

Abstract

The present study was conducted to develop a valid and reliable indigenous measure i.e., Self-Report Burnout Inventory for Doctors (SR-BOID). Further, the study explored relationship between burnout, locus of control and stress in doctors in Pakistan. Items were generated to determine indicators for burnout from the original sample of 40 practicing doctors who were experiencing burnout by interview method. For assessing construct validity, a sample of 250 doctors (age ranged from 23 to 62 years) was approached from different public sector hospitals. The construct validity of SR-BOID was determined through Exploratory Factor Analysis (EFA), as a result of which six factors (50-item questionnaire) with excellent Cronbach's alpha i.e., .96 emerged. The discriminant validity of SR-BOID revealed that SR-BOID discriminated well between doctors with burnout and without burnout ($p < .01$). The results showed significant positive correlation between burnout, perceived stress and external work locus of control ($p < .01$). Perceived stress and external work locus of control emerged as significant predictors of burnout in doctors. It is concluded that SR-BOID is a valid and reliable indigenous measure to assess burnout in doctors.