



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-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

CE) Cynicism and Empathy Loss

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

(WA) Work Accomplishment

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

(WA) Work Accomplishment

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

(WA) Work Accomplishment

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

(WA) Work Accomplishment

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