

The Impact of Burnout on the Subjective Quality of Life and Communication Skills of Allied Health Professionals: A Comparative Study Between the United Kingdom and Croatia

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RESEARCH BACKGROUND AND OBJECTIVES

Aspect	Details
Problem	<p>Burnout is a critical issue among occupational therapists & physiotherapists → reduces job satisfaction, increases staff turnover, and compromises patient care (Maslach & Leiter, 2016; WHO, 2023).</p> <p>AHPs remain under-researched, although burnout affects 30–50% of healthcare professionals, with around 40% experiencing emotional exhaustion (Cohen <i>et al.</i>, 2023).</p>
Study Goal	Examine relationship between professional burnout, subjective quality of life, and communication skills among AHPs.
Comparison	Evaluate burnout prevalence and impact in UK vs Croatia.  
Purpose / Significance	Identify work-related stressors to inform targeted interventions and improve professional well-being.





METHODOLOGY AND INSTRUMENTS

Design

Cross-sectional quantitative study using online & paper surveys

Participants

≥150 occupational therapists & physiotherapists from UK and Croatia (working in rehabilitation and disability care)

Instruments

1. Demographic Questionnaire
2. Maslach Burnout Inventory (MBI) – Human Services Survey
3. Personal Wellbeing Index – Adult (PWI-A)
4. Communication Assessment Tool – Self (CAT)






EXPECTED ACADEMIC IMPACT

Scientific Impact

1. First comparative analysis of burnout, well-being, and communication skills in AHPs working in rehabilitation and disability care across Croatia and the UK.
2. Conceptual integration of burnout and subjective well-being frameworks; JD-R model and homeostasis theory (Bakker & Demerouti, 2007) .
3. Evidence-based contribution to allied health/rehabilitation research and disability science.

Practice & Policy Impact

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Identification of risk & protective factors for burnout.

Implications for training, organisational support & healthcare policy.

Contribution to sustainable rehabilitation & disability care systems.