

Burnout Questionnaire

		Not at all	Rarely	Some-times	Often	Very often
1.	Do you feel run down and drained of physical or emotional energy?					
2.	Do you find that you are prone to negative thinking about your job?					
3.	Do you find that you are harder and less sympathetic with people than perhaps they deserve?					
4.	Do you find yourself getting easily irritated by small problems, or by your co-workers and team?					
5.	Do you feel misunderstood or unappreciated by your co-workers?					
6.	Do you feel that you have no-one to talk to?					
7.	Do you feel that you are achieving less than you should?					
8.	Do you feel under an unpleasant level of pressure to succeed?					
9.	Do you feel that you are not getting what you want out of your job?					
10.	Do you feel that you are in the wrong organisation or the wrong profession?					
11.	Are you becoming frustrated with parts of your job?					
12.	Do you feel that organisational politics or bureaucracy frustrate your ability to do a good job?					
13.	Do you feel that there is more work to do than you practically have the ability to do?					
14.	Do you feel that you do not have time to do many of the things that are important to doing a good job?					
15.	Do you find that you do not have time to plan as much as you would like to?					

Score Interpretation

Not at all	(award 1 point for each tick)
Rarely	(award 2 points for each tick)
Sometimes	(award 3 points for each tick)
Often	(award 4 points for each tick)
Very often	(award 5 points for each tick)

15 - 18 Little 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 - 75 You may be at severe risk of burnout - you need to take action urgently