

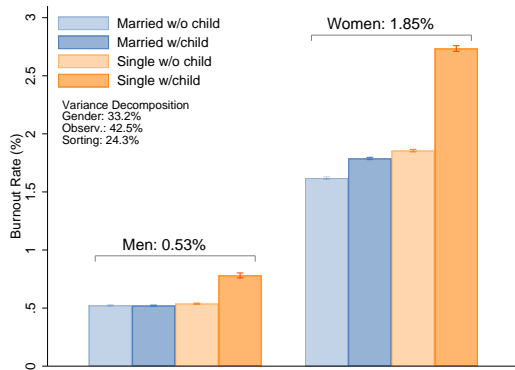
Summary of **The Economic Burden of Burnout**

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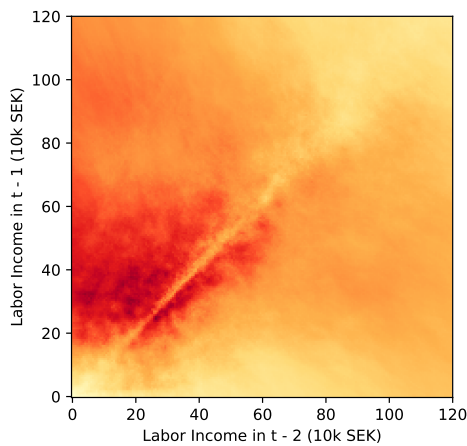
Using detailed administrative data covering the Swedish population, this study documents the prevalence of stress-related occupational illness (burnout) and investigates its risk factors and economic costs. In addition, we use machine learning techniques and surveys asking about people's stress levels to predict burnout and optimally target preventive programs.

Important takeaways (full article here):

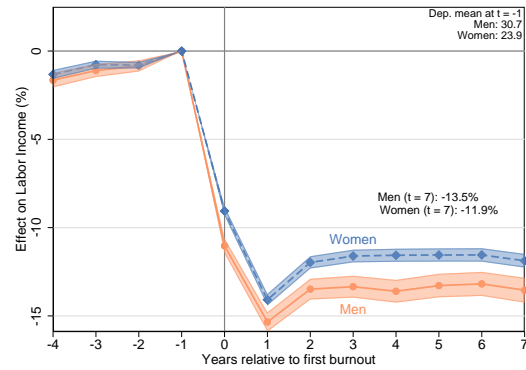
1. Women are three times more likely to burn out than men. By age 40, one in seven women and one in 20 men have experienced burnout.



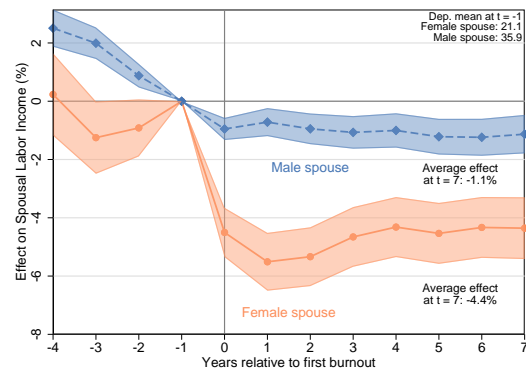
2. Women who are advancing in their careers and have rising incomes are more likely to burn out.



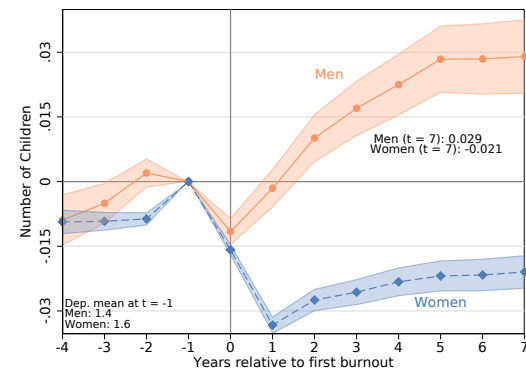
3. A permanent labor income loss of around 12% for burned-out individuals. Similar severity of income loss for men and women.



4. An immediate and persistent drop in labor income of 4% for female spouses of burned-out individuals, while a much smaller drop for male spouses.

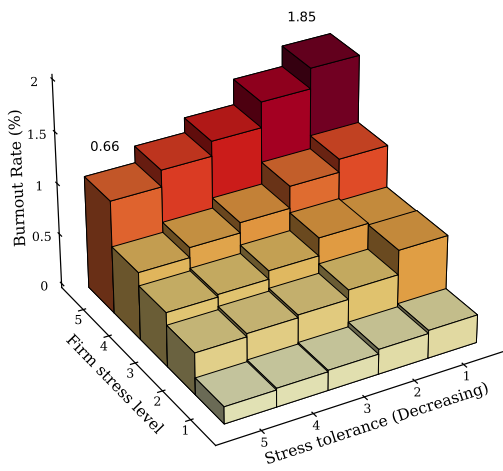


5. A permanent reduction in fertility among women who burn out, while for men, the reduction is only transitory.



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6. Workers in stressful jobs face a high risk of burnout; this is particularly true for individuals with low-stress tolerance.



7. A 2.3% loss of aggregate labor income due to burnout in 2019. The loss will escalate to 3.5% in a steady state if conditions remain unchanged as of 2019.

