



Universal Burnout Meter

This assessment is based on the world health organization (WHO) classification for Burnout-related symptoms released in 2019.

Burnout Category Score

(EE) Emotional Exhaustion

Category	Question	Answer	Mark	Score
EE-1	I feel exhausted in the morning thinking of a full work day ahead	once in a while	10	3
EE-2	I often feel 'I can't do this anymore'	Several times a week	10	8
EE-3	My exhaustion from work carries over to friends and family events	Several times a month	10	6

SCORE TABULATION LOGIC		YOUR RESULT	
(10) Sustain	(10-14) Emerging	17	Severe
(15-24) Severe	(>24) Acute		
		Your Total Score	Result

(CE) Cynicism and Empathy Loss

Category	Question	Answer	Mark	Score
CE-1	Engaging with people at my work is too stressful	several times a month	10	8
CE-2	I am less interested in what is happening with my colleagues than I used to	Never	10	1
CE-3	I notice I often talk about my work in a negative way	Once in a while	10	3

SCORE TABULATION LOGIC

(10) Sustain

(15-24) Severe

(10-14) Emerging

(>24) Acute

YOUR RESULT

12

Your Total Score

Emerging

Result

(WA) Work Accomplishment

Category	Question	Answer	Mark	Score
WA-1	I feel I am giving less energy to my work now than I can	Never	10	1
WA-2	I know if I felt better I could do my tasks much better	once in a while	10	3
WA-3	I feel I care less about accomplishing my tasks on time and quality	Several times a week	10	8
SCORE TABULATION LOGIC (10) Sustain (10-14) Emerging (15-24) Severe (>24) Acute			YOUR RESULT 12 Emerging Your Total Score Result	

Burnout Profile

YOUR RESULT 41 Your Total Score	90 Total Score
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SE - Supportive Environment

Category	Question	Answer	Mark	Score
SE-1	I feel my boss is supportive of my workplace challenges	Several times a month	10	6
SE-2	I notice my coworkers proactively supporting each other emotionally	Every Day	10	10
SE-3	I feel I can share my feelings without judgement at my workplace	Several times a week	10	8
SE-4	I feel I have control over the nature of my work tasks and the timing to accomplish them	Never	10	1
SCORE TABULATION LOGIC (10-14) Emerging (10-14) Emerging (10-14) Emerging (10-14) Emerging			YOUR RESULT 25 Acute Your Total Score Result	

FO - Foundation Habits

Category	Question	Answer	Mark	Score
SE-1	How regularly have you been getting more than 7 hours of sleep?	Once in a while	10	3
SE-2	How regularly have you had more than 1 glass of wine/drink a day?	Several times in a month	10	6
SE-3	How regularly are you getting more than 20mins of daily exercise?	Several times a month	10	6
SCORE TABULATION LOGIC			YOUR RESULT	
(10-14) Emerging	(10-14) Emerging		15	Severe
(10-14) Emerging	(10-14) Emerging		Your Total Score	Result

Change of State Score

Category	Question	Answer	Mark	Score
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
SCORE TABULATION LOGIC			YOUR RESULT	
(10-14) Emerging	(10-14) Emerging		24	SEVERE
(10-14) Emerging	(10-14) Emerging		Your Total Score	Result