



### **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.

1=Not at all

2= Rarely

3 =Sometimes

4= Often

5= Very Often

I feel run down and drained of Physical or emotional energy.

I feel under an unpleasant level of pressure to succeed.

I have negative thoughts about my job.

I feel that I am not getting what I want out of my job.

I am harder and less sympathetic with people than perhaps they deserve.

I feel that I am in the wrong organization or the wrong profession.

I am easily irritated by small problems, or by my co-workers and team.

I am frustrated with parts of my job.

I feel misunderstood or unappreciated by my co-workers.

I feel that organizational politics or bureaucracy frustrate my ability to do a good job.

I feel that I have no one to talk to.

I feel that there is more work to do than I practically have the ability to do.

I feel that I am achieving less than I should.

I feel that I do not have time to do many of the things that are important to doing a good quality job.

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.**