**CBI-CS Questionnaire for Defensive Cybersecurity Operators**

**Purpose**

A focused, operationally practical **30-question assessment** to measure burnout, stress, and wellness specifically for SOC analysts, incident responders, and defensive cybersecurity operators.

This revised questionnaire aligns with your **CBI-CS Burnout Calculator** for consistent, actionable scoring during workshops and organizational wellness initiatives.

**Instructions**

Reflect on the past four weeks. For each question, select:

* **Always**
* **Often**
* **Sometimes**
* **Seldom**
* **Never/almost never**

**Section 1: Personal Burnout (5 questions)**

1. How often do overnight on-call alerts disrupt your sleep?
2. How often do you feel physically drained after a shift?
3. How often do you feel mentally exhausted after monitoring dashboards for extended periods?
4. How often do you feel unable to relax between shifts?
5. How often do you feel your personal relationships are strained due to your work schedule?

**Section 2: Work-Related Burnout (5 questions)**

1. How often do you feel overwhelmed by the volume of security alerts?
2. How often do you feel frustrated by repetitive false positives?
3. How often do you feel cognitive fatigue from triaging alerts across multiple tools?
4. How often do you feel stressed by investigating multiple incidents simultaneously?
5. How often do you feel your workload exceeds your capacity?

**Section 3: Client/Stakeholder Burnout (5 questions)**

1. How often do you feel stakeholder escalations add stress to your workload?
2. How often do you feel internal customer demands are unrealistic during incidents?
3. How often do you feel your focus is interrupted by stakeholder requests?
4. How often do you feel stakeholder communication increases your stress levels?
5. How often do you feel drained by explaining technical details repeatedly to non-technical stakeholders?

**Section 4: Environmental and Organizational Factors (5 questions)**

1. How often do you feel your security tools hinder your workflow?
2. How often do you feel there is insufficient staff to cover workloads?
3. How often do you feel distracted by environmental noise during your shifts?
4. How often do you feel the SOC environment contributes to your stress?
5. How often do you feel your processes are unclear or inefficient?

**Section 5: Emotional Health Indicators (5 questions)**

1. How often do you feel anxious before or during shifts?
2. How often do you feel depressed while working in the SOC?
3. How often do you feel irritable with your colleagues or stakeholders?
4. How often do you feel detached from the outcomes of your work?
5. How often do you feel cynical about the impact of your work?

**Section 6: Engagement and Purpose (5 questions)**

1. How often do you feel connected to the mission of your security team?
2. How often do you feel your work aligns with your personal values?
3. How often do you feel your contributions make a difference in the organization?
4. How often do you feel motivated to improve your skills?
5. How often do you feel engaged and energized by your cybersecurity work?

**Scoring Guidance**

* **Always = 100**
* **Often = 75**
* **Sometimes = 50**
* **Seldom = 25**
* **Never/almost never = 0**

**Calculate the average per section:**

* **0–49:** Low burnout risk
* **50–74:** Moderate burnout risk
* **75–100:** High burnout risk