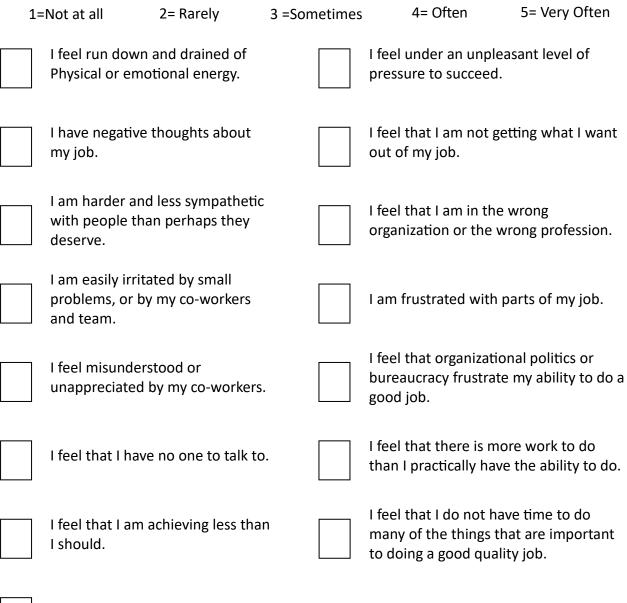


Burnout Assessment

Answer the questions fairly quickly without worrying about perfect accuracy. The higher your score, the greater your risk of burnout. Record the number related to your answer in the text field boxes on the left.



I find that I do not have time to plan as much as I would like to.

TOTAL Score:

Score Interpretation:

15-18- No sign of burnout

19-32 -Little sign of burnout, unless some factors are particularly severe

33-49 -Be careful – you may be at risk of burnout, particularly if several scores are high

50-59 -You are at severe risk of burnout – do something about this urgently

60-75 -Warning! Your results indicate you are at extreme risk of burnout. Seek advice immediately.