agreed (33%), or somewhat agreed (20%) that their self-confidence in managing the challenging behaviour exhibited by service users influences their thoughts and emotions towards their job. Results are pending for the linear regression analysis of self-confidence and burnout; however, these results, with further quantitative and qualitative analyses, will be discussed during the presentation.

**Discussion/Conclusions:** The presentation will contextualize the relationship between self-confidence and burnout. Results allow for an increased understanding of the role of self-confidence in burnout, which may help reduce burnout and improve the quality of support provided to service users. Results may also be used to inform future training to enhance staff self-confidence in supporting adults with disabilities who engage in challenging behaviour, which may contribute to enhanced quality of life for service users.

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