

1 **Title:** Letter to the Editor Regarding "Burnout in Ophthalmology Residents in a Tertiary Referral Hospital in
2 Mexico City"

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4 **Article type:** Letter to Editor

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6 **Author names:**

7 1. Ashley Lim

8

9 **Degrees and Affiliations:**

10 1. Fourth-Year Medical Student. University College Dublin, Dublin, Ireland.

11

12 **ORCID (Open Researcher and Contributor Identifier):**

13 1. <https://orcid.org/0009-0002-4630-1645>

14

15 **About the author:** Ashley is currently a 4th year medical student at University College Dublin, Ireland of a 6-
16 year program.

17 **Corresponding author email:** ashley.lim@ucdconnect.ie

18 **Acknowledgment:** None.

19 **Financing:** None.

20 **Conflict of interest statement by authors:** None.

21

22 **Authors Contribution Statement:** Writing - Original Draft: AL.

23

24 **Manuscript word count:** 304

25 **Abstract word count:** 96

26 **Number of Figures and Tables:** 0

27

1 **ABSTRACT**

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3 This letter responds to Medina-Gaona et al.'s study on burnout among ophthalmology residents in Mexico City,
4 acknowledging its clear demonstration of high burnout prevalence and associations with stress, workload, and
5 self-reported medical errors. While commending the authors' analysis, the letter highlights additional dimensions
6 warranting exploration, including institutional policies, mentorship, and structured wellness interventions such
7 as mindfulness training. It emphasizes the need to contextualize findings within cultural and international
8 frameworks, address methodological limitations, and pursue longitudinal designs. Overall, the correspondence
9 underscores the article's value while advocating for actionable, system-level strategies to improve resident well-
10 being and patient safety.

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12 **Key Words:** Burnout, Ophthalmology, Residents, Mental Health, Emotional exhaustion, Depersonalization,
13 Work-related stress, Sleep deprivation, Medical errors, Mexico

Accepted, in-press

1 **THE LETTER**

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3 To the Editor: I read with great interest the original article on burnout in ophthalmology residents by Medina-
4 Gaona and colleagues,¹ published in the October-December 2025 issue of the International Journal of
5 Medical Students. The study effectively highlights the high prevalence of burnout among trainees at a tertiary
6 hospital in Mexico City, emphasizing its links to chronic stress, emotional exhaustion, depersonalization, and
7 reduced personal accomplishment. However, there are additional aspects of resident well-being and systemic
8 factors that warrant further exploration to address this pervasive issue in medical training.

9
10 The authors identify key contributors like sleep deprivation, unhealthy diets, and heavy workloads, with
11 burnout associated with self-reported medical errors. The article could further delve into the role of institutional
12 policies, such as mandatory rest periods or mentorship programs, which have mitigated similar issues in other
13 contexts.² Emerging evidence suggests that structured wellness interventions, including mindfulness training,
14 can reduce burnout dimensions like emotional exhaustion.³ A deeper discussion of these strategies would
15 equip residency programs with actionable tools to prevent escalation into mental health crises, given that 10%
16 of participants reported suicidal ideation.

17
18 The comparison to international data is insightful, noting higher rates in Mexico due to socioeconomic
19 challenges. Yet, the section on global benchmarks could expand on cultural variances; for instance, studies in
20 Saudi Arabia report 41% prevalence, potentially influenced by differing healthcare infrastructures.⁴ Addressing
21 limitations like the 45% response rate and potential self-selection bias would strengthen the findings.⁵
22 Longitudinal follow-up could reveal how burnout evolves across residency years.

23
24 In summary, the authors have adeptly compiled crucial data on burnout in ophthalmology residents, offering
25 valuable insights for improving trainee support and patient safety. Their rigorous analysis provides a
26 foundation for targeted reforms. I commend their contribution and anticipate further research on implementing
27 preventive measures in resource-constrained settings.

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