



## 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	Several times a month	10	6
EE-2	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-3	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6

SCORE TABULATION LOGIC

(10) Sustain

(15-24) Severe

(10-14) Emerging

(>24) Acute

YOUR RESULT

24

Your Total Score

SEVERE

Result

#### CE) Cynicism and Empathy Loss

Category	Question	Answer	Mark	Score
CE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
CE-2	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
CE-3	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) Sustain	(10-14) Emerging	24	SEVERE
(15-24) Severe	(>24) Acute		
		Your Total Score	Result

(WA) Work Accomplishment

Category	Question	Answer	Mark	Score
WA-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
WA-2	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
WA-3	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
<div>SCORE TABULATION LOGIC</div> <div>(10) Sustain (10-14) Emerging</div> <div>(15-24) Severe (&gt;24) Acute</div> <div>SCORE TABULATION LOGIC</div> <div>(10) Sustain (10-14) Emerging</div> <div>(15-24) Severe (&gt;24) Acute</div>			<div>YOUR RESULT</div> <div>24SEVERE</div> <div>Your Total ScoreResult</div>	
			<div>YOUR RESULT</div> <div>7290</div> <div>Your Total ScoreTotal Score</div>	

(WA) Work Accomplishment

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<div>SCORE TABULATION LOGIC</div> <div>(10-14) Emerging (10-14) Emerging</div> <div>(10-14) Emerging (10-14) Emerging</div>			<div>YOUR RESULT</div> <div>24SEVERE</div> <div>Your Total ScoreResult</div>	

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SCORE TABULATION LOGIC			YOUR RESULT	
(10-14) Emerging	(10-14) Emerging		24	SEVERE
(10-14) Emerging	(10-14) Emerging		Your Total Score	Result

(WA) Work Accomplishment

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SCORE TABULATION LOGIC			YOUR RESULT	
(10-14) Emerging	(10-14) Emerging		24	SEVERE
(10-14) Emerging	(10-14) Emerging		Your Total Score	Result