

INPLASY

Prevalence and associated factors of burnout among university students in Malaysia: protocol of a systematic review

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ADMINISTRATIVE INFORMATION

Support - IMU University.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202660094

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 19 June 2026 and was last updated on 19 June 2026.

INTRODUCTION

Review question / Objective What is the prevalence of burnout among university students in Malaysia, and what are its associated factors?

Rationale This study aims to document the prevalence of burnout and its associated factors among university students in Malaysia. These data will assist future interventional studies for this health problem in Malaysia.

Condition being studied Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress.

METHODS

Search strategy We plan to search bibliographic databases for Malaysian prevalence studies that evaluated burnout using various rating scales. Bibliographic search using combinations of these terms: burnout, university, student and Malaysia.

All publications up to 31 December 2026 will be included.

Participant or population Adults who were university students in Malaysia.

Intervention None.

Comparator None.

Study designs to be included Cross-sectional studies.

Eligibility criteria (a) Study participants are university students; (b) Studies conducted in Malaysia; (c) Used a rating scale to measure burnout.

Information sources An extensive literature search will be carried out on two electronic databases (PubMed, Scopus) and supplemented by a Google Scholar search.

Main outcome(s) Prevalence of burnout.

Additional outcome(s) Socio-demographic variable, academic performance and mental health variables.

Data management References retrieved will be processed using citation manager Endnote 20. Relevant data (number of participants with and without burnout, mean score of burnout scale) in the included studies will be extracted by a pair of investigators independently, to minimize potential bias and error as well as to resolve any disagreements.

Quality assessment / Risk of bias analysis The studies identified will then be assessed for methodological validity using JBI critical appraisal checklist for prevalence studies.

Strategy of data synthesis Meta-analysis will be performed using MedCalc Statistical Software for proportion (prevalence of burnout). MedCalc uses a Freeman-Tukey transformation to calculate the weighted summary proportion under the fixed and random effects model. Meta-regression will be conducted to assess influence of certain variables on the prevalence of burnout, e.g., socio-demographic factors, type of university or academic programmes and academic performance.

Subgroup analysis For burnout: (a) Gender; (b) Ethnic groups; (c) Study setting, e.g., type of university; (d) Academic programme; (e) Year of course; (if data are available).

Sensitivity analysis None.

Language restriction None.

Country(ies) involved Malaysia.

Other relevant information This systematic review will be prepared following PRISMA guidelines.

Keywords Adult; Burnout; Malaysia; Meta-Analysis; Sex Factors; Students; Universities.

Dissemination plans Publication of manuscript in a journal.

Contributions of each author

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