Evaluation of the effectiveness and tolerance of GRINTAX® for BURNOUT SYNDROME

A RANDOMIZED, double-blind , parallel-group trial
(GRINTAX® VERUM compared to placebo)

Jacquet, A., Grolleau, A., Jove, J., Lassalle, R., & Moore, N. (2015). Burnout: Evaluation of the efficacy and tolerability of TARGET 1® for professional fatigue syndrome (burnout). Journal of International Medical Research, 43(1), 54-66.

87 volunteers divided into 2 groups

Placebo group :

- 29 woman
- 14 men

Aged 27 to 63 years of age (x=45,6)

BMS-10 scale

Average score for patient inclusion = 4.9 on the burnout scale

Verum group :

- 26 woman
- 18 men

Aged 29 to 61 years of age (x= 46,9)

BMS-10 scale

Average score for patient inclusion = 5.0 on the burnout scale

Burnout : BMS-10 scale
= reference scale

5 degreess of scores, INTERPRETATION :

- < 2,4 = very low degree of burnout
- 2,5 to 3,4 = mild degree of burnout
- 3,5 to 4,4 = presence of burnout
- 4,5 to 5,4 = high degree of exposure to burnout
- < 5,5 = very high degree of exposure to burnout

Criteria of volunteer inclusion : score minimum = 4

Significant improvement off all parameters after 12 weeks

SCORE VARIATION on day 84 / day 0	Placebo	GRINTAX
• BMS-10 SCORE	- 12%	- 46%
• MBI-HSS Professional fatigue	- 10%	- 58%
• MBI- HSS Depersonalisation	- 0,8%	- 50%
• MBI- HSS Task completion	+ 6%	+ 30%
• BECK depression inventory	- 20 %	- 76%

Maslach **B**urnout **I**nventory's **H**uman **S**ervice **S**urvey

RESULTS: VAS
Score : varies between 0 to 100 (better = ↗)

Visual Analogue Scales	Placebo	GRINTAX
• Quality of working life	+ 10,3	+ 39,3
• Quality of family life	+ 5,7	+ 23,7
• Quality of sleep	+ 7,3	+ 29,5
• Energy	+ 12,1	+ 37,9