

Burnout And Secondary Traumatic Stress: Structural and Individual Causes for Deteriorating Mental Health Among Social Workers in Lebanon.

An Abstract of the Thesis by

Sara Sakhi

Abstract

This study explores the underlying reasons for the development of burnout and secondary traumatic stress in social workers in Lebanon. Difficulties arise on the macro, mezzo, and micro levels of the field, often leading to high work-related stress levels. A mixed methods approach was utilised, 164 participants responded to a survey. While six social workers were interviewed for the qualitative portion. The questionnaire revealed the existence of burnout and secondary traumatic stress in low and moderate levels. While the interviews showcased the challenges faced on different levels and the psychological repercussions. The study drew upon the Conservation of Resources theory to rationalise the phenomena observed in the findings. Despite limitations, this remains the first study to examine the experiences of social workers in Lebanon with work-related stress and provides foundational knowledge for future interventions aimed at preserving and improving mental health of social workers in Lebanon and beyond.