Abstract
The aim of this paper is to use an integrative approach to identify the main correlates and/or predictors at different levels (personal, psychosocial, occupational and outside the workplace) of the burnout dimensions. The sample consists of 813 university professors. Results from statistical analyses show that there are, indeed, both common and specific predictors for the different facets of the syndrome. Specifically, while social support and optimism are selected to confirm all manifestations of burnout, other factors (work hours per week, time in the profession, hardiness, Type A behavioural pattern, life events, daily hassles) do increase the emergence of differential profiles. Lastly, findings are discussed and the main conclusions are presented.