# Protocol Burnout Interventions Healthcare Workers Systematic Review

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title: "Protocol: Comparative Effectiveness of Digital vs In-Person Interventions for Healthcare Worker Burnout - A Systematic Review and Network Meta-Analysis"  
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abstract: |  
 \*\*Background:\*\* Healthcare worker burnout affects 60-80% of professionals globally, exacerbated by the COVID-19 pandemic with unprecedented surge of digital interventions. While both digital (apps, teletherapy, online platforms) and in-person (group therapy, workshops, counseling) interventions exist, no comprehensive synthesis compares their effectiveness comprehensively.  
  
 \*\*Objectives:\*\* To conduct a systematic review and network meta-analysis comparing digital versus in-person interventions for healthcare worker burnout, including direct and indirect evidence across intervention types.  
  
 \*\*Methods:\*\* Systematic search of PubMed, EMBASE, Cochrane Library, Web of Science, and PsycINFO from 2010 onwards. Include RCTs, non-randomized controlled trials, quasi-experimental studies comparing digital or in-person interventions against controls. Primary outcomes: burnout incidence/severity (Maslach Burnout Inventory), secondary outcomes: retention rates, job satisfaction, quality of life. Risk of bias assessed using RoB 2 and ROBINS-I. Network meta-analysis will rank interventions by effectiveness.  
  
 \*\*Discussion:\*\* This review will inform healthcare administrators and policymakers on optimal burnout intervention strategies, considering cost-effectiveness, scalability, and access during workforce shortages.  
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# Burnout Interventions for Healthcare Workers: Systemat...