

# Physicians Foundation

## Survey of America’s

### Physician: Key Findings

In 2022, the Minnesota Medical Association collaborated with The Physicians Foundation to disseminate validated surveys that assess the current mental health of the physician workforce. The Physicians Foundation 2022 Survey of America’s Physicians focuses on the state of physician wellbeing and the solutions needed to improve it. The survey was conducted from June 24 through July 3, 2022, and the data presented is based on 1,509 responses.

Key Findings Include the Following

**More than two years into pandemic, the state of physician wellbeing remains low.**

- Six in 10 physicians have felt inappropriate feelings of anger, tearfulness or anxiety.
- One-third have felt hopeless or that they have no purpose.
- Half report withdrawing from family/ friends/co-workers.

**Their overall wellbeing has affected them and their colleagues while on the job.**

- For the second year in a row, six in 10 physicians often have feelings of burnout, compared to four in 10 before the pandemic in 2018.
- More than one-third have checked in with a colleague who they suspected was experiencing mental health distress.

**Physicians continue to face mounting challenges that exacerbate their burnout, including stigma and structural barriers.**

- Eight in 10 physicians agree that there is stigma surrounding mental health and seeking mental health care among physicians.
- Nearly four in 10 physicians were either afraid or knew another physician fearful of seeking mental health care given questions asked in medical licensure/credentialling/insurance applications.
- About one-third of physicians agree that their workplace culture prioritizes physician wellbeing.

**Physicians feel disconnected from the resources and people they should be able to rely on.**

- More than one in three physicians disagree that suicide prevention resources for physicians exist and are easy to access.

**These barriers and lack of support can and have led to tragic outcomes.**

- More than half of physicians know of a physician who has ever considered, attempted or died by suicide, remaining the same from 2021.
- One-fifth know someone that has either considered, attempted or died by suicide specifically in the past 12 months.