



Disclaimer: This tool uses an informal approach to assessing burnout. While it may be intuitively useful, it has not been validated through controlled scientific tests and must therefore not be used as a diagnostic technique. Please, therefore, interpret the results with common sense. Also, make allowances for any recent events that may have a disproportionate influence on your mood at the time you take the test!

Instructions

For each question, place the corresponding number in the column that most applies.

Questions	Not at all (1)	Rarely (2)	Sometimes (3)	Often (4)	Very often (5)
I feel run down and drained of physical or emotional energy.	<input type="checkbox"/>				
I have negative thoughts about my job.	<input type="checkbox"/>				
I am harder and less sympathetic with people than perhaps they deserve.	<input type="checkbox"/>				
I am easily irritated by small problems, or by my co-workers.	<input type="checkbox"/>				
I feel misunderstood or unappreciated by my co-workers.	<input type="checkbox"/>				
I feel that I have no one to talk to.	<input type="checkbox"/>				
I feel that I am achieving less than I should.	<input type="checkbox"/>				
I feel under an unpleasant level of pressure to succeed.	<input type="checkbox"/>				
I feel that I am not getting what I want out of my job.	<input type="checkbox"/>				
I feel that I am in the wrong organization or profession.	<input type="checkbox"/>				
I am frustrated with parts of my job.	<input type="checkbox"/>				
I feel that organizational politics or bureaucracy frustrate my ability to do a good job.	<input type="checkbox"/>				
I feel that there is more work to do than I practically have the ability to do.	<input type="checkbox"/>				
I feel that I do not have time to do many of the things that are important to doing a good quality job.	<input type="checkbox"/>				
I find that I do not have time to plan as much as I want to.	<input type="checkbox"/>				

Total:

Score interpretations

No matter your score, pay attention to areas you ranked a 5

15-18	No sign of burnout.
19-32	Little sign of burnout
33-49	At risk of burnout
50-59	Severe risk of burnout
60-75	Very severe risk of burnout