



# Burnout Education, Normatives and Digital Tools for European Universities

KA2: Cooperation for innovation and exchange of good practices

KA203: Strategic partnership for higher education

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**BENDiT-EU is a strategic partnership of European universities for the prevention, diagnosis and handling of burnout in medical students and allied health fields.**

Our general objective is the development of an extensive panel of skills, tools and normatives, which would enable their users to efficiently manage issues related to academic burnout, early in their professional formation.

**This endeavor is based on our shared understanding of addressing burnout at multiple levels:**

- at the organizational level, universities need policies that may help decision-makers in promoting an adequate quality of life for all their members;
- at the group level, professors, tutors, and other university staff should be helped to monitor the well-being of medical and allied health students as well as to offer reliable and effective solutions for burnout;
- at the individual level, students can be trained to recognize burnout symptoms and benefit from the support and instruments provided by their universities.

## WHO WILL BENEFIT?



**Students**  
(medical and allied health)



**Professors /**  
**student advisors**



**Student counseling**  
**specialists**



**VITECO**  
eLearning solutions



**UNIVERSITY OF**  
**NICOSIA**

## WHAT DO WE AIM?

1. Raising awareness about burnout and providing on a wide scale up-to-date, evidence-based information focused on the identification, prevention and interventions for academic burnout.
2. Improving the wellbeing of medical and allied health students who are at risk of developing academic burnout and developing accessible online self-assessment tools.
3. Improving the skills of medical and allied health students who directly experience burnout and of staff working in university support services to whom they may address.
4. Drive policy changes: providing recommendations for developing normatives and regulations designed to address and / or prevent academic burnout.

## RESULTS

We will produce a set of useful tools, newly developed training materials and targeted policy recommendations for addressing academic burnout in medical and allied health universities;

- **I01: Burnout manual - pocket edition** - a booklet containing state-of-the-art information about the identification, prevention and effective interventions for managing academic burnout.
- **I02: Burnout web platform** - a self-screening and self-help web-based application for students.
- **I03: Curriculum for students and Train-the-trainer for support staff** - teaching students and academic / administrative staff essential information about burnout symptoms, risk factors and resources, prevention, and available counseling and psychotherapeutic options.
- **I04: Policy toolkit** - a set of recommendations for addressing academic burnout at the university level, along with a methodology for the adaptation of these recommendations.

**WEB RESOURCES:** [www.bendit-eu.eu](http://www.bendit-eu.eu)

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