

A Biopsychosocial Perspective to the Burnout of Korean Workers With Diabetes

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Objectives: To test a model in which biological and psychosocial factors associated with diabetes contribute to burnout in workers with diabetes. **Methods:** In a cross-sectional design, job burnout was related to positive affect, level of diabetes (ie, HbA1c), stress from diabetes, and health-to-work conflict. The model was tested by structural equation modeling using data of 156 Korean employees with diabetes. **Results:** Diabetes-related

stress and health-work conflict, influenced by HbA1c and positive affect, were associated with job burnout, even controlling for health-related variables. **Conclusions:** The study supports the biopsychosocial model of interactions between psychosocial and biological factors and progression of disease.

Key words: diabetic workers, burnout, positive affect, distress in diabetes, health-work conflict

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