Burnout Assessment Tool – Short Version (General)

**Instruction**
The following statements are related to how you feel. Please state how often each statement applies to you.

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
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</thead>
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**Exhaustion**
1. I feel mentally exhausted 
2. At the end of the day, I find it hard to recover 
3. I feel physically exhausted

**Mental Distance**
4. I struggle to find any enthusiasm for my work 
5. I feel a strong aversion towards my job 
6. I’m cynical about what my work means to others

**Cognitive Impairment**
7. I have trouble staying focused 
8. have trouble concentrating 
9. I make mistakes because I have my mind on other things

**Emotional Impairment**
10. I feel unable to control my emotions 
11. I do not recognize myself in the way I react emotionally 
12. I may overreact unintentionally

**Scoring**

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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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Add your scores up to get a total score, then divide your total score by 12 (the number of questions) to get your average score.

**No-low risk of burnout** = Average score of **1.00-2.53** If you score in this range burnout is not likely an issue.

**Moderate risk of burnout** = Average score of **2.54-2.95** If you score in this range you may benefit from getting help (or doing something different).

**High risk of burnout** = Average score of **2.96-5.00** If you score in this range you should get some help.