



Burnout Web Platform

Burnout Education, Normatives and Digital Tools for European Universities

KAZ: Cooperation for innovation and exchange of good practices

KA203: Strategic partnership for higher education

Project reference: 2020-I-RO01-KA203-080261

Start: 1.12.2020 End: 31.05.2023

Are you burned out? Do you know the possible levels of burnout?

If the answer is no, well we have good news, if the answer is maybe, there is even better, if the answer is yes, then you really need to read this newsletter!

We are pleased to officially announce the launch of our second output of the BENDIT-EU project, the Burnout Web Platform, which is dedicated, but not limited to assessing the burnout level in Medical and allied-health students. It is a reliable source of burnout self-assessment, because it was tested by students similar to you and has been updated regularly, based on their feedback.

This very useful Burnout platform is completely free and even the results to your tests are free, reuniting the expertise of specialists from 6 European countries, as follows:

- "Carol Davila" University of Medicine and Pharmacy, Bucharest, Romania;
- National Institute of Health Care Services Management, Bucharest, Romania;
- University of Nicosia, Cyprus;
- Trakia University, Bulgaria;
- University of Murcia, Spain;
- Lusofona University, Portugal;
- Viteco, Italy.

Why should you use the Burnout Web Platform?

- it is absolutely free for you to self-screen for burnout whenever you feel the need, after registering on the platform;
- it contains absolutely free self-help information about burnout, even without registering on the platform;
- you can self-screen several times, without other time or money restrictions;
- the platform has a user-friendly interface, with accessible sections and menus;
- your results will be completely confidential from third parties;
- the information you are interested in is clearly presented;
- the results of your tests are easy to understand, by using colors coding;
- the user interface will be translated in Romanian, Bulgarian, Greek, Spanish and Portuguese;



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- the platform offers personalized messages, depending on your burnout level;
- apart from burnout, you can also self-assess your depression, well-being and resilience levels;
- the platform connects theory with practice because the tests for self-assessment are recognized in the scientific literature and the messages are interpreted based on the results of your tests;
- the platform offers personalized messages and tips for action if you self-assess for all tests related to burnout, depression and well-being.

Still not convinced? A short presentation of the contents of the Burnout web platform will represent an additional argument!

The self-assessment menu of the platform contains the following tests:

- The Copenhagen Burnout Inventory for students (CBI-S) consists of four dimensions, as follows: Personal Burnout; Studies-related Burnout; Colleagues-related Burnout and Teachers-related Burnout;
- The 5-WHO Well-being Index Scale is a scale to measure the wellbeing in both younger persons and elderly persons;
- The PHQ-9 The Patient Health Questionnaire is an instrument for measuring depression;
- The Brief Resilience Scale assesses a person's ability to bounce back or to recover from stress.

The "Other resources" menu includes:

- The "Frequently Asked Questions" section - contains information related to burnout and to the platform;
- The "Self-help in distress" section - encompasses information about individual and group activities that are effective in alleviating burnout symptoms such as relaxation strategies, coping skills or social support;
- The "Community resources" section - consists of free resources, in case you are looking for more practical help. This section is divided in Counseling centres, NGOs, Students Associations and Help-lines from Romania, Bulgaria, Cyprus, Spain and Portugal;
- The "Form/policies" section - contains information about the policies and the forms dedicated to burnout in Romania, Bulgaria, Cyprus, Spain and Portugal.

You may access the Burnout Web platform at <https://bwp.bendit-eu.eu/>

More information needed?

The general objective of our project consists in 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.

Our next outputs are:

- 1) A Curriculum for students and a Train-the-trainer workshop for support staff-teaching students and academic/administrative staff that consist of essential information about burnout symptoms, risk factors and resources, prevention, and available counseling and psychotherapeutic options;
- 2) Policy toolkit - a set of recommendations for addressing academic burnout at the university level, along with a methodology for the adaptation of these recommendations.

Eager to find out even more information?

Check our website for more information about the project: www.bendit-eu.eu

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