

Table. Demographics of Primary Care Physicians in 10 High-Income Countries

	Australia	Canada	France	Germany	Netherlands	New Zealand	Sweden	Switzerland	United Kingdom	United States
Total N	321	1459	530	947	617	377	2092	1114	1010	1059
Age										
Under age 55	59%	57%	54%	47%	69%	54%	70%	52%	75%	52%
Under 35	8%	9%	16%	1%	10%	12%	15%	2%	13%	5%
35–44	26%	24%	21%	17%	31%	23%	32%	21%	38%	20%
45–54	24%	23%	17%	28%	29%	19%	23%	29%	25%	27%
Age 55 and older	41%	43%	46%	53%	31%	46%	30%	48%	25%	48%
55–64	25%	24%	30%	35%	28%	29%	18%	31%	19%	25%
65 and older	16%	19%	16%	19%	3%	17%	11%	17%	6%	23%
Gender										
Male	52%	51%	54%	51%	42%	46%	44%	54%	42%	53%
Female	47%	48%	45%	49%	57%	53%	56%	46%	58%	45%
Practice size										
1 person/solo practice	5%	14%	38%	23%	20%	6%	1%	31%	3%	19%
2–9	78%	65%	62%	60%	79%	87%	76%	63%	88%	56%
10–19	16%	13%	0%	1%	0%	6%	16%	2%	7%	10%
20 or more	1%	5%	0%	1%	0%	1%	2%	5%	1%	11%
Number of hours worked										
Less than 35	43%	16%	16%	5%	13%	42%	31%	26%	40%	14%
35–44	29%	21%	26%	13%	28%	29%	42%	23%	28%	23%
45 or more	28%	57%	57%	82%	59%	29%	26%	50%	32%	58%
Compared to before the COVID-19 pandemic, would you say your workload has:										
Increased	76%	76%	72%	93%	80%	85%	64%	56%	91%	65%
Increased a lot	35%	43%	36%	78%	36%	53%	28%	24%	62%	30%
Increased somewhat	41%	33%	36%	15%	44%	33%	36%	33%	29%	34%
Stayed about the same	16%	18%	24%	6%	16%	11%	32%	34%	9%	23%
Decreased	7%	5%	4%	1%	3%	4%	3%	9%	1%	12%
Decreased somewhat	6%	4%	2%	1%	3%	4%	3%	7%	1%	10%
Decreased a lot	2%	1%	1%	0%	0%	0%	0%	2%	0%	3%
How stressful, if at all, is your job?										
Stressful	52%	59%	47%	68%	31%	63%	66%	43%	71%	58%
Extremely stressful	13%	21%	16%	20%	5%	24%	25%	9%	31%	21%
Very stressful	39%	38%	32%	49%	27%	40%	41%	34%	40%	37%
Somewhat stressful	40%	35%	45%	26%	53%	31%	27%	45%	26%	33%
Not stressful	8%	5%	7%	5%	11%	6%	7%	11%	3%	7%
Not too stressful	8%	5%	6%	5%	11%	4%	7%	9%	3%	6%
Not at all stressful	1%	0%	1%	1%	1%	2%	0%	2%	0%	1%

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Table. Demographics of Primary Care Physicians in 10 High-Income Countries (continued)

	Australia	Canada	France	Germany	Netherlands	New Zealand	Sweden	Switzerland	United Kingdom	United States
Since March 2020 when the COVID-19 pandemic began, have you experienced emotional distress*?										
Yes	53%	55%	56%	51%	51%	61%	44%	32%	63%	54%
No	47%	45%	43%	49%	48%	39%	56%	68%	36%	45%
Overall, based on your definition of burnout, how would you rate your current level of burnout?										
No burnout	63%	53%	68%	66%	85%	51%	65%	82%	60%	55%
I enjoy my work. I have no symptoms of burnout.	8%	9%	13%	15%	23%	9%	16%	21%	7%	12%
Occasionally I am under stress, and I don't always have as much energy as I once did, but I don't feel burned out.	54%	43%	55%	51%	62%	42%	49%	61%	53%	43%
Has burnout	38%	47%	29%	34%	12%	49%	35%	18%	40%	44%
I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.	28%	28%	17%	25%	6%	31%	20%	13%	30%	30%
The symptoms of burnout that I'm experiencing won't go away. I think about frustration at work a lot.	5%	12%	6%	5%	3%	12%	10%	2%	6%	10%
I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.	5%	7%	6%	4%	3%	6%	5%	2%	4%	4%
Since March 2020, when the COVID-19 pandemic began, have you sought professional attention for a mental health problem?										
No emotional distress*	47%	45%	43%	49%	48%	39%	56%	68%	36%	45%
Had emotional distress, did not seek professional attention*	40%	40%	42%	45%	41%	43%	33%	25%	48%	42%
Had emotional distress, sought professional help*	13%	15%	12%	6%	10%	18%	11%	7%	16%	11%
Compared to before the COVID-19 pandemic, how would you say the quality of care you are currently able to provide your patients has changed?										
Improved	76%	64%	62%	63%	79%	47%	50%	89%	50%	76%
Improved a lot	2%	1%	2%	0%	1%	1%	1%	1%	2%	3%
Improved somewhat	14%	11%	7%	6%	11%	5%	5%	7%	12%	15%
Stayed about the same	60%	51%	53%	56%	67%	41%	44%	81%	36%	59%
Worsened	24%	35%	38%	37%	19%	53%	49%	11%	50%	23%
Worsened somewhat	24%	32%	31%	33%	18%	50%	41%	10%	43%	21%
Worsened a lot	0%	3%	6%	4%	1%	4%	8%	1%	7%	2%
In the next one to three years, do you plan to stop seeing patients regularly**?										
Yes	20%	29%	34%	25%	12%	36%	22%	25%	32%	29%
No	79%	60%	58%	61%	69%	63%	58%	75%	66%	59%

NOTES

* Emotional distress includes anxiety, great sadness, anger, or feelings of hopelessness since March 2020 when the COVID-19 pandemic began.

** For reasons such as retiring or changing careers.

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