

Abstract

Many studies have shown that those in the helping profession are at high risk of experiencing symptoms caused from chronic exposure to negative life events. The research at hand investigates the correlation between burnout and self-care practices that mental health professionals are currently facing. Hypothesis 1 predicted self-care practices and burnout would be negatively correlated. Hypothesis 2 predicted that case managers would score high on the burnout inventory. Participants of this study consisted of 26 case managers (15 Female, 7-Male) employed at a mid-western mental health clinic where this student researcher is currently an intern. Participants were asked to complete Maslach's Burnout Inventory-Human Services Survey (MBI-HSS) and the Self-Care Inventory created by the Headington Institute. Both instruments used Likert Scaling to measure how often participants felt each question or statement were true. Results of a Cronbach's Alpha analysis indicated that these surveys were reliable (MBI-HSS-22 items, $\alpha=.90$, SCI-25 items, $\alpha=.89$). Hypothesis 1 was consistent with results of a Pearson Correlation Coefficient between SCI scores and MBI-HSS scores that was statistically significant at the .01 level, $r = -.59$, $p < .01$. Hypothesis 2 was supported with 58% of participants reporting higher than average scores on the MBI-HSS. The significance of results suggest that self-care practices could be used to relieve burnout in workers. This research could stand to further promotion of self-care practices in human services.