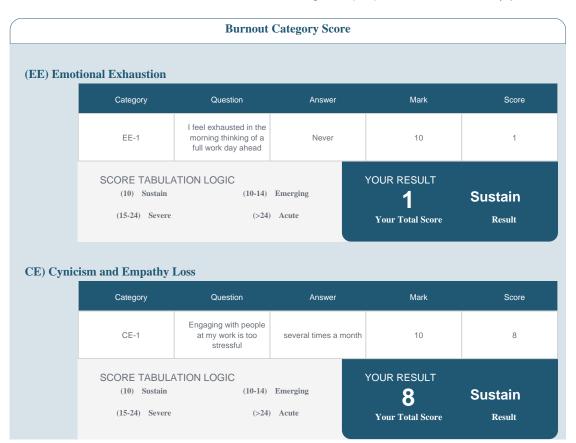


Universal Burnout Meter

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



(WA) Work Accomplishment

Category	Question	Answer	Mark	Score
WA-1	I feel I am giving less energy to my work now than I can	once in a while	10	3
WA-2	I know if I felt better I could do my tasks much better	Every day	10	10
SCORE TABUL		Formula	YOUR RESULT	

(10) Sustain

(10-14) Emerging

(15-24) Severe (>24) Acute

13 Your Total Score Emerging

Result

Burnout Profile

YOUR RESULT

22 Your Total Score 90

Total Score

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	Never	10	1
SCORE TABULA (10-14) Emerging (10-14) Emerging	g (10-14)	Emerging	YOUR RESULT 7 Your Total Score	Sustain Result

FO - Foundation Habits

Category	Question	Answer	Mark	Score
SCORE TABULAT (10-14) Emerging (10-14) Emerging	(10-14) I	Emerging Emerging	YOUR RESULT O Your Total Score	Sustain Result

Change of State Score

(10-14) Emerging

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 (10-14) Emerging (10-14) Emerging YOUR RESULT 24 SEVERE				

Your Total Score

Result

(10-14) Emerging