

# Burnout Assessment

Use the following scale to indicate the frequency with which you identify with the feeling described.

0 = Not at all. 1 = Rarely. 2 = Sometimes. 3 = Often. 4 = Very often.



STATEMENTS	0	1	2	3	4
<b>Physical and Emotional</b>					
I feel run down and drained of physical & emotional energy.					
I have trouble getting up in the morning or sleeping at night.					
I get aches and pains and other physical symptoms.					
I have a loss of appetite or overeat/drink unhealthy foods.					
I have trouble paying attention & concentrating on important tasks,					
I am forgetful.					
I feel anxiety, depression, or anger toward work.					
<b>Signs of Cynicism and Detachment</b>					
I have negative thoughts about my work.					
I have less empathy with coworkers & patients than they deserve.					
I am easily annoyed & irritated by problems or by my patients & coworkers.					
I feel that I am not fulfilled doing my job.					
I feel less curiosity, excitement, joy, passion, or hope about my work.					
I feel misunderstood or unappreciated at work.					
I feel like I have no one to talk to.					
<b>Signs of Ineffectiveness &amp; Lack of Accomplishment</b>					
I am not learning anything new or gaining new skills.					
I feel I am achieving less than I should.					
I feel tremendous pressure to succeed.					
I feel I am in the wrong profession or organization.					
I am frustrated or bored at work.					
I find myself procrastinating.					
I feel I do not have enough time to do many of the tasks that are important to doing a high-quality job.					
I'm inflexible. I don't like change.					
<b>COLUMN TOTALS</b>					
<b>OVERALL SCORE</b>					

Tally your scores from each column. Then add the column totals to get an overall score.

# What does your score mean?

## **Score of 0 to 17**

You are in pretty good shape – today.

## **Score of 18 to 35**

You might not know it, but you are experiencing emotional exhaustion. More than likely you are diminishing problems and brushing them off as insignificant. It is still early and if you develop a self-care plan and implement it – you can turn this around pretty quickly.

## **Score of 36 to 53**

This stage is called depersonalization. And at this point a self-care plan is necessary if you want to improve your health and well-being. You may not be able to control the stress that comes INTO your life. You can however make good decisions about:

- How to use your time
- Who you spend your time with
- How you react to stressful situations

## **Score of 54 to 71**

You're in a phase called reduced accomplishment – and a self-care plan is mission-critical to improving your health and well-being. At this point – it's going to be difficult – but if you start building a social support system as well as taking care of yourself physically, emotionally, and spiritually – you can turn this around.

## **Score of 72 to 88**

You are burned out. Don't wait. Please get help now. See a medical or mental health professional immediately and talk with them about your physical symptoms as well as the stress and depression you are experiencing.

